Being Present in the Moment Stats and Facts

FACTS

1. Depression is a major concern when talking about mental health in the workplace. According to depression stats provided by Mental Health America, depression is one of the three biggest problems for employee assistance professionals, with family crisis and stress being the first two.
2. Often times a depressed employee will not seek treatment because they fear the effect it will have on their job and they are concerned about confidentiality.
3. Many employees are also unaware they have depression or they fear their insurance is inadequate to cover costs.
4. Most employers will refer a depressed employee for help if they are aware of the symptoms. 64% of NMHA Survey respondents said they would refer an employee to an EAP health professional.

REVEALING STATS

- Only 43% of US employees think their employers care about their work-life balance.
- During 2018, 76% of US workers said that workplace stress affected their personal relationships. Depression leads to $51 billion in costs due to absenteeism and $26 billion in treatment costs.
- When left untreated, depression is as costly as AIDS or heart disease.
- 55% of Americans are stressed during the day.
- 83% of US workers suffer from work-related stress.
- US businesses lose up to $300 billion yearly as a result of workplace stress.
- Stress causes around one million workers to miss work every

day.

- Work-related stress causes 120,000 deaths and results in $190 billion in healthcare costs yearly.
- 3% of total short term disability days are due to depressive disorders and in 76% of those cases, the employee was female.
- The annual economic cost of depression in 1995 was $600 per depressed worker. Nearly one-third of these costs are for treatment and 72% are costs related to absenteeism and lost productivity at work.
- Almost 15% of those suffering from severe depression will die by suicide.