

# Tips for Promoting Employee Well-Being & Mental Health in the Workplace Infographic







According to the World Health Organization (WHO), "For every US \$1 publicly funded up treatment for common mental disorders, there is a return of US \$4 in improved health and productivity."

Developing programs to support mental health in the workplace should be a priority for managers, senior leaders and human resources professionals.

## MENTAL HEALTH IN THE WORKPLACE

Depression and anxiety cost the global economy an estimated \$1 trillion per year. In the workplace, according to WHO, "Depression can't affect the network this without support."

### WHAT THE DATA SHOWS

**THE COST OF POOR MENTAL HEALTH**  
The estimated global economic burden of common mental disorders in 2010 was US\$ 1.1 trillion.



### THE RISKS AND EFFECTS OF POOR MENTAL HEALTH ON THE WORKPLACE



### A POOR WORK ENVIRONMENT MAY LEAD TO:

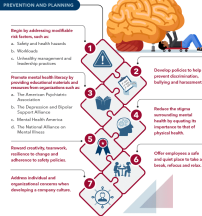


## TIPS FOR HUMAN RESOURCES PROFESSIONALS, MANAGERS AND SENIOR LEADERS

Individuals across all levels of an organization need support for their mental well-being. The responsibility of providing a culture that supports mental health falls on managers, leaders and human resources professionals.

## HOW TO SUPPORT EMPLOYEE MENTAL HEALTH

Work is a key part of people's lives and can be a source of stress. It is important to create a work environment that supports mental health. This infographic provides tips for human resources professionals, managers and senior leaders on how to support employee mental health.



## COMPANIES LEADING BY EXAMPLE

Prudential Financial and USAA have implemented comprehensive mental health programs in the workplace to support all employees.



## CONCLUSION

Supporting employee mental health is just as important as supporting employee physical health. It is important to create a work environment that supports mental health. This infographic provides tips for human resources professionals, managers and senior leaders on how to support employee mental health.