

MENTAL HEALTH IS IMPORTANT

IT'S OK NOT TO BE OK.®

MENTAL HEALTH AT WORK



60%

of employees experienced symptoms of a mental health condition in the last year.



61%

said their productivity was affected by their mental health.



60%

had never talked to someone at work about their own mental health.

Source: Mind Share Partners' Mental Health at Work 2019 Report

1.6 DAYS missed/lost productivity per month due to untreated depression of team member who will have a depressive episode this year.

Source: Mental Health America

MENTAL HEALTH IN AMERICA



60%

of team members with anxiety and/or depression will not disclose to their employer.



6.7%

of team members will have a depressive episode this year.



80%

of employees treated report improvements in job satisfaction and productivity.

YOU ARE NOT ALONE.

FIND RESOURCES AT ADA.ORG/WELLNESS

Source: Mental Health America 2018, American Psychiatric Association, Mind Share Partners' 2019 Mental Health

This infographic provided in part by a grant to the ADA from Crest + Oral-B.

ADA American Dental Association®



Hope For The Day® is a non-profit movement whose mission is to empower the conversation on proactive suicide prevention and mental health education. For more resources, please visit: www.hftd.org/resources

