

Employee Assistance Programs:



Mental Health in the workplace - Realities

- According to the Surgeon General, one in five adults (20%) will experience a diagnosable mental illness in any given year.
- Among those of working age, it is estimated that the prevalence of mental illness and/or substance abuse in any given year approaches 25%.
- Mental illness and substance abuse annually cost employers, in direct and indirect costs, an estimated \$80 to \$100 billion.
- Nearly 86 percent of employees who were treated for depression with antidepressant medications reported that their work performance improved.

YET,

Less than one-third of adults with a diagnosable mental disorder receive treatment in any given year.

CPM can address issues relating to:

Depression	Anxiety
Interpersonal, Familial, or Marital Conflicts	Grief: Death and Dying
ADHD and Conduct Problems	Substance Abuse
Stress Management	Childcare/Eldercare
Occupational issues	Workplace Violence
Trauma: Abuse / Neglect	Domestic Violence
Financial, Health, or Legal Difficulties	

Reality....

When employees improve their mental wellness...employers benefit.

Call us at **978-685-8800** 451 Andover Street, Suite 205, North Andover, MA