

ON-SITE MENTAL HEALTH CARE MODEL

MENTAL HEALTH AND THE BUSINESS WORLD

Mental health conditions affect **1 in 5** adults in the US



These conditions can **adversely affect** performance, productivity, relationships, etc.



Globally, depression & anxiety rates have been **rising 15-20%** over the last decade



Depression alone **costs the US economy \$210 billion** annually

THE ON-SITE MENTAL HEALTH CARE MODEL



Quality mental health care can be **difficult to access**



Although mental health treatments have been shown to be effective, **1/2 of those with depression remain untreated**

Many people would like to seek help for mental health symptoms but do not pursue treatment for multiple reasons:

- Shortage of mental health providers in the community or long wait lists
- Not knowing where to turn or what kind of treatment may help
- Lack of time or difficulty taking time off work to attend treatment
- Difficulty finding a provider that accepts their insurance
- Lack of support for mental health wellness at work & in the community

The On-Site model facilitates people accessing treatment



An office Care Coordinator can help a person pick a therapist that is available, check insurance benefits, facilitate billing, etc.



The therapist is available on-site & tracks patient results with research instruments in order to make sure treatment is effective & on track to help with the patient's issues.



BENEFITS OF ON-SITE MENTAL HEALTH CARE

Provide access to mental health care in a **timely, effective, less costly & less stigmatizing** manner



Engage patients in the treatment to **help in recovery**

Effective therapy has been scientifically validated to help **reduce negative mental health symptoms**



WHAT CAN EMPLOYERS DO TO SUPPORT EMPLOYEES & ACCESS TO CARE?

Find out more about our On-Site Mental Health program and offerings at startmywellness.com.

