

What You Need to Know...



Choosing to address mental health in the workplace is simply good business.

Healthy Mind Connection: A business outreach initiative of Mental Health America of Wisconsin.

Why is this a business issue?

Health care costs continue to be a serious issue for businesses. While many health issues such as heart disease have evolved to include prevention as a means of containing costs, mental health and wellness remain largely overlooked and misunderstood.

Mental health affects the bottom line.

Stress, depression and anxiety are significant health issues in today's workplace that can result in decreased productivity, increased absenteeism, poor work quality and low morale.

- 1 in 5 Americans will experience a mental health disorder in a given year, leaving no workplace unaffected.¹
- More than two-thirds of costs associated with mental health problems are related to lost productivity and absenteeism.²
- Treatment success rates for many mental health disorders surpass those of other medical conditions.³

Business success depends on resilient, well-adjusted and motivated employees. Proactively addressing mental health as a part of overall health can bring significant benefits.

Mental health-friendly policies and practices can bring greater productivity, reduced absenteeism, health insurance cost containment and improved retention. They can, in fact, positively affect the entire culture of the company.

Maximize health, well-being and productivity in the workplace.

The Healthy Mind Connection is a collaborative effort between Mental Health America of Wisconsin (formerly the Mental Health Association) and the business community. The Healthy Mind Connection provides education and resources to assist business in addressing mental health in the workplace.

www.mhawisconsin.org

What You Need to Know...



The Healthy Mind Connection offers:

Education

- Business-focused presentations that can be customized and delivered on-site at training sessions, meetings, brown bag lunch seminars or at special events.
- Resource or health fairs to meet your company's specific needs.

Information

- Brochures, fact sheets, and other ready-to-use resources that highlight workplace issues.
- Information and assistance phone line.
- Access to the latest information, data and best practices related to workplace mental health.
- Local, state and federal mental health and legislative information.

Tools and Resources

- On-line resources and E-news updates.
- Free and anonymous telephone and on-line mental health screenings.
- Ready-to-use employee communication pieces and training modules for managers.
- Mental health policy development or review.

To receive E-news updates, write to becky@mhawisconsin.org. Subject line: 'Subscribe.'

For free and anonymous mental health and alcohol screenings, visit our web site at www.mhawisconsin.org, or call (414) 276-3122.

For more information about other services or mental health information, call Mental Health America of Wisconsin at (414) 276-3122 or (877) 642-4630 (toll free) or visit our web site at www.mhawisconsin.org/content/business_outreach.asp.

¹ National Institute of Mental Health (NIMH), 2002

² President's New Freedom Commission on Mental Health, 2003

³ National Institute of Mental Health (NIMH), 2002