**DEPRESSION RATES**

- Global rates of depression are on the rise. (1)
- Less than ½ of people with mental health conditions, including depression, receive treatment. (3)

In the U.S., more than **17 million adults** live with depression. Depression is highest among **young adults ages 18-25** at nearly twice the rate of adults ages 26 and older. (2)

Depression is a **leading cause of disability worldwide** and a major contributor to global burden of disease. (4)

**THE COST OF DEPRESSION**

- The annual global economic impact of depression and anxiety in lost productivity is **$1 trillion**. (5)

Depression costs the U.S. economy **$210 billion** (6) annually, consisting of:
- Direct health care costs.
- Productivity loss resulting from presenteeism & absenteeism.

Costs for treating chronic health conditions - like cancer, diabetes and heart disease - is **2 to 3x higher** for those with co-morbid mental health and substance use conditions. (7)

People with **chronic health conditions** are at higher risk for depression, and those with depression are at higher risk for chronic health conditions. (8)

The good news is that for every **$1 spent** on scaled up mental health treatment, it results in **$4 ROI** in improved health & productivity. (5)
Depression treatment works. Effective treatment includes talk therapy, medication or a combination of both. (9)

Like any health condition, early detection and treatment for depression can help people keep their work and personal lives on track.

Talk therapy helps redirect negative thinking and provides practical approaches to problem solving and coping with symptoms.

With effective treatment, people are more engaged in work, miss fewer days and perform at their full potential.

Calculate the cost of depression to your organization:
workplacementalhealth.org/depressioncalculator

Raise awareness about depression and the importance of getting help early. We’ve got what you need to move in the right direction at RightDirectionforMe.com

Create a culture in which employees feel psychologically safe seeking mental health support and services.

Improve access to mental health care:
workplacementalhealth.org/pathforward

BENEFITS OF TREATMENT

WHAT CAN EMPLOYERS DO TO EFFECTIVELY ADDRESS DEPRESSION IN THE WORKPLACE?

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REFERENCES

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