



Virtual Behavioral Health

Boosting Profitability by Improving Mental Health

It's possible that you've come across employees who were once high-performing but are now facing burnout and feelings of discouragement. Similarly, you may know superiors who are dealing with anxiety and struggling to maintain focus. These issues related to mental and emotional health can have a **detrimental effect on productivity, engagement, the company culture & profits.**

Bottom-Line Impact of Mental Illness

- Depression, anxiety, substance abuse, burnout, and other mental health issues are rampant among employees. Presenteeism among employees with depression led to the equivalent of **32 lost workdays a year** (Workplace Mental Health).
- Mental illness and substance abuse cost employers **79-105 billion dollars** each year in lost productivity, absenteeism, and increased medical and disability costs (Center for Prevention & Health Services).

KonnnectMD Helps to Make a Difference

A Harvard study showed that teletherapy improved productivity for workers with depression by about 2.6 hours weekly – or \$1,800 a year/per employee.

KonnnectMD provides a safe and confidential space for individuals seeking mental health assistance. Our licensed therapists create customized therapy programs for each person's specific needs, whether it's stress, anxiety, depression, relationship problems, or any other mental health worries.

www.konnnectmd.com

Quick Facts

- Available nationwide
- 40 minute sessions
- On- Demand Sessions
- Licensed Providers
- Can keep the Same Provider
- Connect Privately from
Anywhere

Barriers to Care

- **One in five** Americans are dealing with a mental health issue, yet **fewer than half receive treatment** (Mental Health America).
- While 81% of U.S. employers offer mental health benefits, a **national provider shortage, narrow networks** and the **stigma of therapy** are major roadblocks to receiving care.
- **Employees seeking treatment are likely to incur high out-of-pocket costs** – even if they're insured (Milliman).