

# What is Your Organization Doing to Manage Behavioral Health?

#### **A Vicious Cycle**

COVID-19 made an already delicate mental health environment even more precarious. Forward-thinking, mindful employers are evaluating methods to mitigate the mental health burden carried by their employees. By doing so they can increase engagement, productivity and retention as well as strengthen their overall population health. But it is a complex landscape to take on.



## 1/3 OF AMERICANS SHOW SIGNS OF CLINICAL ANXIETY OR DEPRESSION<sup>1</sup>



Cardiometabolic disease rates are twice as high in adults with serious mental illness<sup>2</sup>



Depression and anxiety disorders costs the global economy \$1 trillion annually in lost productivity<sup>3</sup>



Depression is the leading cause of disability worldwide4

#### **Barriers to Behavioral Health**







## LET US HELP YOU NAVIGATE



Each organization and its employees are different. We will evaluate embedded solutions, addon networks and vendors, targeted solutions, EAPs and more.



www.springgroup.com insight@springgroup.com 617-589-0930

### **Marketplace Solutions**

