DEPRESSION RATES

Global rates of depression are on the rise. (1)

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)

Less than ½ of people with mental health conditions, including depression, receive treatment. (3)

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)

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)

Depression costs the U.S. economy $210 billion (6) annually, consisting of:

- Direct health care costs.
- Productivity loss resulting from presenteeism & absenteeism.

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)
BENEFITS OF TREATMENT

Depression treatment works. Effective treatment includes talk therapy, medication or a combination of both. 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.

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

- 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

REFERENCES

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