



EMPLOYEE WELLBEING

Why every business should break the silence about mental health in the workplace.

THIS ISSUE TOUCHES EVERYONE:

62%

of ALL missed work days by ALL employees can be attributed to mental health struggles***

72%

of LGBT+ employees experience mental health issues as a result of workplace discrimination*

31%

of all African Americans and Hispanics who report mental health issues reported NOT seeking help for those struggles due to cultural stigma.**

20%

of lost productivity by all employees is the result of mental health struggles***

Statistics provided by:

*Mental Health America

**American Psychiatric Association

***World Health Organization

BREAK THE SILENCE. IF YOU'RE NOT TALKING ABOUT MENTAL HEALTH IN THE WORKPLACE, YOU SHOULD BE.

When it comes to mental health, especially with a diverse community, the stakes are too high to stay silent. Mental illness is the leading cause of workplace disability and lost productivity globally, according to the World Health Organization.

Managers, directors, and employees often unknowingly perpetuate an environment where people feel a need to remain quiet about their problems.

Compounded by an often complex path to accessing mental health information and services, 70% of people do not receive treatment, according to the National Institutes of Health. Untreated mental health issues drain productivity, elongate absences, and create unnecessary turnover.

MCS - YOUR PARTNER IN UNDERSTANDING THE WHOLE PICTURE

If you and your company are not prepared to have an open conversation about mental health, we are. Metropolitan Counseling Services (MCS) is a leading provider of mental health training and services in Atlanta. We work with leaders just like you to break the silence surrounding mental health.

We'll empower your team with facts and tools to create an environment that is open, compassionate and pragmatic. And if your team has experienced a recent crisis, we have the professionals to help with that, too.

LET'S TALK

Breaking the silence around mental health may be the most important thing you do this year... for your people, and your business. Contact us today and to get the conversation started.

Call Shannon Georgecink, Executive Director at

(404) 321-1794 ext 320 or e-mail Shannon at sgeorgecink@mcsatlanta.org



metropolitan
counseling services