

DEPRESSION

MORE COMMON THAN YOU THINK

DEPRESSION RATES



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



Less than 1/2 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⁾



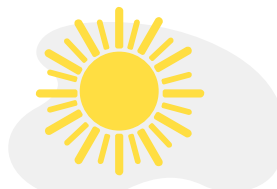
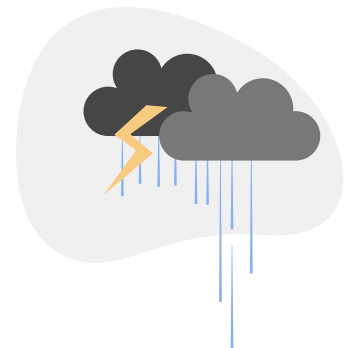
Costs for treating chronic health conditions - like **cancer, diabetes and heart disease** - is **2 to 3x higher** for those with co-morbid mental health and substance use conditions.⁽⁷⁾

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. ⁽⁹⁾

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



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

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

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