



Mental Health and Business by the Numbers

- \$6 Billion – Cost of lost productivity to businesses in Canada due to mental health in a single year.
- \$4 Billion – Total economic savings that would result in Canada over the next 10 years if new cases of mental illness were reduced by only 10%.
- \$85,000 – Estimated annual cost of absenteeism, presenteeism, and turnover attributable to mental health problems in an organization employing 50 people.
- 30% -- Reduction in mental health related sickness absence in companies after instituting a mental wellbeing strategy.
- \$1800 : \$100-\$400 – Estimated ratio of financial benefit to cost for organizations that invest in mental health outreach programs.
- 50% -- Percentage of employers who believed that *none* of their workers would experience a mental health problem *during their working life* despite the fact that at any one time 15 percent of people are affected.
- 2 : 1 – Ratio of time taken off work by people with a mental health problem for sickness compared to the average worker.
- £120 (\$204) – Estimated average daily cost to employers *per employee* for time taken off due to sickness.
- 5 – Number of domains in which resilience training outperformed traditional stress management in a group of management-level employees. Those who did the resilience program made greater improvements in self-reported hardiness, job satisfaction, social support, strain, and illness severity compared to those who participated in a traditional stress reduction program.
- 17% -- Improvement in objective performance under high-stress conditions for police officers who completed a resilience training program compared to officers who did not complete resilience training.

References:

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