

Mental Health Statistics Affecting Productivity, Empathy, Engagement and Resilience In the Workplace

- One in Four Americans say that work is a source of anxiety.
- Half of employees with anxiety say it interferes with co-worker relationships.
- Only One in Four employees with anxiety tell their employers.
- Depression costs employers more than other health conditions.
- Depressed employees lose 27 workdays per year.
- Depression cuts productivity.
- 3.5 percent of all workers have ADHD.
- Four in Five workers report a poor work-life balance.
- 80% of employees treated for things such as stress and depression report improvement in their work and life.
- 83% of U.S. workers suffer from work related stress.
- Stress causes around 1 million workers to miss work every day.
- 55% of Americans are stressed during the day.
- Americans aged 30 – 49 are the most stressed age group.
- Prior to the pandemic, 76% of US workers said that workplace stress affected their personal relationships.
- At the same time, only 43% of US workers thought that their employers cared about their work-life balance.
- Only 40% of employees who suffer from stress have talked to their employers about it.
- 34% of workers do not feel safe reporting stress because they think that it will be interpreted as a lack of interest or an unwillingness to do an activity.
- Only 4 in 10 employees who do report stress to their employer are offered some kind of help.
- US businesses lose up to \$300 billion yearly as a result of workplace stress.
- Depression leads to \$51 billion in cost due to absenteeism and \$26 billion in treatment costs.
- Work-related stress causes 120,000 deaths and results in \$190 billion in health care costs yearly.
- Women are more stressed out than men.
- 52% of Generation Z, in the US, have been diagnosed with mental health issues v. 41% for boomers. and