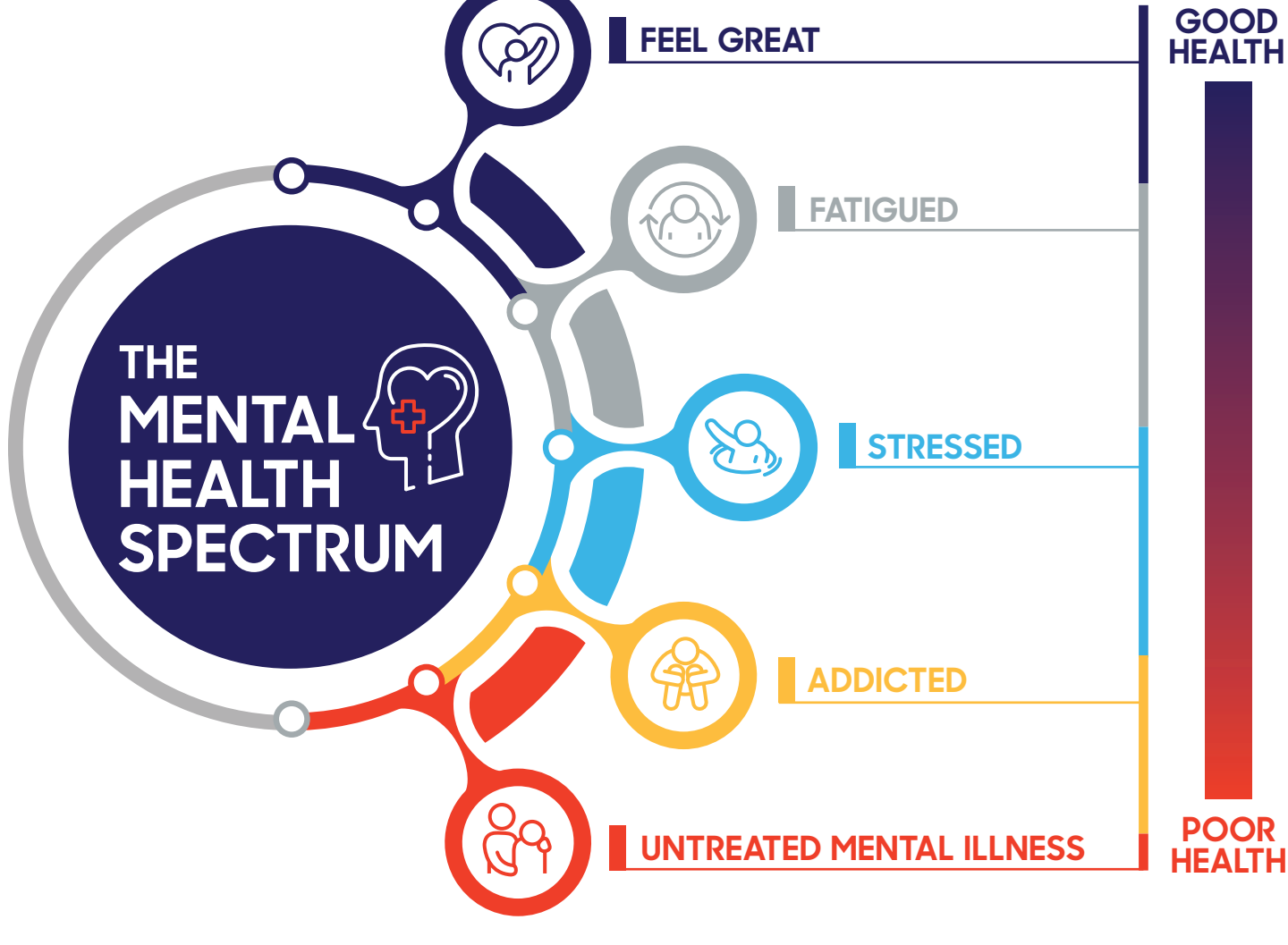


MINDING MENTAL HEALTH

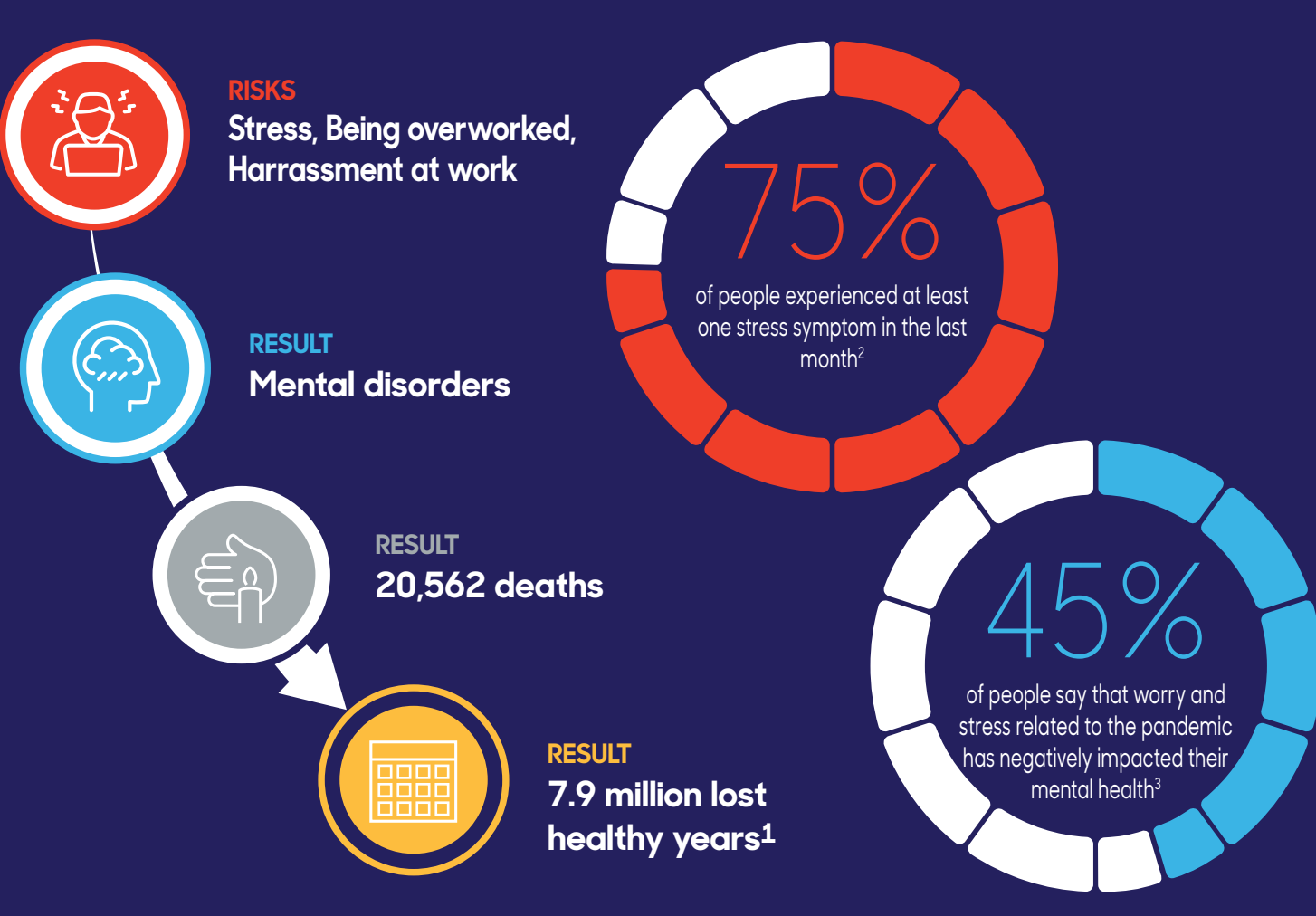


Trustmark Voluntary Benefits

To better protect employees and their employers, it's important to understand the spectrum of mental health and recognize its effects on individuals as well as their employers. Understanding mental health is the key to offering meaningful solutions.



THE STRUGGLE WITH STRESS



MENTAL ILLNESS AND SUBSTANCE USE DISORDER BY THE NUMBERS

MENTAL ILLNESS

1 in 25 adults experience serious mental illness⁴

1 in 5 adults experience mental illness⁴

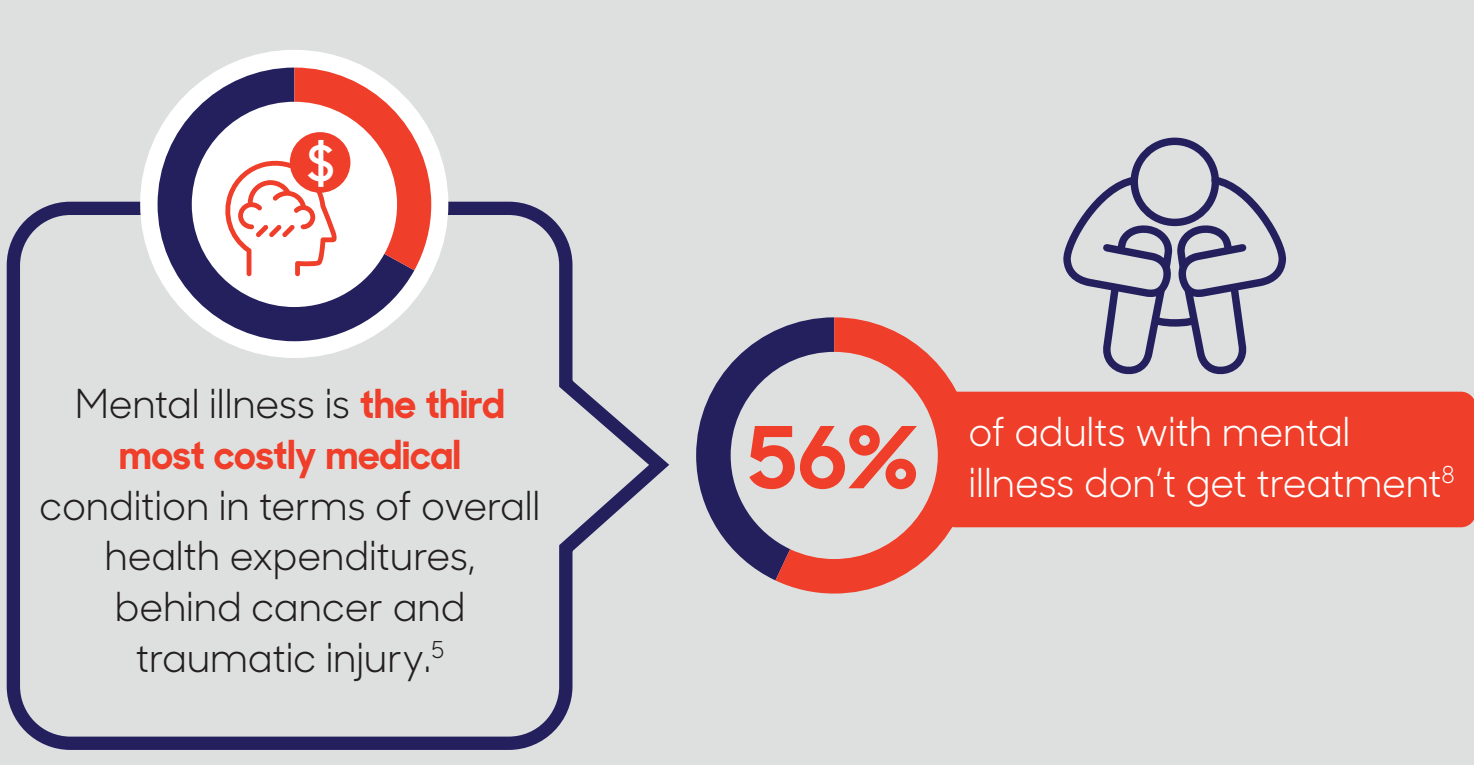
Approx. **19%** of adults have an anxiety disorder in a given year⁴

SUBSTANCE USE DISORDER

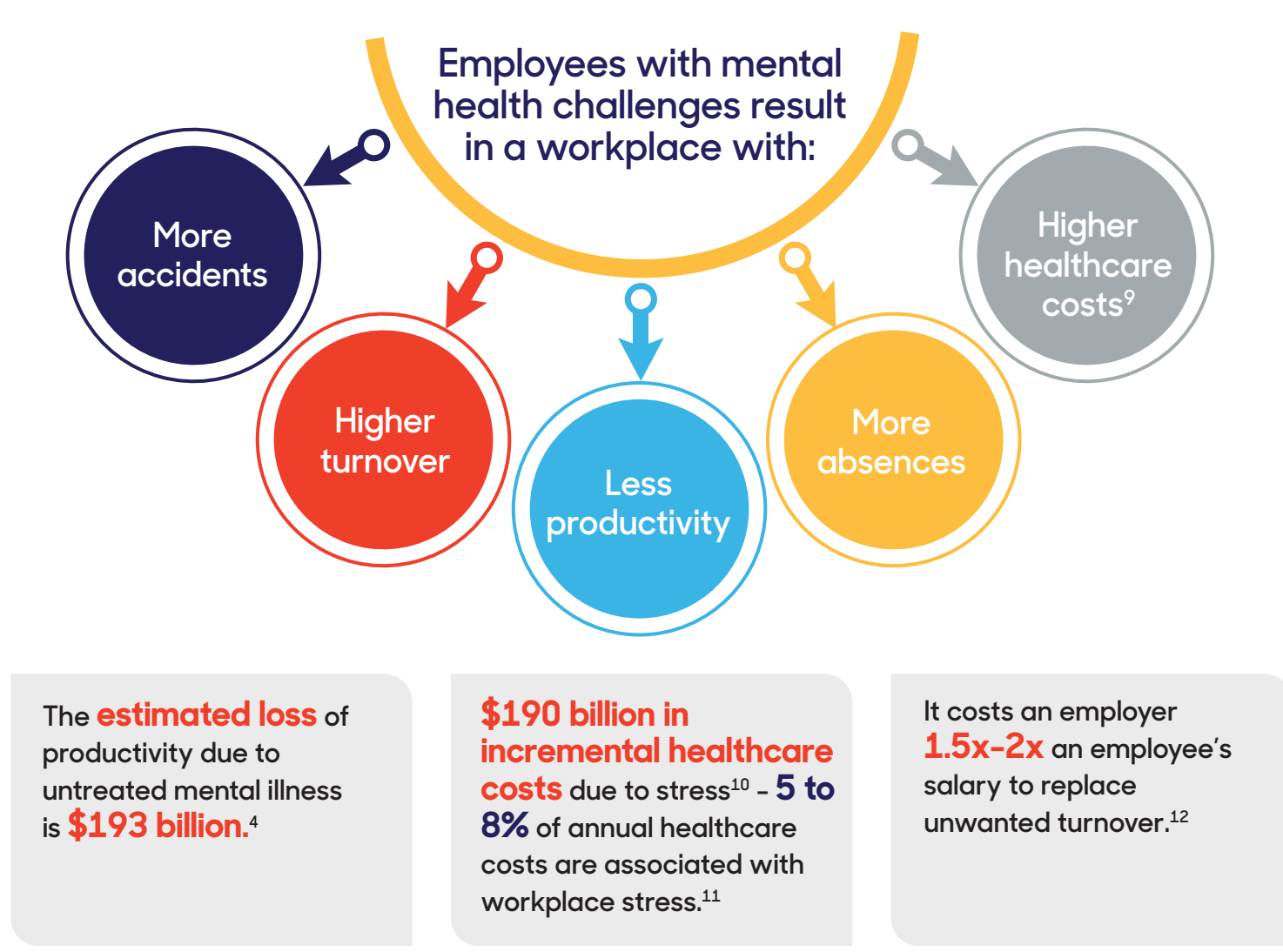
10.3 MILLION people misused prescription drugs in 2018⁶

#1 Drug overdose is the leading cause of accidental death in the U.S.⁷

HIGH COSTS, LOW TREATMENT



WHAT DOES THIS MEAN FOR EMPLOYERS?



HOW CAN EMPLOYERS HELP?

- 1 Create an open and accepting environment
 - 2 Understand the signs and symptoms
 - 3 Provide confidential referrals
 - 4 Sponsor educational programs for employees (stress management and resiliency, physical activity, nutrition, financial wellbeing)
 - 5 Offer voluntary benefits, such as hospital and disability insurance, which support mental health
- Voluntary benefits can help...**
- Provide financial protection for necessary treatment
 - Reduce stress with added security
 - Create a culture of acceptance

¹World Health Organization. Work-Related Non-Communicable Diseases and Mental Disorders. 2018.
²American Psychological Association. Stress in America Survey. 2017.
³Kaiser Family Foundation. The Impact of Coronavirus on Life in America. 2020.
⁴National Alliance on Mental Illness. Mental Health By the Numbers. 2019.
⁵National Alliance on Mental Health. Mental Health Research and Innovation. 2017.
⁶2019 National Survey on Drug Use and Health.
⁷American Society of Addiction Medicine. Opioid Addiction Facts & Figures. 2016.
⁸Mental Health in America. 2020.
⁹Healthline. Stress Costs U.S. \$300 Billion Every Year. 2018.
¹⁰American Psychiatric Association Foundation. Center for Workplace Mental Health. 2015.
¹¹Informa PubsOnLine. Management Science. Vol. 62, No.2. 2015.
¹²Gallup. This Fixable Problem Costs U.S. Businesses \$1 Trillion. 2019.

You care. We listen. For more information about how you can address mental health in the workplace with Trustmark Voluntary Benefits, contact your local sales representative at trustmarksolutions.com/contact-us.

For more information like this, follow our blog at trustmarksolutions.com/blog

