

Why bring therapy to work?

Promote Mental Wellness

PROACTIVE VS. REACTIVE

People spend a significant amount of their time in their workplaces, providing an unmatched opportunity for intervention and culture change that is beneficial to an employer's bottom line. Mental health awareness is reaching an inflection point in the United States and the workplace has to be involved in order for the culture to change significantly.

Normalize Mental Health

CONVENIENCE AND ACCESSIBILITY

Research shows that 5 percent of adults (18 or older) experience a mental illness in any given year, equivalent to 43.8 million people. Of adults in the United States with any mental disorder in a one-year period, 14.4 percent have one disorder, 5.8 percent have two disorders and 6 percent have three or more

Increase Productivity and Morale

SHOW YOUR EMPLOYEES YOU CARE

Research shows that production/output, quality of work, and work morale all increase if wellness is among the top priorities within an organization's structure. Research also shows that workplace stress, and common life problems, play a huge role in quality, production, absenteeism, and job satisfaction.

Decrease Absenteeism

INTERVENTION YIELDS CULTURE CHANGE

Organizations that commit to supporting employees increase productivity and engagement, becoming more desirable places to work. Research shows that social contact, along with peer support and education, are the most effective ways to normalize mental health conditions and reduce stigma.

Save Company Dollars

MENTAL HEALTH AFFECTS YOUR BOTTOM LINE

\$17 Billion USD is lost annually in productivity in the US because of unaddressed mental health concerns. 95% of employees who have taken time off due to stress have named another reason, such as an upset stomach or headache. \$5.5k in productivity is lost per person each year in the US due to depression alone. 217 million days of work are lost due to mental health conditions