

Mental Health in the Workplace: The Shadow Pandemic & Evidence Based Solutions

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The shadow pandemic:
COVID-19 heightened
the mental health crisis

There was a
mental health
crisis even before
the pandemic.

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60% of people who met
diagnostic criteria for a
mental health condition
did **not** receive care.

Source: SAMHSA, 2019

Sudden shifts in the way we live and work heightened that crisis.

More than one-third of Americans (36%) say coronavirus is having a serious impact on their mental health.

Sudden shifts in the way we live and work heightened that crisis.

48% of Non-Hispanic Black adults reported symptoms of anxiety and/or depressive disorder.

46% of Hispanic or Latino adults report symptoms of anxiety and/or depressive disorder.

41% of Non-Hispanic white adults reported symptoms of anxiety and/or depressive disorder.

More people are experiencing mental health difficulties and research shows poor mental health will last **well after** the pandemic is over.

But there is good news.

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Companies are taking action.

75%

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100%

Data from 17 of our enterprise clients shows that all companies expanded mental health benefits during the pandemic.

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Sources: Mercer, 2020; Big Health MHMI data 2021; Big Health Client Advisory Board data, 2021.

**Companies are investing in mental health care,
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**How can you provide safe and effective non-drug
alternatives for mental health?**



“Digital therapeutics are evidence-based therapeutic interventions driven by high quality software programs to prevent, manage, or treat a medical disorder or disease.”

Our solution: safe & effective digital therapeutics supported by a robust evidence base

INSOMNIA

Sleepio

76%

of patients achieved clinical improvement in insomnia (Espie et al 2012).

0

Serious adverse events observed

ANXIETY



71%

of patients achieved clinical improvement in anxiety (Carl et al 2020).

0

Serious adverse events observed

64 publications | 13 RCTs | 28,000+ participants | 4 clinical guideline inclusions



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Disclaimer: In accordance with FDA's Current Enforcement Discretion Policy for Digital Health Devices for Psychiatric Disorders, for patients aged 18 years and older, who are followed by and diagnosed with Insomnia Disorder or Generalized Anxiety Disorder by a medical provider, Sleepio and Daylight can be made available as an adjunct to their usual medical care for Insomnia Disorder or Generalized Anxiety Disorder, respectively. Sleepio and Daylight do not replace the care of a medical provider or the patient's medication. Sleepio and Daylight have not been cleared by the U.S. Food and Drug Administration (FDA) for these indications. Users are directed to not make any changes to their prescribed medication or other type of medical treatment without seeking professional medical advice.

Question?