

# WORKPLACE EMOTIONAL HEALTH

When Personal + Professional Lives Collide

32%

Only 32% of Canadian employees feel their organization's leadership is taking action on mental health. <sup>1</sup>

1/5

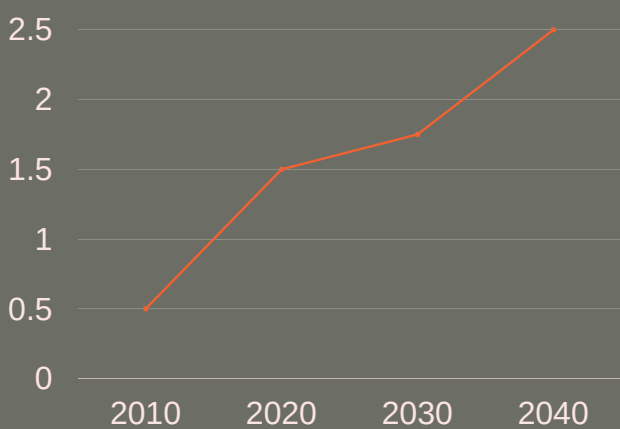
In any given year, at least one in five Canadians experience a mental health issue or problem. <sup>2</sup>

\$50B

Mental illness causes a \$50B economic burden each year in Canada. The cost related to lost productivity is \$6B. <sup>4</sup>



Depression drugs are number five on the list of health drug trends. This means that more people are using these than cancer, blood pressure or antibiotic drugs. <sup>5</sup>



By 2041, the cumulative cost of mental illness in Canada is projected to reach \$2.5 Trillion. <sup>3</sup>

500,000

is the number of Canadians who are unable to work each week due to mental health problems or illnesses. <sup>6</sup>

20%

20% of individuals left roles in the past for mental health reasons. This number is 50% for millennials and 75% for Gen Z. <sup>8</sup>

30%

In Canada, 30 - 70% of all disability claims are attributed to mental illness or mental health issues. <sup>7</sup>

## HOW WE CAN HELP

Through Workplace Emotional Health, Optimum Talent can partner with your organization to implement a program that promotes positive mental health and wellbeing. With our integrated offering, we can help leaders learn how to support employees manage difficult personal issues to ensure compassion, engagement, and performance.

For more information:  
Visit our [website](#) or [contact us](#) today.

**Optimum  
Talent<sup>®</sup>**

<sup>1</sup> Canadian Mental Health Association. (2016). Workplace Mental Health in Canada: Findings from a Pan-Canadian Survey. Canadian Mental Health Association.

<sup>2 & 3</sup> Smetanin, P., Stiff, D., Briante, C., Adair, C., Ahmad, S., Khan, M. (2011). The Life & Economic Impact of Major Mental Illnesses in Canada: 2011-2041.

<sup>4</sup> Deloitte Insights. (2019). The ROI in Workplace Mental Health Programs: Good for People, Good for Business.

<sup>5</sup> TELUS Health Drug Data Trends & National Benchmarks (2019) <http://ow.ly/1K8Q50AkSjB>

<sup>6 & 7</sup> Mental Health Commission of Canada. Case Study Research Project - Final Report. <http://ow.ly/zd2Y50AkSel>

<sup>8</sup> Mindshare Partners. (2019) Mindshare Partners' Mental Health at Work 2019 Report.