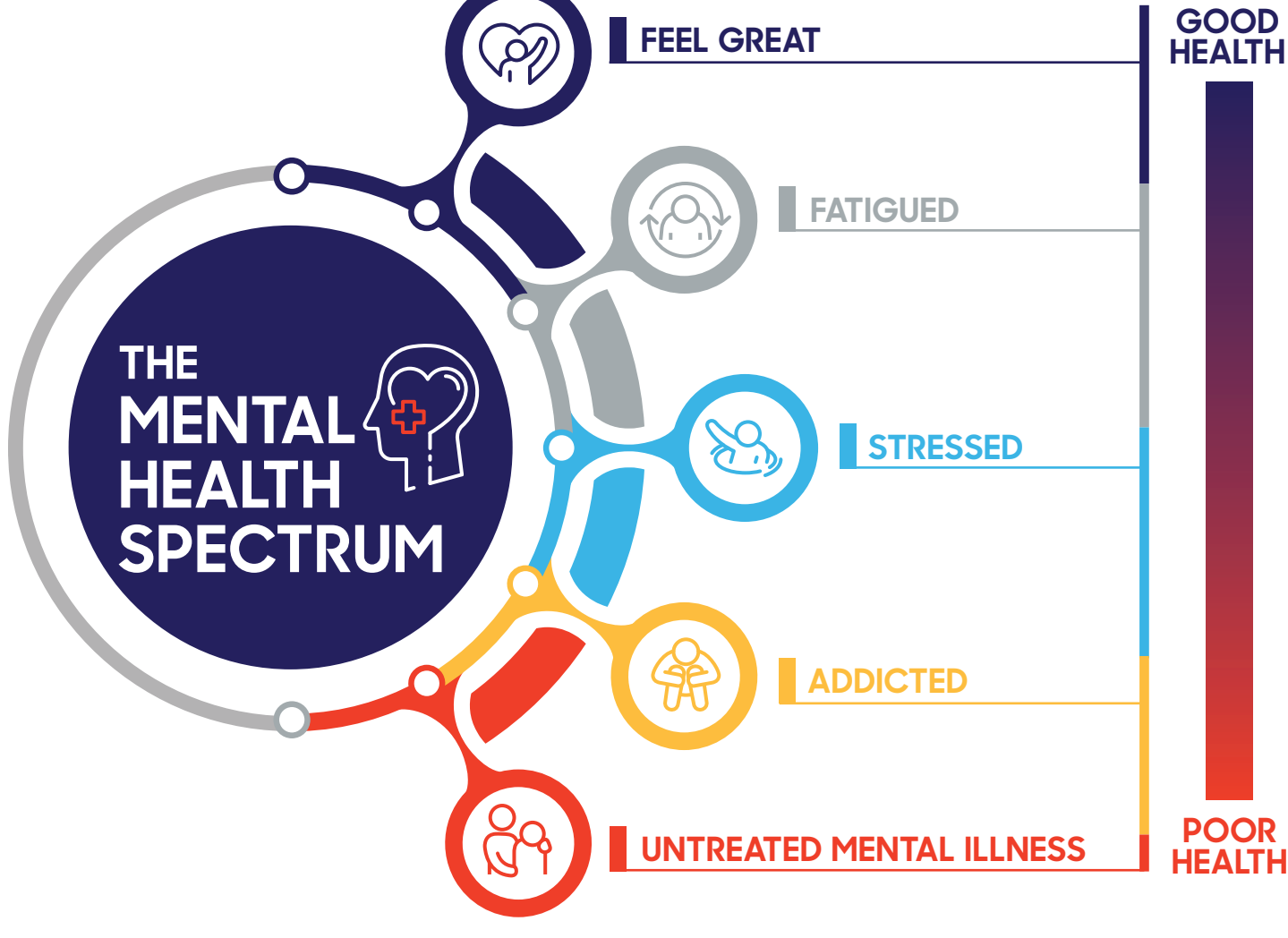


MINDING MENTAL HEALTH

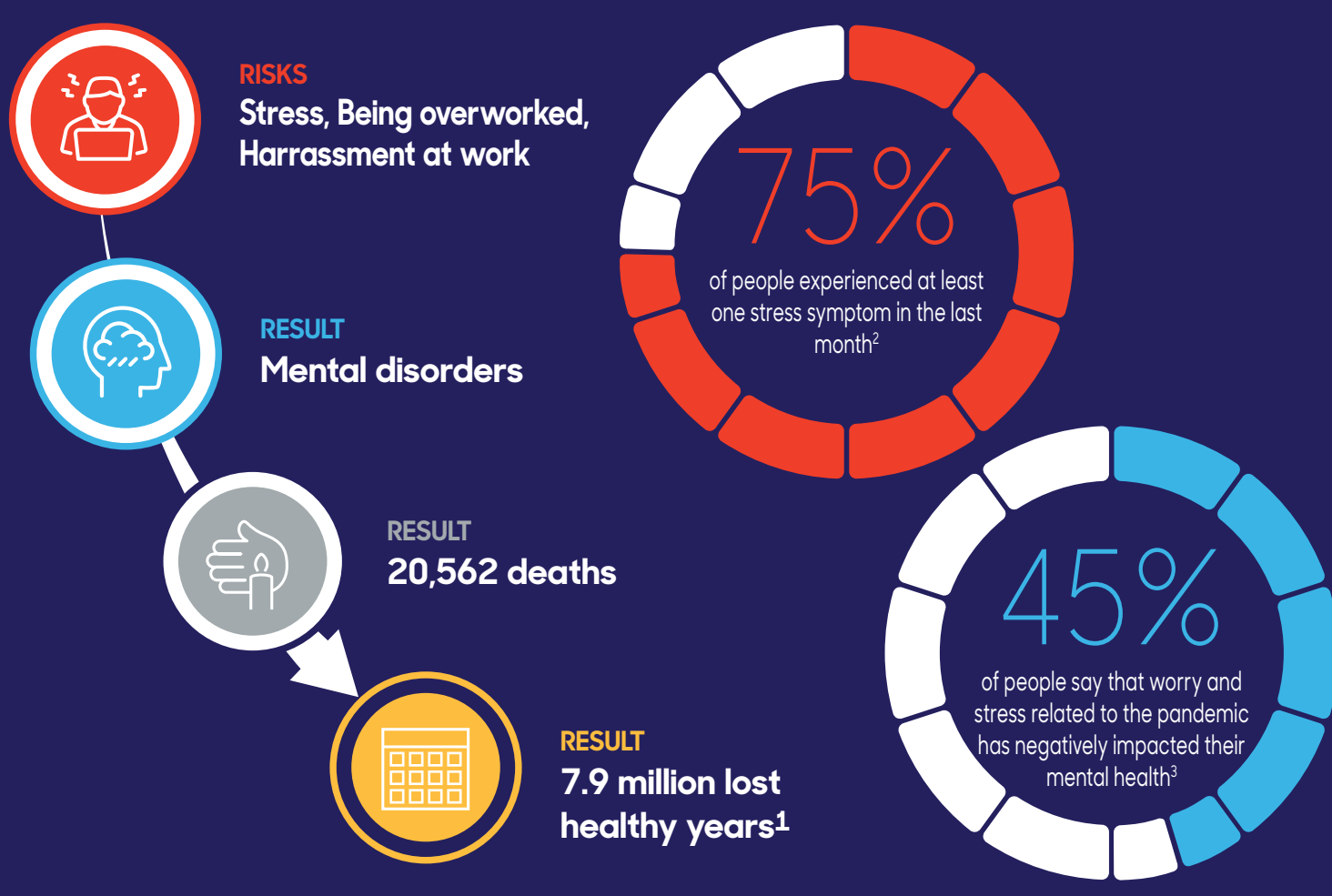


Trustmark Voluntary Benefits

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.



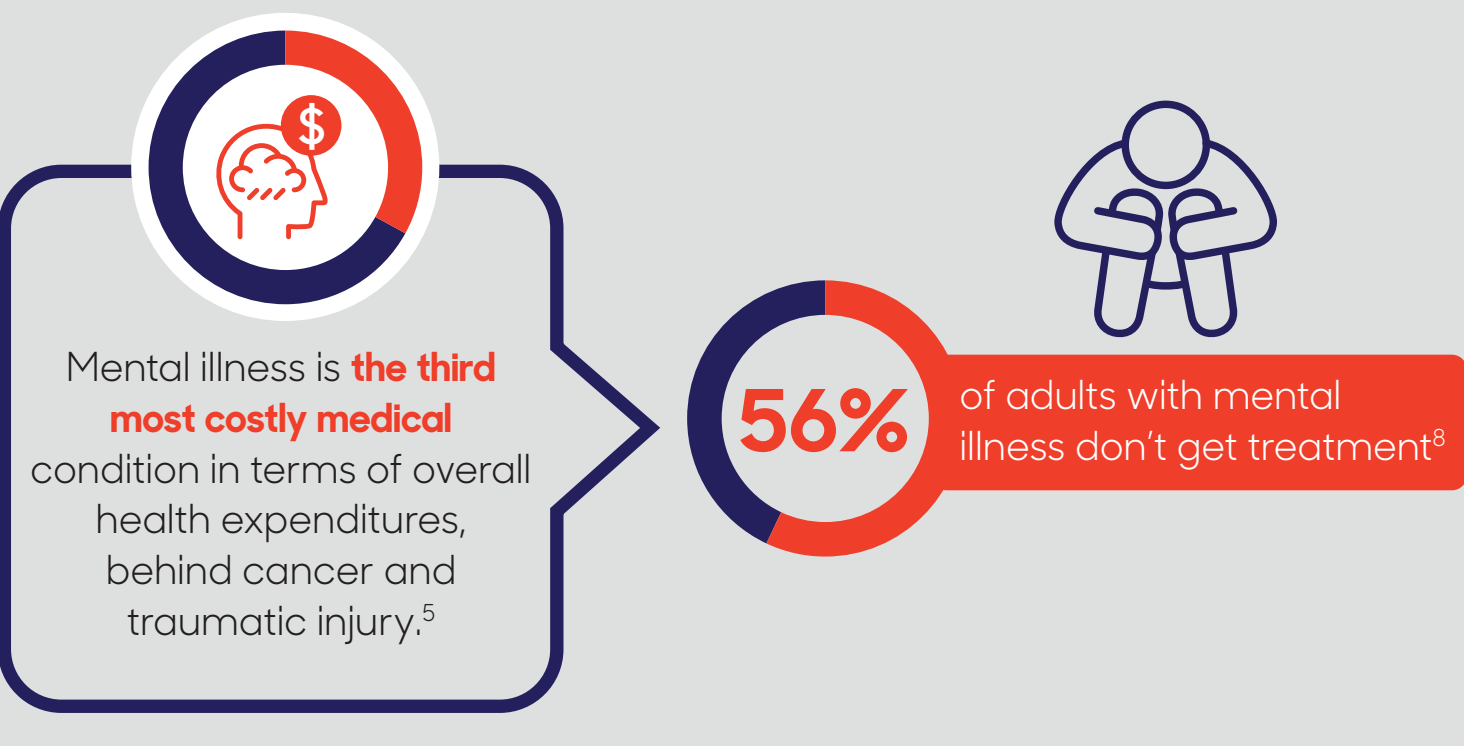
THE STRUGGLE WITH STRESS



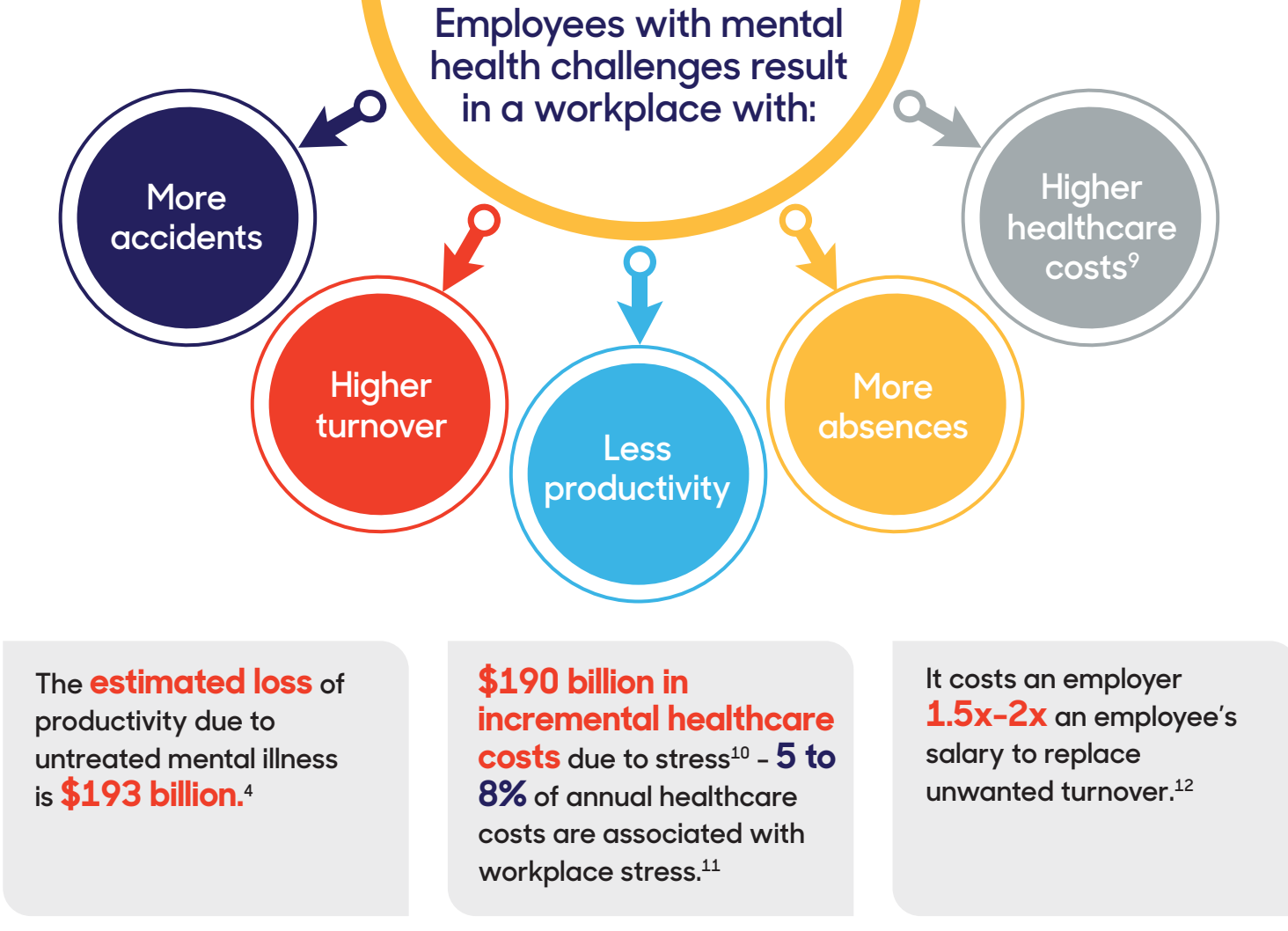
MENTAL ILLNESS AND SUBSTANCE USE DISORDER BY THE NUMBERS



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

¹ World Health Organization. Work-Related Non-Communicable Diseases and Mental Disorders. 2018.
² American Psychological Association. Stress in America Survey. 2017.
³ Kaiser Family Foundation. The Impact of Coronavirus on Life in America. 2020.
⁴ National Alliance on Mental Illness. Mental Health By the Numbers. 2019.
⁵ National Alliance on Mental Health. Mental Health Research and Innovation. 2017.

⁶ 2019 National Survey on Drug Use and Health.
⁷ American Society of Addiction Medicine. Opioid Addiction Facts & Figures. 2016.
⁸ Mental Health in America. 2020.
⁹ Healthline. Stress Costs U.S. \$300 Billion Every Year. 2018.
¹⁰ American Psychiatric Association Foundation. Center for Workplace Mental Health. 2015.
¹¹ Informa PubsOnLine. Management Science. Vol. 62, No.2. 2015.
¹² Gallup. 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

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