



What can you do?

The workplace can be a key location
for activities designed to improve well-being.
Call us today to learn more

Email Address: hello@drchristykane.com
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Beat stress in the workplace

Showing individuals respect and acceptance
removes a significant barrier to helping them
successfully cope with mental illness.

Employers can help employees regain a sense
of control and confidence in their careers so
that they are happier and more productive .

Learning more about mental health allows
employers to provide helpful support to those
affected in their organizations.



www.drchristykane.com

360 Focus™ Mental Health



Mental Illness in the workplace

Mental illnesses affect 19% of the adult population. People struggling with their mental health may be in your family, live next door, teach your children, or work in the next cubicle. *Untreated, mental illness can contribute to poorer performance at work, fewer employment opportunities and increased risk of suicide.*

19%

Adult population



35%

Untreated Mental Illness Reduces Performance



69%

Believe it's safer to stay silent about workplace stress



Mental Health disorders are among the most burdensome health conditions in the United States. However, less than half of those affected receive treatment, often because of the stigma attached to mental health.

What Exactly is a Mental Illness?

Mental illness is a physical illness of the brain that causes disturbances in thinking, behavior, energy or emotion that make it difficult to cope with the ordinary demands of life. Research is starting to uncover the complicated causes of these diseases which can include genetics, brain chemistry, brain structure, experiencing trauma and/or having another medical condition, like heart disease.

The Two Most Common Mental Health Conditions are:



Anxiety Disorders

More than 18% of adults each year struggle with some type of anxiety disorder, including post-traumatic stress disorder (PTSD), obsessive-compulsive disorder (OCD), panic disorder (panic attacks), generalized anxiety disorder and specific phobias.



Mood Disorders

Mood disorders, such as depression and bipolar depression, affect nearly 10% of adults each year and are characterized by difficulties in regulating one's mood.