The effects of mental well-being issues on business

**Lost workdays:**

35M workdays are lost annually due to mental illness.¹

**A silent killer:**

120,000 deaths attributed to work-related stress, the most common mental well-being issue each year.²

Mental well-being affects productivity:

61% of workers report their productivity is affected by their mental health.³

Employee burnout, a serious problem in tech:

42% of workers have left a job due to burnout.⁴

The cost of mental well-being issues for businesses

Turnover is expensive:

$680 billion

U.S. employers expected to pay $680 billion in 2020 in turnover costs.⁵

The cost of doing nothing:

$105 billion

Untreated mental illness costs businesses $105 billion annually.⁶

2-5x an employee's annual wage is spent on average to replace the employee because of burnout or stress.⁷

The cost of doing nothing:

$105 billion

Untreated mental illness costs businesses $105 billion annually.⁶

Mental Health for First Aid for Work

**Mental Well-Being in High-Tech**

**Barriers, benefits and best practices**

The effects of mental well-being


Aetna has long recognized the unique challenges of mental well-being care, so we have mental well-being advocates who are trained to assess a member’s needs and help them identify appropriate clinical treatments.

- Ashley Karpinski, MA LPC-S, Aetna Behavioral Health

Learn more

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