




## Prevention is better than cure

It is estimated that at any one time, one-sixth of the working age population is suffering from symptoms of mental illness, most commonly depression and anxiety.

A further one-sixth of the population will be suffering from symptoms associated with mental ill health, such a worry, sleep problems and fatigue, which, while not meeting criteria for a diagnosed mental illness, will still be affecting their ability to function at work. This creates huge costs to individuals, businesses, the economy and society in general.

**Untreated mental health conditions cost around**   
**\$10.9 BILLION**  
per year through **presenteeism and compensation claims**

Employers are in a unique position to have a positive impact on the mental health and wellbeing of their workforce. Work can provide a sense of purpose, acceptance within society and opportunities for development.

Promoting mental health and wellbeing is not at the expense of the overall workplace.

Efforts focused on workers' mental health will benefit both the individual and business. From the individual's perspective, these benefits will stem from having a healthy balanced lifestyle and psychological wellbeing. For business, benefits are likely to be seen from reduced absenteeism and presenteeism, as well as increased employee engagement and productivity.

Mental health is not merely the absence of mental illness but rather a state of wellbeing. This program enables all workers, regardless of whether or not they have a mental illness, to function with optimal mental wellbeing.

**Mental health illness is the leading cause of sickness, absence and long term work incapacity.**



healthier  
work