

It's critical for employers to foster a mentally healthy organizational culture. The National Safety Council and Youturn Health can help.

More than ever, organizations need to create an inclusive, safe workplace. Business leaders must provide resources, help break stigma, and provide innovative programs that impact their employees in a meaningful way. Mental health is associated with problems that have a direct impact on employees' productivity and safety. It's no small task, but the payoff is huge:

For everyone \$1 invested in employee mental health, employers see between a \$4-\$7 return on investment.

Employers spend, on average, \$15,000 more a year on each employee who experiences mental distress:

- \$4,700 a year in extra days of work missed.
- \$2,800 more in healthcare than their peers.
- \$5,700 in costs related to turnover

How to Create a Mentally Healthy Culture with Youturn Health & NSC:

The National Safety Council (NSC) and Youturn Health have partnered to provide employers with a comprehensive solution to build a culture of resilience and wellbeing. Our work aims to decrease turnover, training, and unnecessary medical costs, while increasing employee satisfaction and presenteeism.



Stakeholder Training: Provides key stakeholders with training, education, and resources to recognize and address workplace impairment and mental health issues.



Family Support: Supports the supporters. When one person suffers, the whole family suffers. Family members of participants are covered at no additional cost.



Online Education: Gives 24/7 access to evidence-based information and a baseline education on topics like stress management, anxiety, depression, substance use, and suicidal ideation.



Measurable Outcomes: Offers insights into the program's success, how it's being used by your employees, and measure changes in wellbeing over time.



Peer Coaching: Provides one-on-one support with a credentialed peer coach who has similar lived experience and can help connect individuals to resources and support.



Resilient Workplace: Fosters inclusivity and creates loyalty amongst employees as a place people are proud to work.