

# Employee Assistance Programs

More important than ever

Many Americans spend more time at work than in any other activity.<sup>1</sup> With employers spending \$105 billion on treatment for depression each year,<sup>2</sup> companies want to offer their employees programs that take into account emotional well-being, as well as providing comprehensive, accessible services to help them cope with everyday challenges.

## Mental health is a growing concern for employers

- Nearly one in five adults suffers from mental illness in a given year.<sup>3</sup>
- Depression leads to 200 million lost working days each year and is the most common cause of disability.<sup>4,5</sup>
- Suicide among U.S. workers is predominantly caused by work stress—long hours, lack of control and high demands.<sup>7</sup>
- Alcohol and drug abuse cost employers \$100 billion a year.<sup>6</sup>
- 86% of workers believe it is important for their company to support employees' mental health.<sup>8</sup>
- 50% of millennials and 75% of Gen Zers have left their roles for mental health reasons, both voluntarily and involuntarily.<sup>9</sup>

Investing in employees' emotional health pays off. Effective treatments can increase productivity, reduce absenteeism and reduce medical and disability costs.<sup>10,11</sup> Standalone EAPs can deliver a return on investment of up to \$6.47 per dollar spent.<sup>12</sup>

Magellan Healthcare's Employee Assistance Program is a revolutionary approach to employee emotional and physical well-being that has:<sup>13</sup>

**70%**  
increased  
productivity

**25%**  
reduced mental health  
treatment costs

**22%**  
reduced substance  
abuse costs

Learn more about how your organization can benefit from Magellan Healthcare solutions at [MagellanHealthcare.com](https://MagellanHealthcare.com).

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12. <https://doi.org/10.1080/15555240802242999>.
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