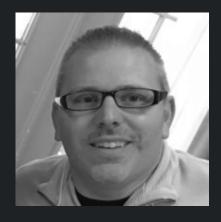


Methodology:

- Dozens of large US corporations using the Total Brain Platform
- Weekly randomized selection of up to 500 assessments
- Statistical control for cohort effect



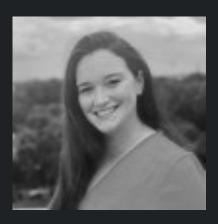
Speakers



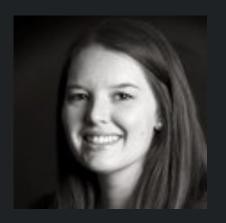
MATT RESTEGHINI CMO, Total Brain



MICHAEL THOMPSON CEO, National Alliance



MARGARET FASO
Director Healthcare Research and Policy, HR
Policy Association



KATY RIDDICK
Director of Strategy and
Engagement, One Mind

#thisisnormal



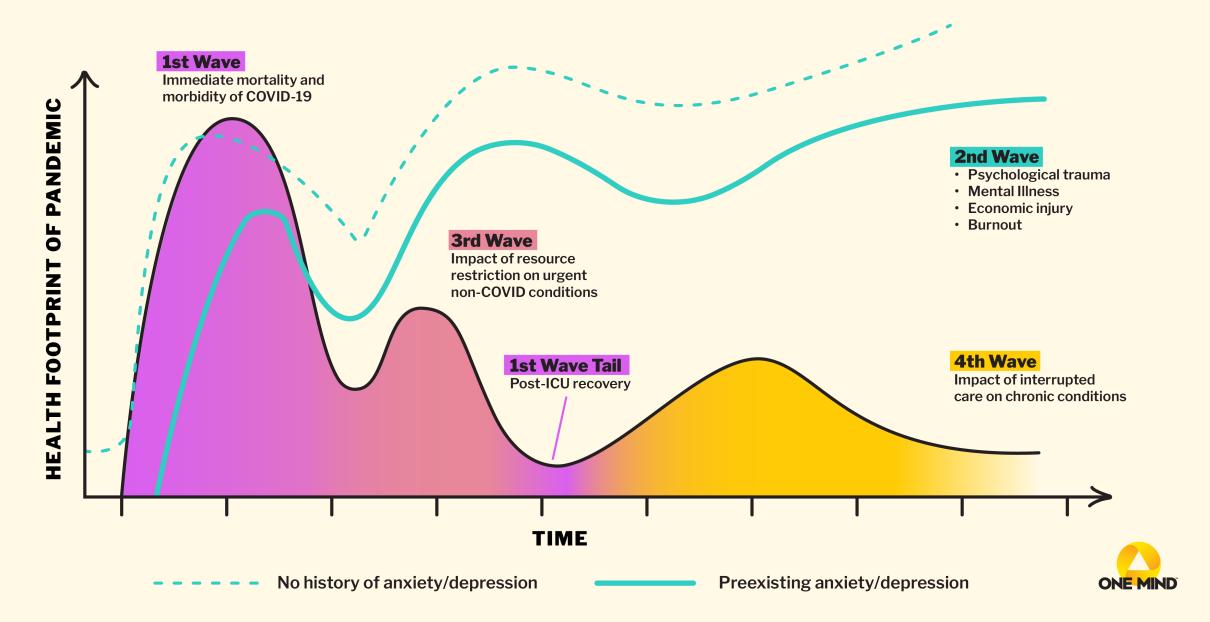




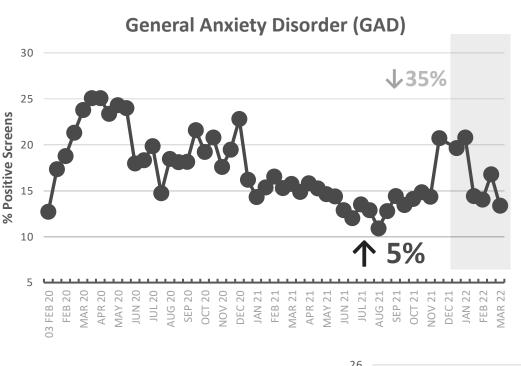


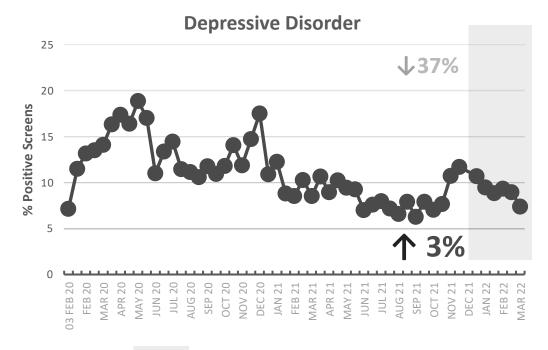


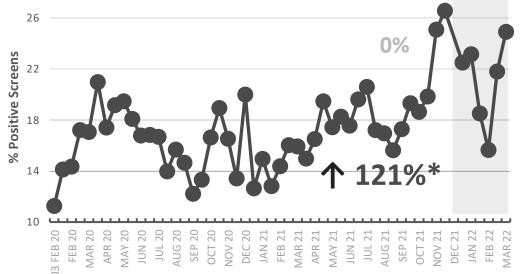
COVID-19 IMPACT TIMELINE



MHI Q1-22: Key Risk







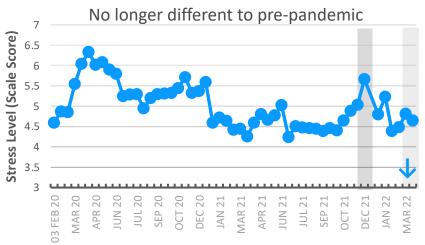
PTSD



MHI Q1-22: A Closer Look

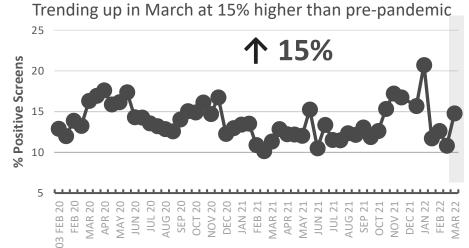
Stress

18% decrease since December



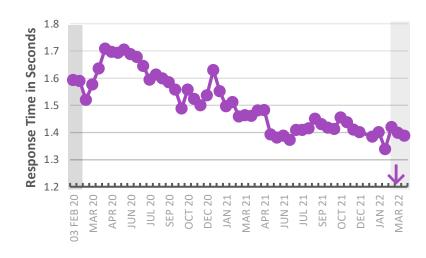
Addiction

29% decrease since end of January



THE GOOD

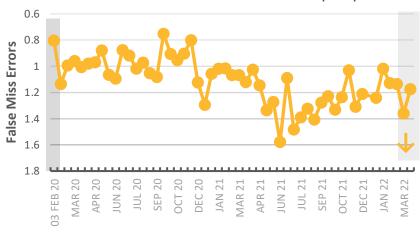
Nonconscious Negativity Bias 13% better than pre-pandemic



THE BAD

Sustained Attention

47% worse than pre-pandemic Greatest in Males at 74% worse than pre-pandemic



Key Insights and Suggested Actions

- Life events are driving outsized reaction (PTSD)
- Ongoing mental health awareness is critical
- Encourage regular assessment and usage of support tools and resources





Learn More: Download the MHI Whitepaper



Visit:

https://www.totalbrain.com/mentalhealthindex/



THANK YOU



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