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

Dr. Evian Gordon, MD, PhD
CMedO, Total Brain

Michael Thompson
CEO, National Alliance

Colleen McHugh
President, Healthcare Policy Roundtable / HR Policy Association

Daryl Tol
EVP, One Mind at Work

Katy Riddick
Director of Strategy and Engagement, One Mind

#thisisnormal
MHI Apr-21: Key Risk

General Anxiety Disorder (GAD)

0% ↑ 24%

Depressive Disorder

↑ 5%

PTSD

↑ 4%

↑ 46%*
MHI Apr-21: 40-59 Yrs. Old and Females Worsening

40-59
Anxiety
47% higher than pre-pandemic
40% increase in the last 2 months

Stress
11% higher than pre-pandemic
13% increase in the last month

Females
Anxiety
33% increase in the last month
21% higher than pre-pandemic

Stress
25% increase in the last month
(no longer lower than pre-pandemic)
Americans say working remotely has had a positive effect on their mental health, and two-thirds say they feel somewhat or extremely anxious about returning to work.

50% said the anticipation of having less flexibility or freedom with their schedules is causing anxiety.

1 in 3 employees feel they are risking their health to return to work.

20% said they would feel better about returning to work if their employer increased access to mental health resources.

86% said they want a corporate culture that embraces open mental health dialogue.

Source: April 2021 survey of 425 Americans working remotely
Join us in opening a dialogue...

#thisisnormal
Social Campaign

To demonstrate that #thisisnormal Total Brain is encouraging people to engage through a simple call to action of posting a black and white selfie on social media, along with your personal testimonial on mental health and the hashtag #thisisnormal.

Total Brain will donate $5 to One Mind, a mental health non-profit, for each of the first 1K participants.

Visit: www.totalbrain.com/thisisnormal
THANK YOU
Download our New White Paper

Visit:
https://info.totalbrain.com/resources
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