

Mental Health Index

U.S. Worker Edition

Q1 2022 Update



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

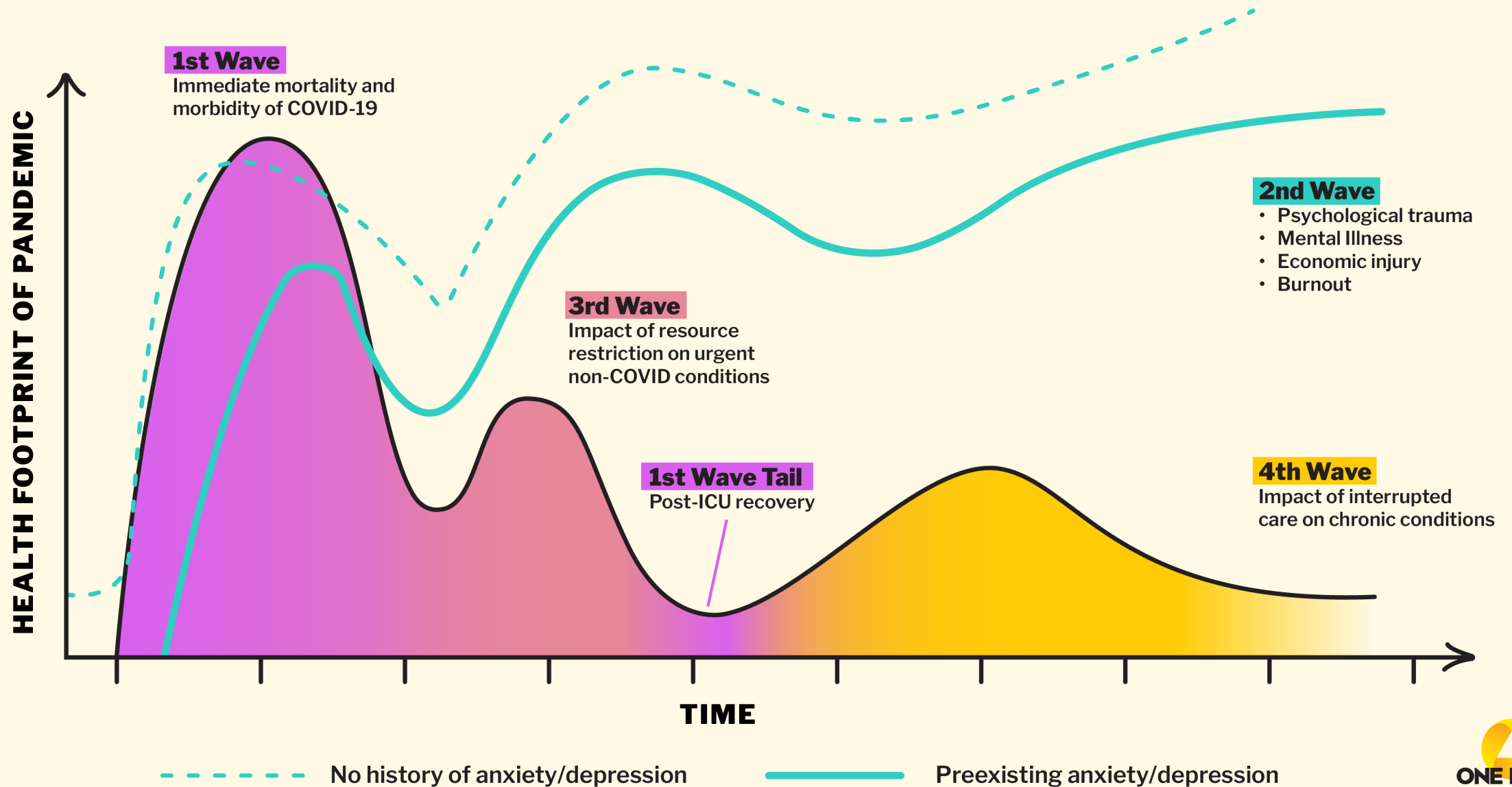


KATY RIDDICK
Director of Strategy and
Engagement, One Mind

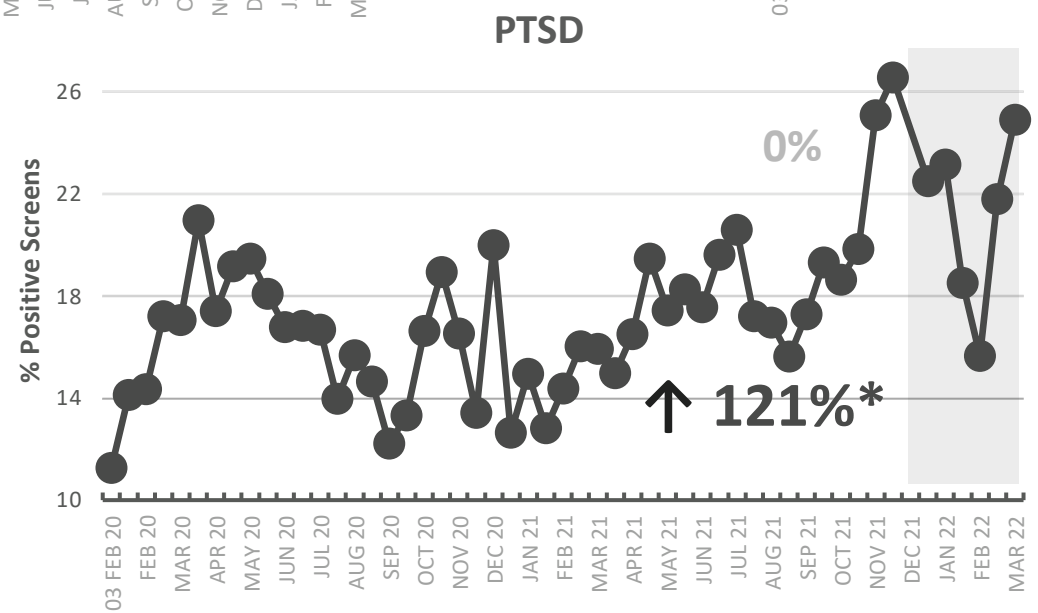
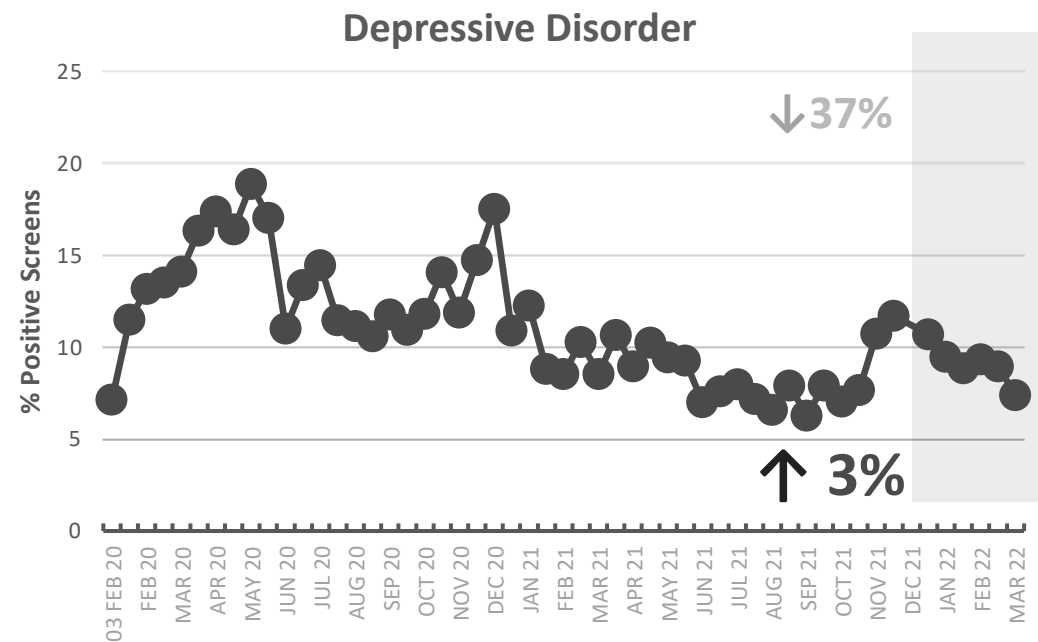
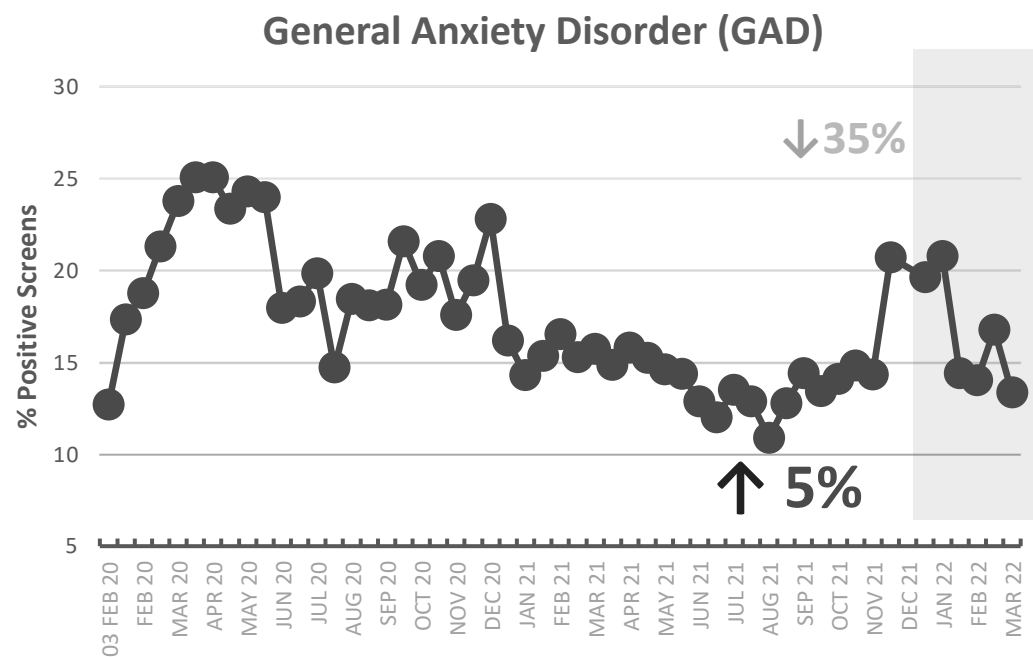
#thisisnormal



COVID-19 IMPACT TIMELINE



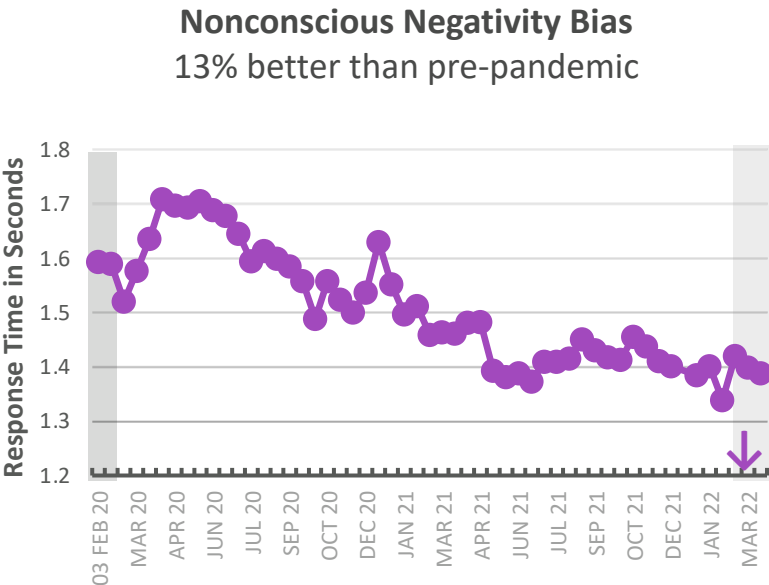
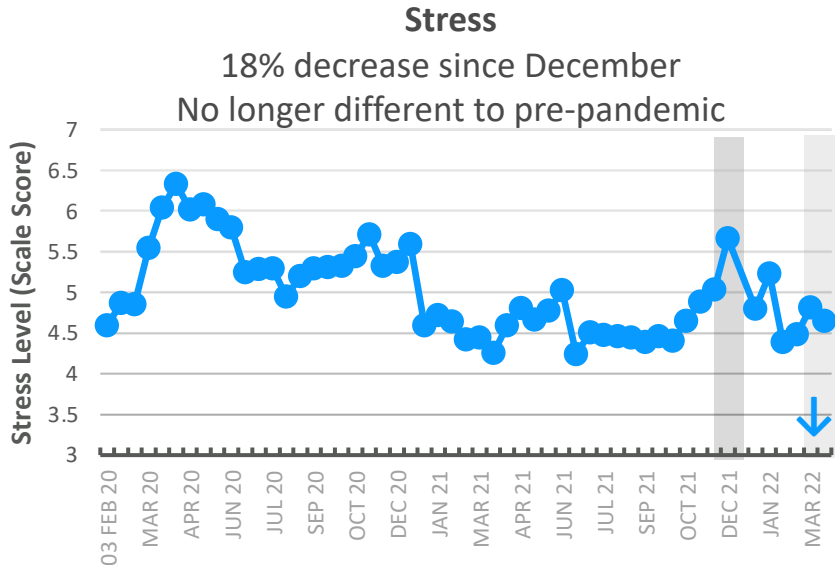
MHI Q1-22: Key Risk



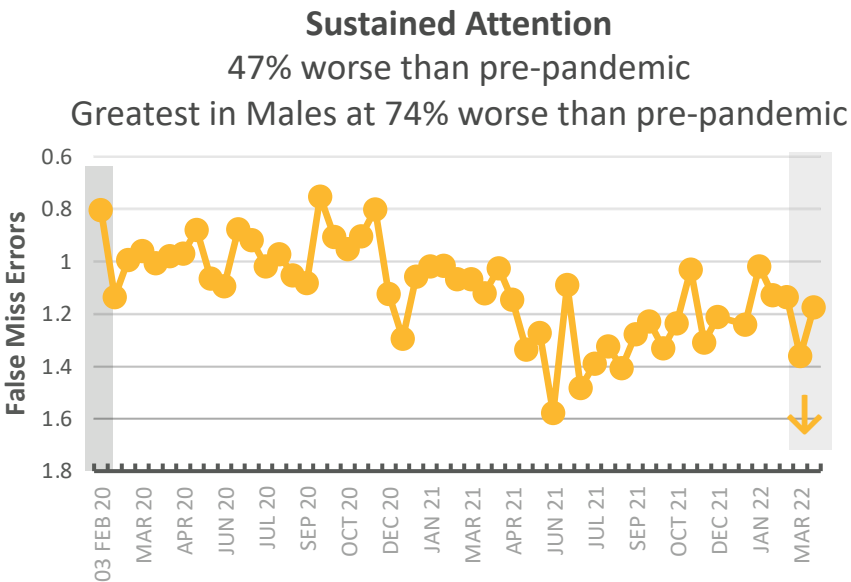
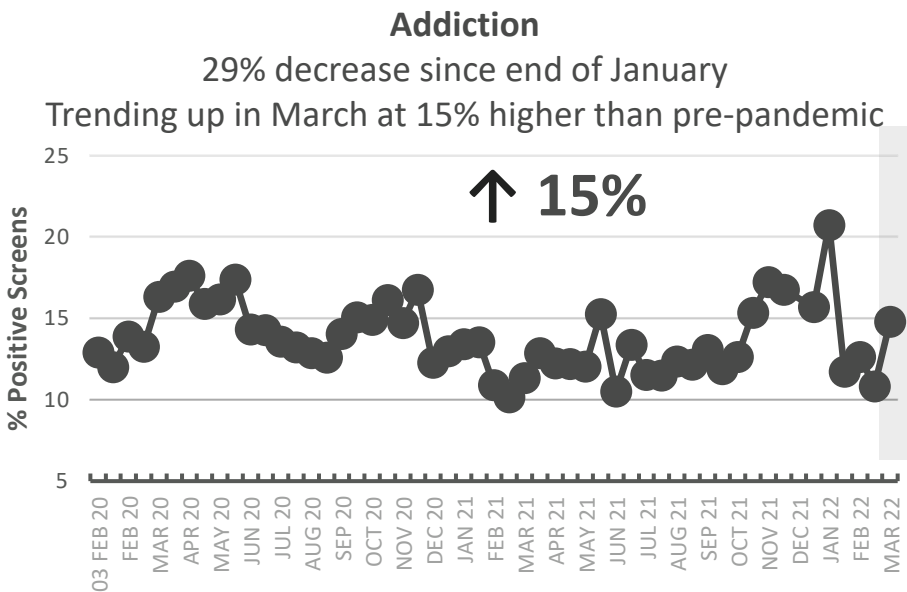
MHI Q1-22: A Closer Look



THE GOOD

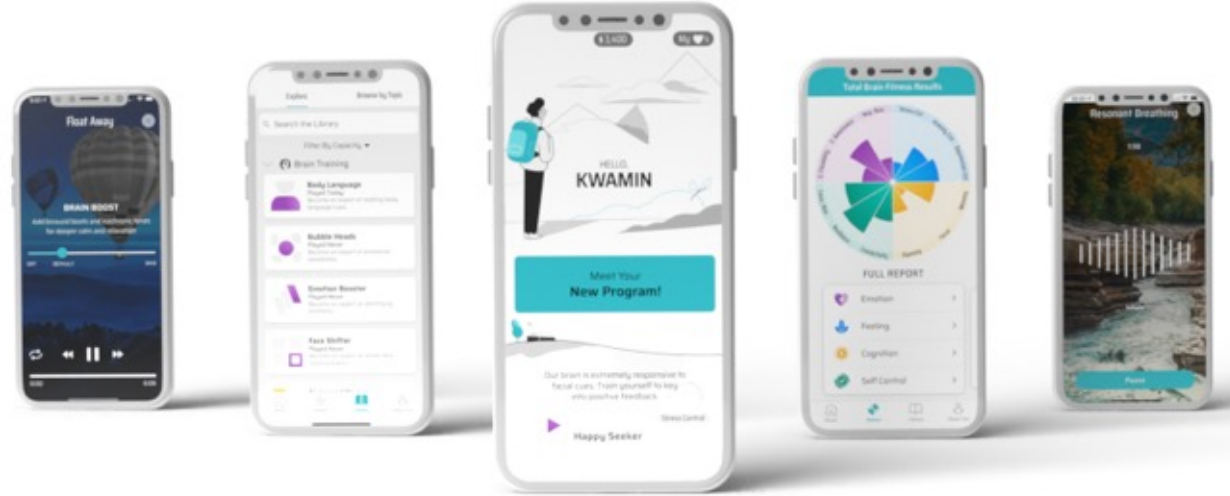


THE BAD

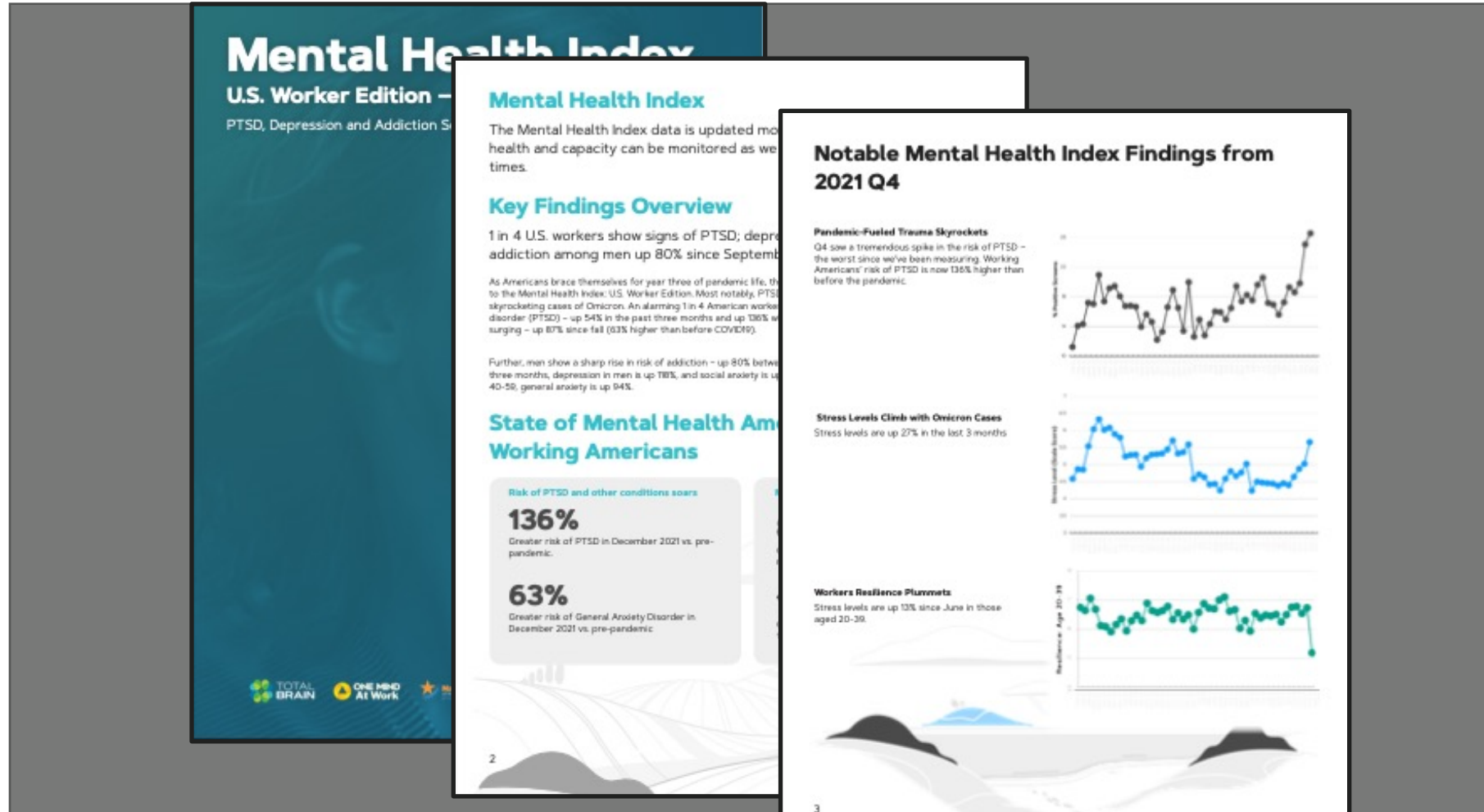


Key Insights and Suggested Actions

- 1 Life events are driving outsized reaction (PTSD)
- 2 Ongoing mental health awareness is critical
- 3 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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