

Mental Health Index

U.S. Worker Edition

Q2 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
Chief Marketing Officer, Total
Brain



MICHAEL THOMPSON
CEO, National Alliance



MARGARET FASO
Director Healthcare Research and Policy, HR
Policy Association

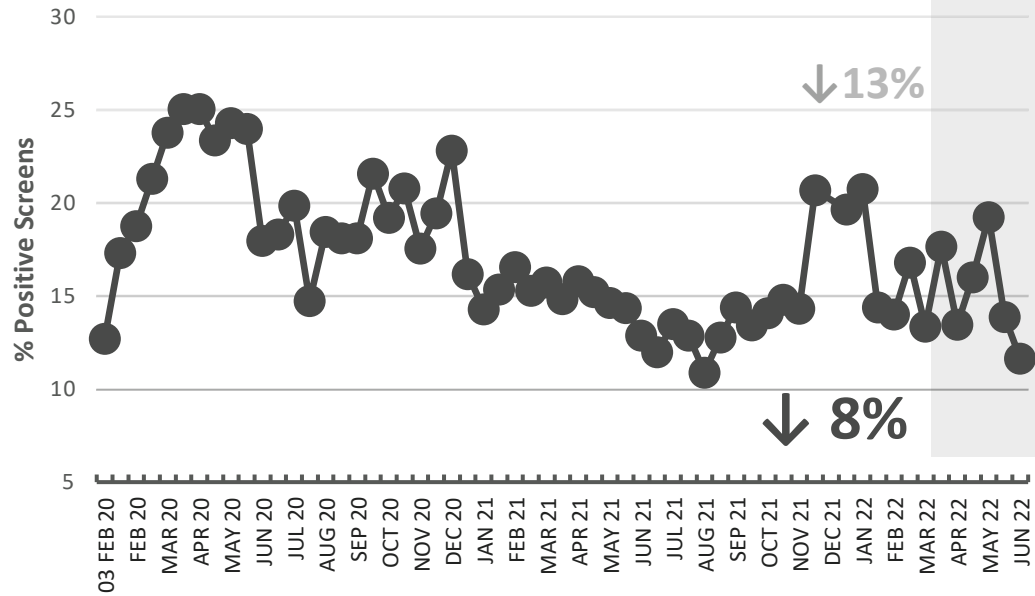


KATY RIDDICK
Director of Strategy and
Engagement, One Mind

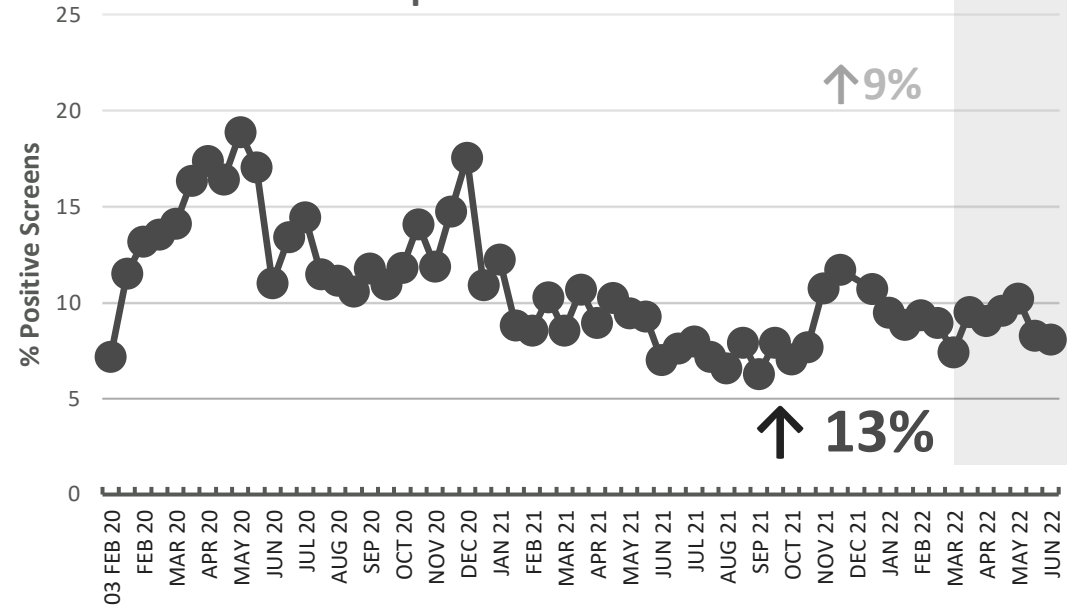


MHI Q2-22: Key Risk

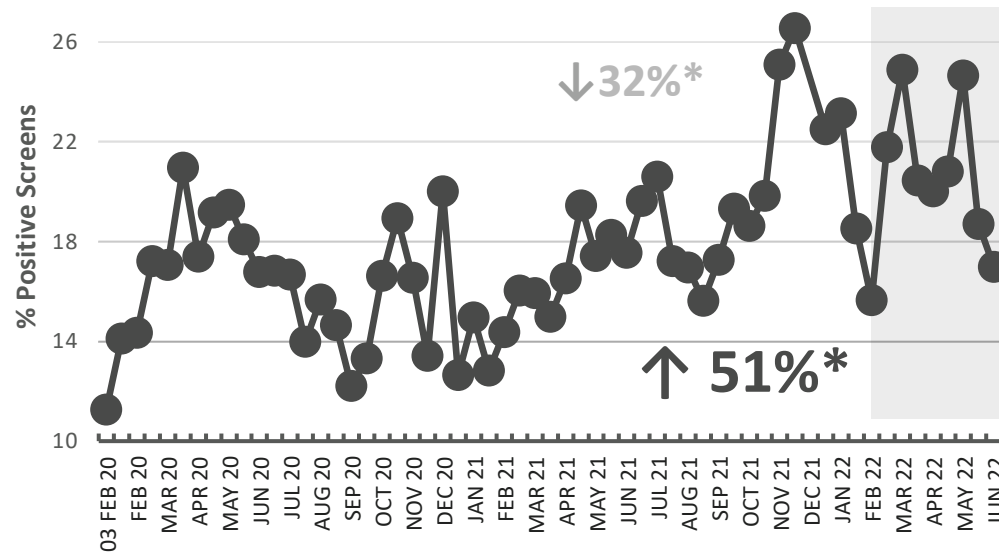
General Anxiety Disorder (GAD)



Depressive Disorder

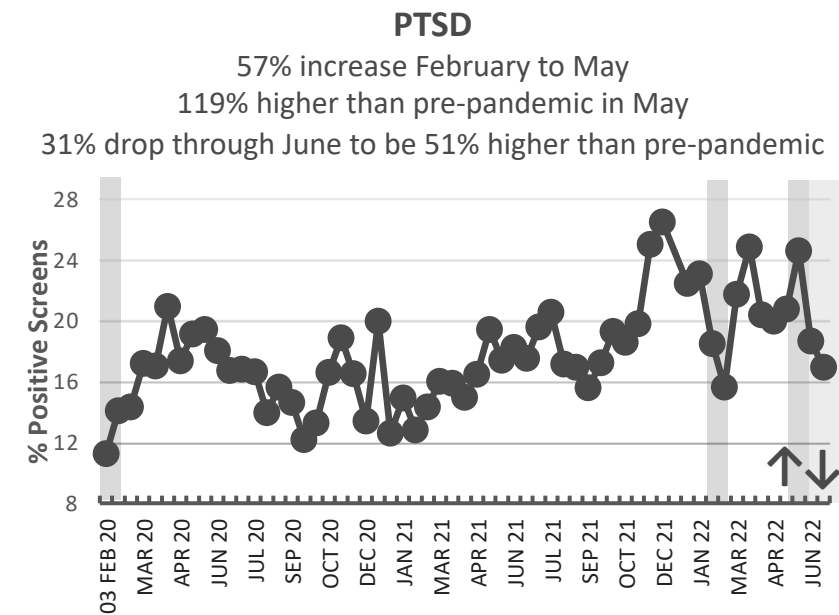
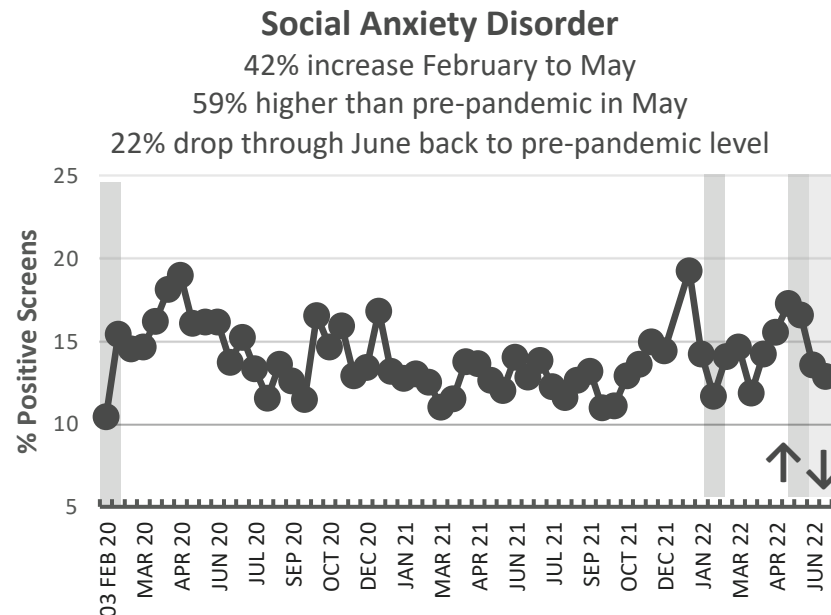
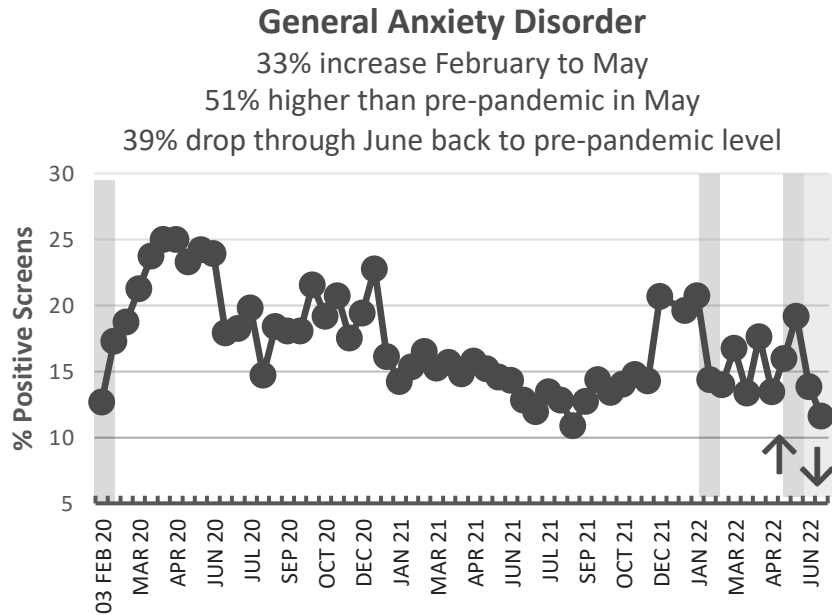
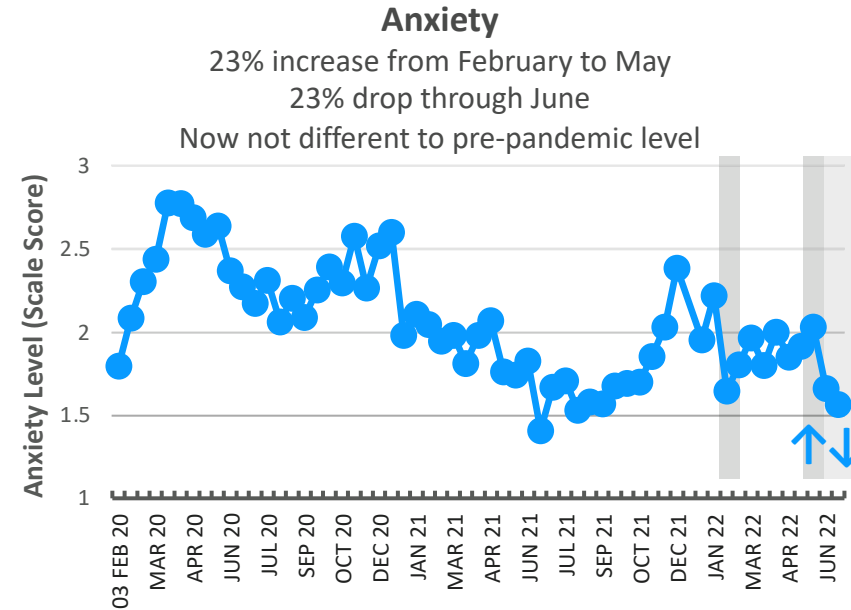
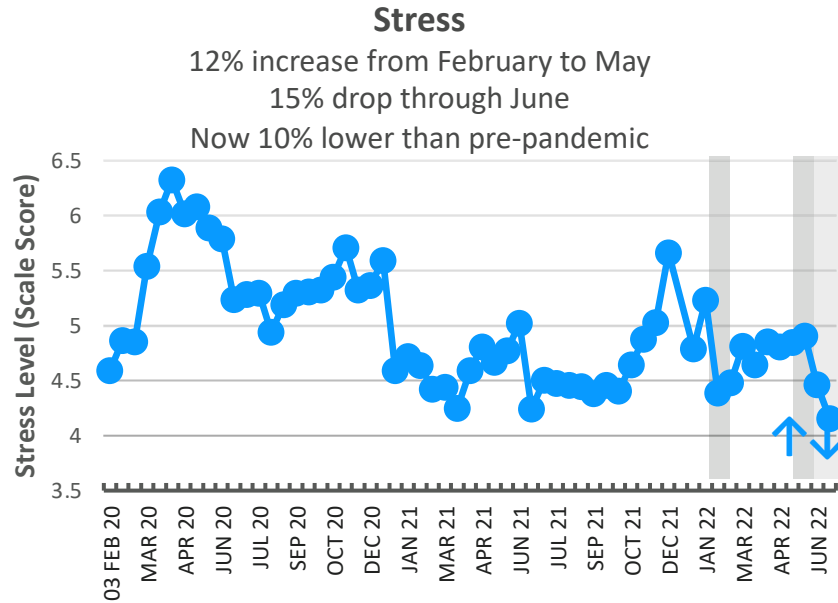


PTSD



MHI Q2-22: A Closer Look

Anxiety related measures worsened through May, then improved in June



Key Insights and Suggested Actions

1

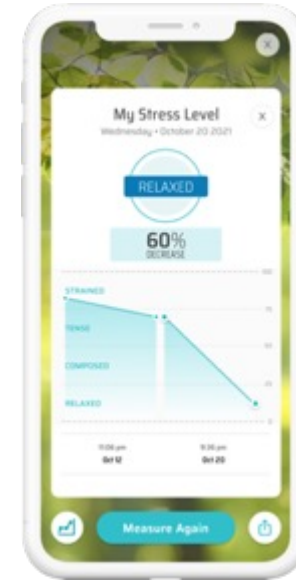
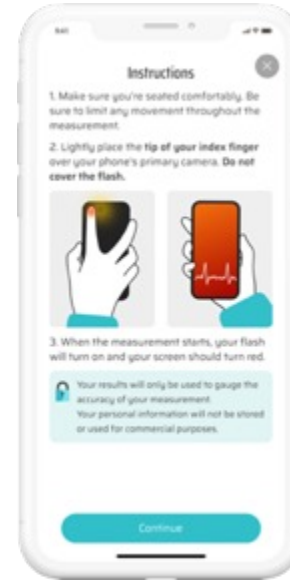
Stress and anxiety levels increased commensurate with macro-economic issues

2

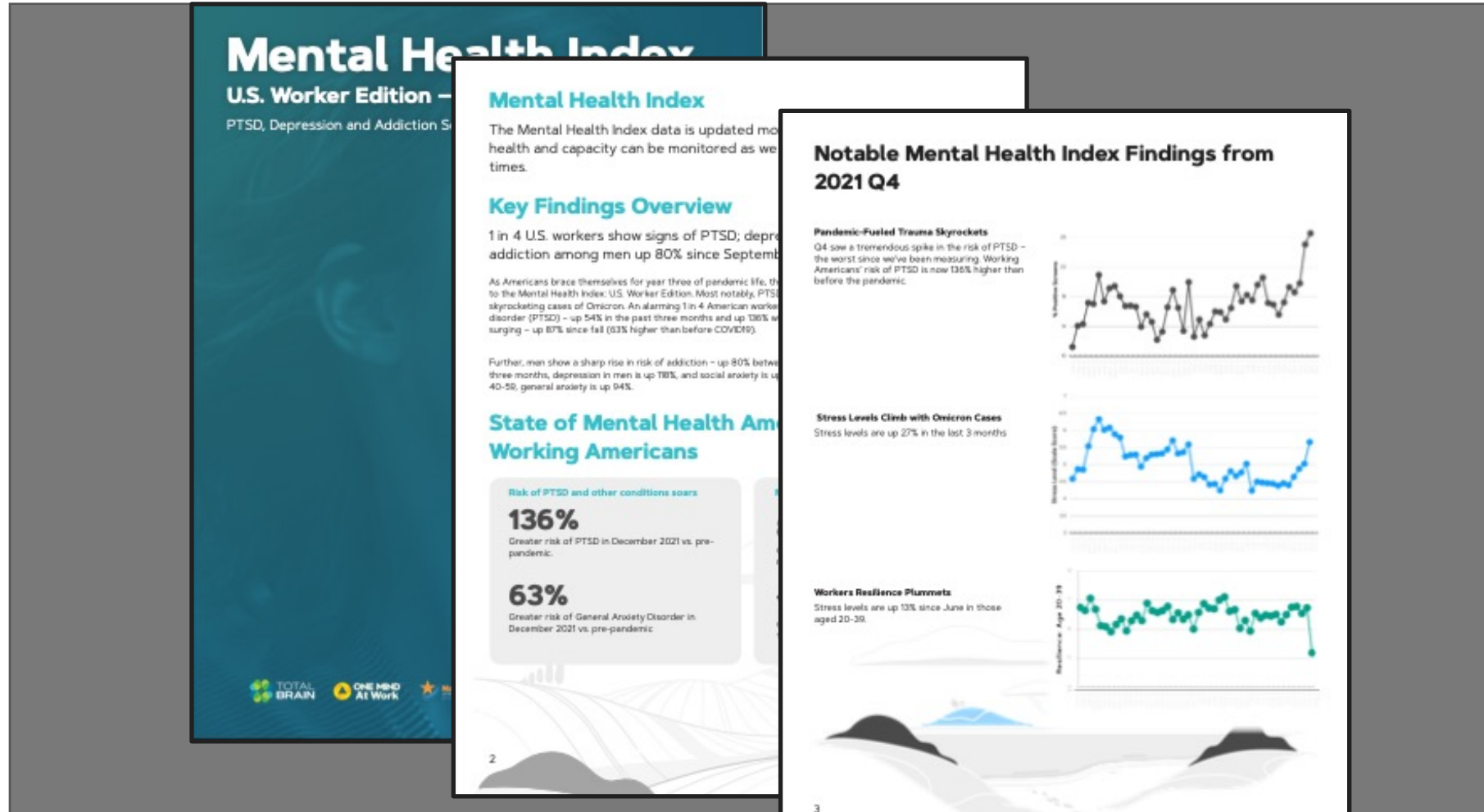
Summer months consistently offer a welcome respite from those stressors

3

Encourage regular assessment of stress levels and usage of support tools and resources particularly as we come out of the summer months



Learn More: Download the MHI Whitepaper



Visit:

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



THANK YOU

