



Mental health

we're all affected in some way,

at some stage of our lives

## MENTAL ILL HEALTH TOUCHES EVERYONE

Mental health is more prevalent than people realise

\$20 billion

in lost productivity due to mental ill health

Australia is ranked among the lowest of all OECD countries for rate of workforce participation by people with disability, including those with mental illness

1 in 5

how many people have experienced a mental health disorder in the last 12 months

The typical age of onset for mental ill health is late teens to early 20s. They will spend their working lives managing mental health

Everyone knows someone, or knows someone who knows someone, who has, or who lives with, or is friends with, or works with, someone living with mental ill health, whether they know it or not

Everyone is touched by mental ill health – either personally through friends or family, or in the workplace

3 million

There are a large number of people at work who are carers for family or friends with mental ill health

the number of Australians who are living with depression or anxiety (beyondblue)

## MENTAL HEALTH IN THE WORKPLACE

Mental ill health affects how a person feels, thinks, behaves and interacts with others

It is highly likely that as a manager you will supervise a worker experiencing mental ill health

is what can be achieved by implementing effective early intervention programs

Five-fold return on investment

\$9,665 per year

the cost of every full-time employee with untreated depression

Just under 7% of workers in any organisation will develop clinically significant depressive symptoms in any one year

A total of 3.2 days per worker are lost each year through workplace stress (Australian Human Rights Commission)

Within the Comcare Scheme, approximately 11% of claims are due to psychological injury

Download the new guide Working Together: Promoting Mental Health and Wellbeing at Work @ [www.comcare.gov.au](http://www.comcare.gov.au)