

# ARE YOU MENTAL HEALTH AWARE?



**76%**

Of U.S. employees report struggling with at least one issue that affected their mental health<sup>1</sup>

**18%**

Of U.S. adults experience an anxiety disorder each year, making it the most common mental disorder in the U.S.<sup>2</sup>

**80%**

Of workers with a mental health issue report that shame and stigma prevent them from seeking treatment<sup>3</sup>

**89%**

Of workers saw at least one barrier that might stop them from approaching a coworker needing mental health support<sup>3</sup>

**20%**

Of U.S. adults experience a mental illness each year<sup>4</sup>

**May 2020 Mental Health Awareness Month**