

Break the Burnout Cycle

Focus on Employee Mental Health and Well-Being Before Burnout Happens

Employee mental health and well-being has taken a downward turn as stress continues to mount. According to [Seramount's national survey](#), **one-third of employees** report experiencing moderate to high levels of burnout; half rate their well-being as average or below.

These statistics are pointing in an alarming direction: Organizations are at an impasse on how to support employees in changing times and need help now to reverse course.

Declining Mental Health Is Costly—In More Than One Way

Declining mental health is draining organizations of time, talent, and resources. Each year, businesses lose over a trillion dollars in productivity due to stress, anxiety, and burnout. The true cost is staggering, and it's only growing.

\$1 Trillion

in lost productivity each year

90%

of employees reported being so stressed they "rage-applied" for other jobs in the past six months

12 Billion

Days of lost work due to anxiety and depression

37%

of employees feel too overwhelmed to perform at their best

Numbers like these underscore the urgent need for leaders to act before the crisis worsens.

Employees are in serious need of mental health support in the workplace to stay engaged and keep organizations running smoothly.

The Bottom Line

Organizations can no longer view mental health as optional; expanded benefits and greater empathy at work are now **business imperatives**.

The Solution for a Stronger Workforce

Safeguard Employees with Effective Mental Health Benefits

Employees who feel well taken care of by their employers are more likely to succeed and stay, cutting down on attrition rates and saving millions in hiring new employees.

7x

more likely to strongly recommend working at their organization

4.4x

more likely to be engaged at work

1.5x

more likely to thrive in life

There are four proven best practices your organization can implement to help alleviate the mental health crisis for your employees.



Extensive Mental Health Resources

Employees want comprehensive insurance coverage for mental health and workplace tools and support from their organizations.



Managers Who Listen

Employees who believe that their manager listens to them are less likely to report experiencing burnout or taking time off for mental health.



Flexibility

Employees want both day-to-day flexibility and the option to take mental health days.



Volunteer Opportunities

Employees who volunteer regularly report higher levels of personal well-being.

Access [Seramount's Resource Center](#) for more research and resources for all your HR needs.

Seramount Resource Center

Seramount is committed to providing tools, resources, and solutions that can help leaders like yourself navigate the upcoming years.

Help prevent burnout and protect your employees' mental health with proper research and planning. To learn more, [contact Seramount](#) to speak with an expert.