

Prioritizing mental health

Solutions and support for employers during the pandemic and beyond



4 in 10
U.S. adults

reported experiencing **anxiety or depression** during the pandemic.³

As the global pandemic continues to take its toll, access to behavioral health care is more important than ever. The proportion of U.S. adults with depression and anxiety has quadrupled since before the pandemic,¹ with people of color, women and young people most affected.²

Faced with uncertainty about the future, long periods of isolation and job insecurity, many employees are looking to their employers for resources and guidance for themselves and their dependents.

With our suite of evidence-based behavioral health solutions and our Employee Assistance Program (EAP), employees gain access to an extensive network of providers, personalized emotional well-being resources, innovative virtual care and digital self-help tools. We also provide specialized support for families and caregivers of children with complex behavioral needs and for individuals struggling with substance use.



13% of adults

reported new or increased substance use during the pandemic.⁴

Nearly 7 in 10 women under age 30 reported worry and stress have impacted their mental health during the pandemic.⁵





The value of combining EAP and Behavioral Health

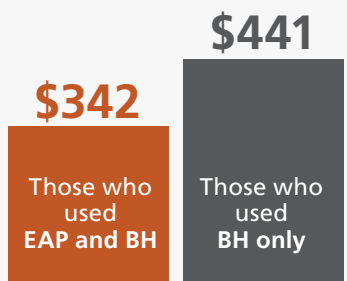
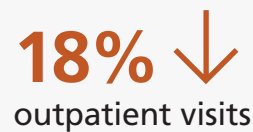
Combining behavioral solutions with EAP not only helps employees get access to the right care at the right time, it also results in improvements to the cost of care.

When EAP and behavioral health are combined



within EAP without use of behavioral benefits⁶

For employees who used EAP before behavioral health care⁷



Cost per member accessing care

A comprehensive approach to mental and emotional support

Understanding the complexity of care needs and dynamic nature of mental health, Optum provides a breadth and depth of solutions to support member needs across the continuum of care.

By improving access to care, Optum is helping people address and manage immediate behavioral health needs related to the pandemic and providing ongoing support for other situational and chronic conditions, contributing to better overall outcomes, increased productivity and a lower total cost of care.



Seeking support

40% of employees want their manager to ask them how they're doing.⁸

Over 90% of employees want weekly communication about the coronavirus.⁹

75% of employees experienced burnout during the pandemic.¹⁰

Supporting mental health with a suite of solutions



Live and Work Well

Online portal where members can find a provider and access resources such as articles and videos to help close gaps in care and prevent recurrences



Family Support Program

Clinical expertise and navigation support for families of children with complex behavioral needs



46,000+ contracted virtual visits providers across all 50 states



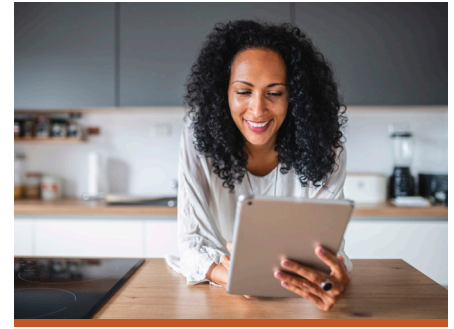
Sanvello app

A self-help tool that uses clinically validated techniques to address stress, anxiety and depression



Substance use disorder helpline

Specialized recovery advocates available by phone 24/7



46,000+
virtual visits providers
across all 50 states



For more information, visit
optum.com/behavioralhealth
or contact your Optum
representative.

Sources

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11000 Optum Circle, Eden Prairie, MN 55344

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