



STATISTICS IN THE USA

- 18% adults have a serious mental condition
 - 1 in 5 adults in the USA (40+ million)
 - ½ of those also experience substance use disorder
 - 56% do not have access to care
- 9.6% (9+ million) consider suicide



INDIANA STATISTICS

- 19.5% (954K) adults suffer from any mental illness (AMI)
- 9.12% (444K) adults have a substance use disorder
- 8.2% (200+K) adults experience suicidal ideation
- Rank: 44th in Mental Illness (MI) prevalence
- Rank: 36th in access to care
 - 20% (222+K) are not insured
 - 6% (260K) could not afford to pay for care
- 1 mental health care provider for every 750

THE WORKPLACE

- 62% workers: Job Stress is their Main Form of Stress
 - Estimated cost of job stress: \$300 Billion per year
- 26% of workers report being "burned out" by their work
- ~ 300 Reportedly Died By Suicide at Work in 2017
 - The Majority: Ages 35-55
- It is estimated that Not Taking Action to Assist Employees with all types of Mental Health Issues at Work Costs Businesses Nearly \$1 Trillion per Year



IMPACT OF SUICIDE IN THE WORKPLACE

- Huge Human Cost of Death
- Decrease in Productivity
- Loss of Workplace Morale
- Increased Instances of Negative Mental Health Issues
 - Guilt
 - Trauma
 - Grief
- Increased Confusion
- People Do Not Know What to Do



WHAT CAN EMPLOYERS DO TO HELP?

- Teach Everyone About Mental Health
 - Knowledge Reduces Stigma, Fear, & Inhibitions
 - Knowledge Increases Understanding, Knowledge, & Confidence
- Create an Organizational Plan of Action
- Keep a List of Hotlines in Strategic Locations
- Ensure Employees & Families Have Access to Care
- Stay Informed
- Ensure Personnel are Certified



SUGGESTED TRAINING

- Crisis Intervention Training (CIT)
- Suicide Prevention
 - ASIST
 - QPR
- Mental Health First Aid



MENTAL HEALTH FIRST AID

- MHFA is for Everyone
- The Same Basic Level of Training as:
 - Red Cross First Aid & Safety
 - Red Cross CPR
- Teaches About Key Mental Health Issues
 - Risk Factors, Signs & Symptoms
 - ALGEE Action Plan
 - What to Do in Crisis Situations
- Culminates in National Certification



THE ALGEE ACTION PLAN

- Associated with Both Mental Health First Aid & YOUTH Mental Health First Aid
- 5 Steps You Can Use to Assist a Person Who is Suffering From a Mental Health Crisis or Who is Exhibiting Signs of Mental Health Challenges Until You Can Help Them Get Professional Help or Until the Crisis Subsides.
- Steps That Anyone Can Practice to Be Prepared

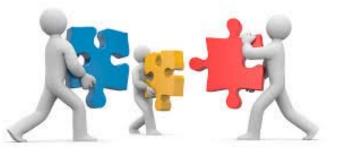


Assess for Risk of Suicide or Harm



ALGEE ACTION PLAN

Listen Nonjudgmentally





ALGEE ACTION PLAN

Encourage Appropriate Professional Help









Pam Tina, MLD

REFERENCES

- The information from this presentation came from the following sources:
 - The World Health Organization (WHO)
 - Mental Health America (MHA)
 - The National Alliance on Mental Illness (NAMI)
 - Substance Abuse and Mental Health Services Administration (SAMHSA)
 - The Harvard Health Newsletter
 - Equal Employment Opportunity Commission (EEOC)
 - US Department of Labor
 - Centers for Disease Control and Prevention (CDC)
 - The National Council for Behavioral Health (NatCon)
 - The National Council is the regulatory and certifying agency for Mental; Health First Aid USA and YOUTH Mental Health First Aid USA

THANK YOU FOR ATTENDING!

If you have any questions or want additional information, please feel free to contact me:

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