Dialogue

MENTAL HEALTH:

Barriers and Solutions to a Productive Workforce

1/5

Canadians experience a mental health issue in a given year

500,000

Canadians miss work due to their mental health

$50B

Cost of mental health issues on the Canadian economy

What does it mean for you as an employer?

2% of your workforce is on disability due to mental health issues, on average

$600 **annually** of your workforce is on disability due to mental health issues, on average

$1000 **per employee** in indirect costs, due to presenteeism and departures

You offer a psychotherapy budget, an EAP, maybe even yoga classes, yet your costs are rising.

Why do mental health-related disability costs keep on rising despite additional investments in employee benefits?

There are barriers to current solutions and treatments

Reactive

- No attempt at early detection.
- Costs significantly higher when an issue develops.

Fragmented

- Resources distributed among several points of contact.
- No coordination of care for the patient.
- Delays and miscommunications that cause slow recovery.

Incomplete

- Traditional EAPs don't provide any continuity of care, nor the capacity to prescribe.
- If family doctor isn't available, patient care and treatment delayed.

Unknown

- Employees are unaware of the benefits available to them.
- Employees may be exposed to benefits during onboarding or launch, but there's a lack of visibility afterwards

Stigmatized

- Employees reluctant to disclose problems, especially to their employers.
- Employees are reticent to admitthey may have a mental health issue and therefore, don't seek help

What if employers had a *solution* that addressed these barriers and more?

Screening

Early detection of mental health issues

Resources

Evidence-based resources for employees to manage their stress

Accessibility

Virtual care services that eliminate travel and wait time, via the patient's choice of chat, phone or video consultation

Multidisciplinary approach

Access to a multidisciplinary team with case management as soon as a mental health or stress issue is identified. Best resource available provided for each step.

Regular follow-ups

Follow-ups to increase patient engagement and adherence to a treatment and care plan

Dialogue's mental health solution, deployed via telemedicine, is comprehensive, convenient & cost-effective

Dialogue's Telemedicine-based mental health solution

01 Reduce cost related to productivity lost due to employee mental health problems

02 Eliminate multiple hours lost to travel

03 Increased efficiency for delivery of care

04 Face-to-face video consultations achieve outcomes similar to conventional office encounters

05 Patient engagement maintained

06 Fewer appointments missed

07 Eliminate waiting time for appointments

What to look for in a mental health solution?

Integrated.
Personalized.
Demonstrable.

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