

5 tips to accelerate mental healthcare access, affordability and equity

Let's explore the state of mental health needs — and services — today, and how a whole-person approach to care can accelerate progress.

Mental health issues are on the rise

Conditions like anxiety, depression, substance abuse and suicide have risen sharply in the U.S.



1 in 3 U.S. adults **report symptoms** of anxiety and/or depressive disorder¹

NEARLY 1/3

teen girls have **considered attempting suicide**²

60%

increase in mental health needs in the U.S. post-COVID³

Mental healthcare should be:

1

ACCESSIBLE

2

AFFORDABLE

3

APPROACHABLE

4

EQUITABLE

5

HOLISTIC

Here is the role employers and benefit plan sponsors can play.

1

Increase accessibility

~50M

American adults experienced some form of mental illness, but **more than half received no treatment** for their conditions⁴

60%

of youth with mental health needs are **going untreated**⁵

6

average wait time for behavioral health services⁶

A new way forward

Five times more people access support when digital programs, coaching, and clinical care are available in one place.⁷

Best practice

Since no two people are the same, it's important to offer support options across a wide range of conditions and severity-levels. Virtual solutions with options like self-guided programs and coaching offer people with mild or subclinical needs access to the support they need faster. This lets mental health professionals focus on individuals with clinical, or more severe, conditions.



ACCESSIBLE MENTAL HEALTHCARE CAN BE ALTOGETHER LIFE-CHANGING

2

Boost affordability



1 in 4 Americans have to choose between mental health treatment and daily necessities⁸

35%

reduction in productivity among individuals with unresolved depression⁹

A new way forward

Mental health support can be both effective and cost-effective, with 70% of participants experiencing clinical benefit from digital programs or coaching.¹⁰

Best practice

Human resource leaders should consider solutions that guide individuals to the right level of support upfront and measure progress, adjusting recommendations as needs change. This guided approach helps people engage with the support they need earlier to prevent progression to more costly and complex conditions.

3

Be approachable

61%

of people seeking mental healthcare agree **it's hard to know where to start**¹¹

~1/3

of Americans **worry about facing judgment** from others for seeking care¹²

56%

know they have a mental health concern, but are unsure what their diagnosis would be¹³



A new way forward

Over 80% of people say they prefer knowing they have a dedicated coach they can count on for guidance and encouragement throughout their healthcare journey.¹⁴

Best practice

Having someone in your corner makes it easier to stay on-track with your goals. In fact, people who work one-on-one with our coaches complete up to three times more support activities.¹⁵

4

Advance equity

"Economically and socially marginalized groups often have higher rates of chronic diseases and greater preventable morbidity and mortality — yet they also have lower utilization rates of primary care or mental health services."¹⁶

— *Harvard Business Review*

53%

of people who **do not seek care** reside in households with low incomes¹⁷

\$278B

in excess costs attributed to mental health disparities¹⁸

~40%

of the U.S. population **lives in an area suffering** from a shortage of mental health professionals¹⁹



A new way forward

Leverage virtual mental health services to offer the breadth of resources and mental health professionals required to expand access, deliver culturally concordant care, and produce equitable outcomes.

Best practice

Look for a virtual solution that provides:

- digital programs and coaching, which avoid fee-for-services, to alleviate cost barriers that can prevent or delay individuals from seeking support.
- built-in interpretation services to help alleviate language barriers.
- access to an expansive and diverse pool of providers to enable culturally concordant care at scale.

VIRTUAL CARE CAN BE A GREAT EQUALIZER FOR MENTAL HEALTH

5

Consider a holistic approach

Mental health concerns can compound the challenges of living with a chronic condition — and even put people at higher risk for developing them. **An integrated approach to physical and mental healthcare helps identify risks and interventions earlier, avoiding downstream losses in cost and productivity.**

2X RISK

of **developing clinical depression** among people with sub-clinical depression without early intervention²⁰

40%

higher chance of developing cardiac disease and diabetes among people with depression²¹

50.6%

of people with mental disorders **have a chronic medical condition**²²

A new way forward

78% of individuals seeking mental health services prefer a single unified experience for self-management of mental and physical health.²³

Best practice

An integrated approach that offers a wide range of services — primary care, mental health, chronic condition management, and more — helps identify mental health needs across a broader population and amplifies clinical outcomes for some of your highest cost populations, such as those with chronic conditions.

INDIVIDUALS ENROLLED IN CHRONIC CARE AND MENTAL HEALTHCARE SOLUTIONS REALIZED ADDITIONAL IMPROVEMENT INCLUDING:

1.5%

average **additional** weight loss over a weight management program alone²⁴

9.6 mmHg

average **additional** reduction in systolic blood pressure over a hypertension program alone²⁴

0.5%

average **additional** A1c reduction over a diabetes program alone²⁴

To learn more about virtual mental healthcare solutions that help people live happier, healthier, more focused lives, request to speak with a sales representative at

www.teladochealth.com

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