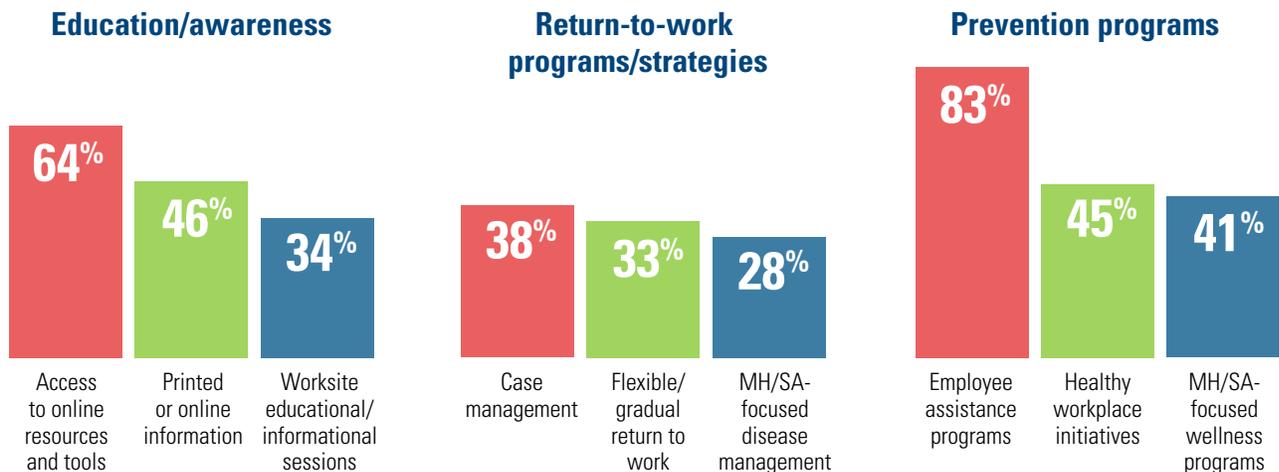


quick look

mental health and substance abuse benefits

Nearly 62% of U.S. organizations responding to a recent International Foundation survey report that mental health and substance abuse (MH/SA) issues are impacting overall job performance, and 35% say their workforces are experiencing higher levels of stress compared with two years ago. Those are among the findings in *Mental Health and Substance Abuse Benefits: 2018 Survey Results*. The survey received 278 responses, including 190 from U.S. organizations.

U.S. organizations target education and awareness, return-to-work programs and strategies, and prevention programs to bolster the overall mental health of their participants. The following are the three most commonly offered tools in each category.



Health Care

On average, **12.2%** of an organization's total health care costs are attributed to mental health and substance abuse claims.



Disability

On average, **7.8%** of disability claims are due to mental health and substance abuse issues.



Workers' Compensation

On average, **4.9%** of the total cost of workers' compensation is due to mental health and substance abuse issues.

Percentage of organizations reporting change in opioid-related claims

