

ASPENPOINTE

SINCE 1875...



Employers

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The hidden costs of depression in American business are staggering, far surpassing the treatment costs employers absorb. Depression costs American business \$63 billion each year, with \$36.6 billion resulting from reduced productivity and increased absenteeism.

Clinical studies have shown that depressed workers report an extra 18.2 days of poor productivity and an extra 8.7 days of absenteeism each year.

People with depression can be successfully treated. Treatment typically includes a two-fold approach of medication and psychotherapy and nearly 80 percent of people who receive adequate depression treatment will respond positively.

Most Americans seeking help for depression visit a primary care provider. The majority of PCPs lack the time, training and other resources to treat depression. Providing behavioral health care benefits for employees can save money and increase productivity and wellness in the workplace.

1. Content provided courtesy of Colorado Business Group on Health



Since 1875, ASPENPOINTE has empowered clients, enriched lives and embraced purpose through individual and family services in mental health, substance abuse, employment & career development, education, housing, jail diversion & reintegration, telephonic wellness, and provider network services.

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