

Employee Behavioral Health Affects Your Workplace

...and Your Bottom Line!

1 in 5 people in Canada will experience a mental health problem or illness.
Only **1 in 3** among those actually seek treatment.

Research shows the economic burden of mental illness in Canada is estimated at **\$51 billion** per year. This includes health care costs, lost productivity, and reductions in health-related quality of life.

In any given week, at least **500,000** employed Canadians are unable to work due to mental health problems.

Research shows mental health issues cost Canadian businesses more than **\$1500** per employee, annually.



SmartCounseling.com provides businesses and their employees the easiest, most affordable, online access to qualified licensed behavioral health professionals, specialists, and education...on-demand, anytime, and anywhere!

SmartCounseling Users Have Access To:

Proprietary assessments to determine individual needs

Licensed & vetted therapists

Coaches

Video, audio, & messaging therapy

Educational content, & more!

SmartCounseling's Secure Online Service Allows For:

- ✓ Easy access to therapy anytime, anywhere
- ✓ Asynchronous messaging, live audio or video
- ✓ HIPPA-secure, digital meeting rooms & platforms
- ✓ Mobile device access
- ✓ Better client outcomes
- ✓ Eliminate stigma
- ✓ Less expense
- ✓ Robust educational resources

Online Therapy Works!

A Columbia University study showed that after 3.5 months of online therapy, clients had:

Significantly less depression and anxiety

Significantly less work missed

Less impairment at work & during activities

SmartCounseling uses high-quality therapeutic treatment to support positive client outcomes and positive effects on your business.

Benefits for your employees that also benefit you.

Cost:

Membership plans and pricing models are tailored to the needs of your organization.

Visit www.verticalbridge.ca or email us at info@verticalbridge.ca