



# MENTAL HEALTH IN THE WORKPLACE

## *Fostering a workplace of productivity, health, and fulfillment*

Counseling and therapy is not a topic normally discussed at one's place of employment, but it is important that employees have information accessible in case they need it. Studies show mental health is now considered the number one driver of indirect business costs, such as lost productivity and absence.

### **PRODUCTION:**

A national survey by Meritain Health and the Partnership for Workplace Mental Health revealed 94 percent of employees believe their stress level affects their job performance. Employees may not be working to their complete ability because they do not receive the proactive help they need. By offering options for improving mental health, employers reduce turnover figures, tardiness, absenteeism, accidents, and health care costs.

Left untreated, a study by the Journal of Psychiatry found depression to be as costly as heart disease or AIDS to the US economy, costing more than \$43.7 billion in absenteeism from work (over 200 million days lost from work each year), lost productivity and direct treatment costs. Depression is inclined to affect people in

their prime working years and may last a lifetime if untreated. More than 80 percent of people with clinical depression can be successfully treated. With early detection, involvement, and support, most employees can defeat clinical depression and live fulfilling, healthy lives.

### **HEALTHCARE COSTS:**

People who have untreated mental health issues use more general health services than those who seek mental health care when they need it. That results to significant, and preventable, increases in your organization's healthcare bill.

The U.S. Centers for Disease Control and Prevention found nearly 75 percent of all doctor visits result from stress.

Many adults experience adverse health effects from stress, and stress is repeatedly responsible for the six leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver and suicide. In fact, chronic stress may double the risk of heart attack. Both depression and chronic stress can weaken the immune system and make people more susceptible to a large number of illnesses.

Are you helping to ensure your company's staff members are equipped to meet the challenging needs of today's stresses? FCS counseling can assist you in these efforts. FCS has provided counseling and therapy to thousands of individuals, children, couples and families in the Wichita community for more than 100 years.

• An FCS client says: "My family experience here has been very helpful in helping us reach our goals. The staff is professional and kind."

To learn more about how you can help your employees and the productivity of your company, contact [FCS Counseling](#).

**FCS has many benefits to your employees:**

- Centrally located at 560 N. Exposition
- More than 25 licensed therapists specializing in EMDR® (Eye Movement Desensitization and Reprocessing), Play Therapy and Theraplay®, Chemical Dependency, Family and Couple Therapy, and more.



**Diana Buller, LSCSW** is a Licensed Specialist Clinical Social Worker. She earned her Bachelor's degree in Social Work from Bethel College. Her Master's degree is from the University of Kansas. Diana is passionate about working with families. She has 13 years of experience with ages 6 and up with child & adolescent behavior problems, depression, anxiety and trauma. Other specialities include autism spectrum disorders. Diana is trained in Theraplay® and Solution-focused Brief Therapy.

**MAKE AN APPOINTMENT WITH DIANA OR ONE OF OUR OTHER QUALIFIED CLINICIANS.**

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