The increasing prevalence of behavioral health issues continues to be a top concern for employers. Believing in the needs of our employees having mental health challenges, can improve the bottom line. The good news is that employers are recognizing the impact on their workforce and how the COVID-19 pandemic is already having an impact.

A challenging time.

To better understand this, behind the numbers, we can find:

27% of users are very or extremely worried about experiencing a mental health condition in 2020.

9% spent less time with the family due to mental health reasons.

51% reported feeling a greater sense of stress due to the pandemic.

For behavioral health, the stats are staggering.

Before you can address the impact of any behavioral health conditions, you need a better understanding of the numbers behind it. In order to better understand the impact on your workforce and how the COVID-19 pandemic is already having an impact, you need a critical first step is understanding the full scope of behavioral health conditions, their impact on your workforce and how the COVID-19 pandemic is already factoring in.

The increasing prevalence of behavioral health issues continues to be a top concern. The most can vary, the bottom line is that the impact of behavioral health is growing across all age groups.

While the conditions affecting each generation may vary, the most common diagnoses are very similar. The most common diagnoses are as follows:

- Anxiety
- Depression
- Substance Use Disorder
- Bipolar Disorder
- PTSD
- ADHD
- Eating Disorders
- Personality Disorders
- Panic Disorder
- Alcohol Use Disorder

These behaviors may lead to further negative outcomes such as: smoking, drinking more alcohol, using drugs non-medicinally, or engaging in other negative behaviors.

It is important to keep an eye on the impact this pandemic is having on behavioral health and the well-being of your employees. As we continue adjusting to the new normal of COVID-19, it's important to keep an eye on the impact this pandemic is having on behavioral health.

As we continue adjusting to the new normal, we can take a closer look at the increase in prevalence of various behavioral health conditions:

- Major Depressive Disorder: 3.8% in 2014-2018, 6.2% in 2018-2019
- Anxiety: 5.4% in 2014-2018, 9.1% in 2018-2019
- Substance Use Disorder: 1.3% in 2014-2018, 1.9% in 2018-2019
- Bipolar Disorder: 0.7% in 2014-2018, 1.1% in 2018-2019
- PTSD: 4.5% in 2014-2018, 6.2% in 2018-2019
- ADHD: 4.1% in 2014-2018, 6.7% in 2018-2019
- Eating Disorders: 1.8% in 2014-2018, 3.0% in 2018-2019
- Personality Disorders: 1.1% in 2014-2018, 1.8% in 2018-2019
- Panic Disorder: 6.7% in 2014-2018, 11% in 2018-2019
- Alcohol Use Disorder: 1.4% in 2014-2018, 1.8% in 2018-2019
- Depression: 5.5% in 2014-2018, 8.1% in 2018-2019

A growing concern.

Recent research found that 75% of adults suffered from at least one behavior change since the outbreak began. Take these results into consideration when making workplace mental health policies.

A closer look at behavioral health.

For employers, the key to understanding the impact of behavioral health is recognizing the patterns, understanding the underlying conditions, and taking action. Taking a closer look at behavioral health, we can find:

- Anxiety: 5.4% in 2014-2018, 9.1% in 2018-2019
- Depression: 5.5% in 2014-2018, 8.1% in 2018-2019
- Substance Use Disorder: 1.3% in 2014-2018, 1.9% in 2018-2019
- Bipolar Disorder: 0.7% in 2014-2018, 1.1% in 2018-2019
- PTSD: 4.5% in 2014-2018, 6.2% in 2018-2019
- ADHD: 4.1% in 2014-2018, 6.7% in 2018-2019
- Eating Disorders: 1.8% in 2014-2018, 3.0% in 2018-2019
- Personality Disorders: 1.1% in 2014-2018, 1.8% in 2018-2019
- Panic Disorder: 6.7% in 2014-2018, 11% in 2018-2019
- Alcohol Use Disorder: 1.4% in 2014-2018, 1.8% in 2018-2019
- Depression: 5.5% in 2014-2018, 8.1% in 2018-2019

These trends show that workplace mental health policies need to be implemented in order to better address the needs of your employees. With the increasing prevalence of behavioral health issues, employers need to take action to address the impact on their workforce.

The good news: virtual care has increased 1.6x since the outbreak began, and half that growth came since the start of the COVID-19 pandemic.

As we continue adjusting to the new normal of COVID-19, it's important to keep an eye on the impact this pandemic is having on behavioral health and the well-being of your employees. As we continue adjusting to the new normal of COVID-19, it's important to keep an eye on the impact this pandemic is having on behavioral health.