



# Investing in Wellbeing

THE BUSINESS CASE FOR MENTAL HEALTH IN AFRICAN BUSINESSES

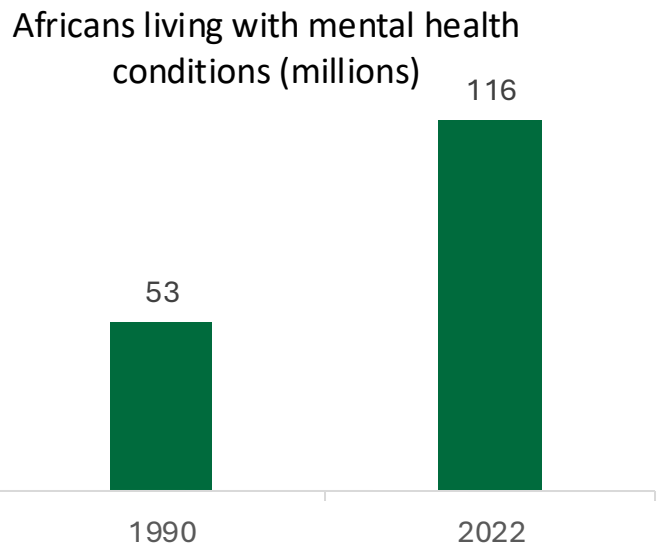
Visit Our Website

[spurt.solutions](https://spurt.solutions)



# Africa faces severe mental health crisis with over 100 million people living with mental health conditions

**100M** people in Africa are estimated to be suffering from clinical depression



## In 2024, Africa is home to 3 of the 10 countries with the highest suicide rates globally



**Lesotho** currently has the highest suicide rate globally at 72.4.

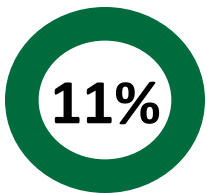
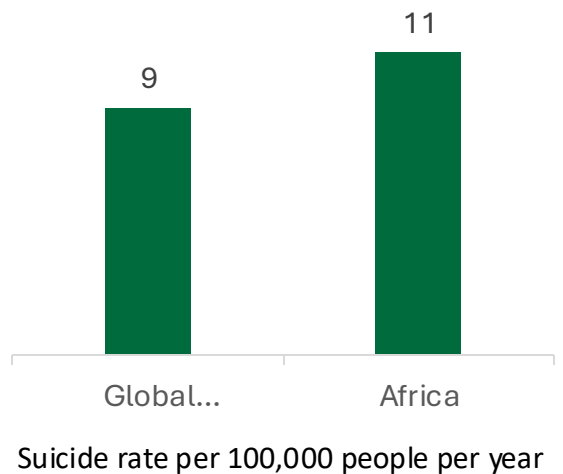


**Eswatini** is the 3<sup>rd</sup> globally at 29.4 while



**South Africa** is the 10<sup>th</sup> highest globally at 23.5

**Africa's suicide rate is currently above the global average**



Mental health problems account for about 11% of risk factors associated with suicide.



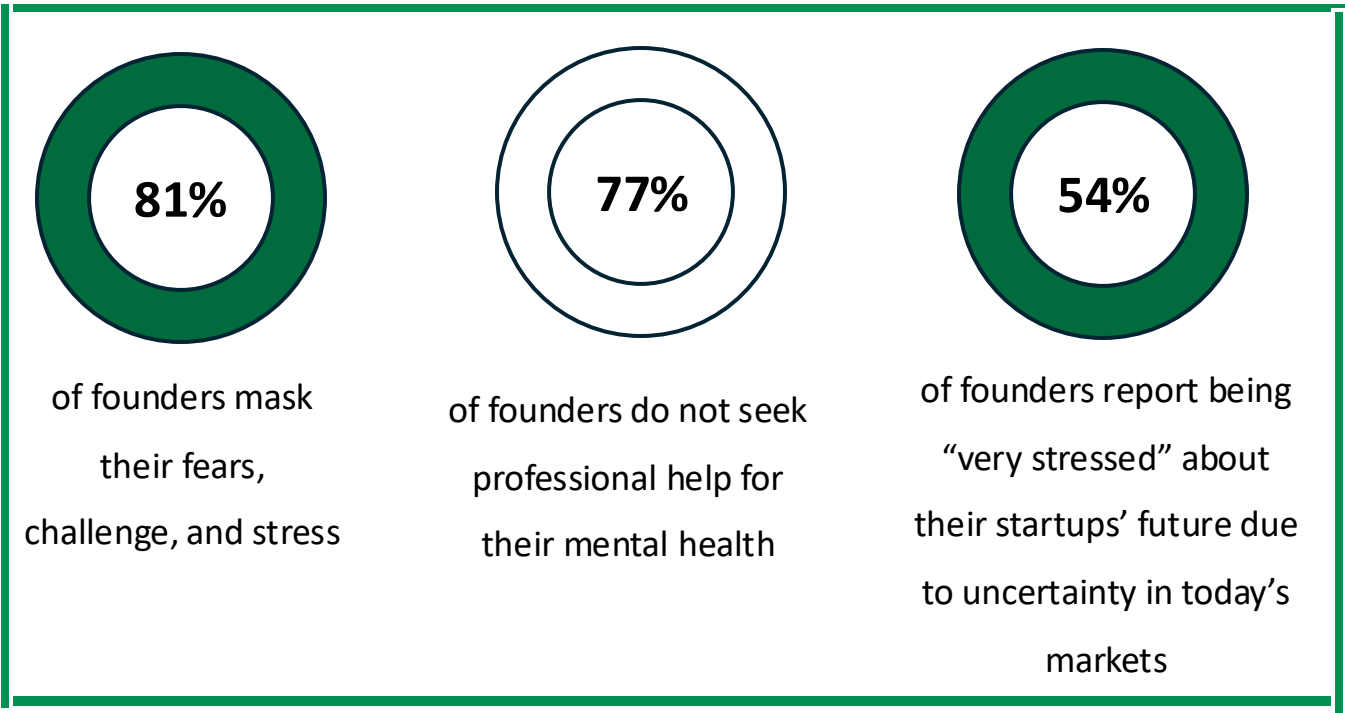
Africa has one **psychiatrist** for every 500 000 residents, which is 100 times less than WHO recommendation.



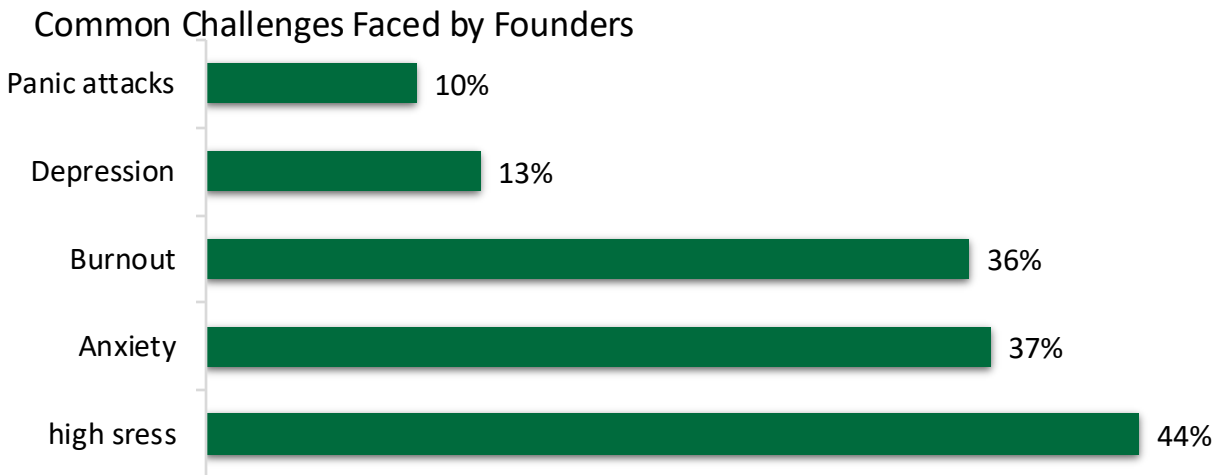
There are 14 **mental health workers** per 1,000,000 people, compared with a global average of 90 per 1,000,000.

*For each completed suicide, there are an estimated 20 attempted ones*

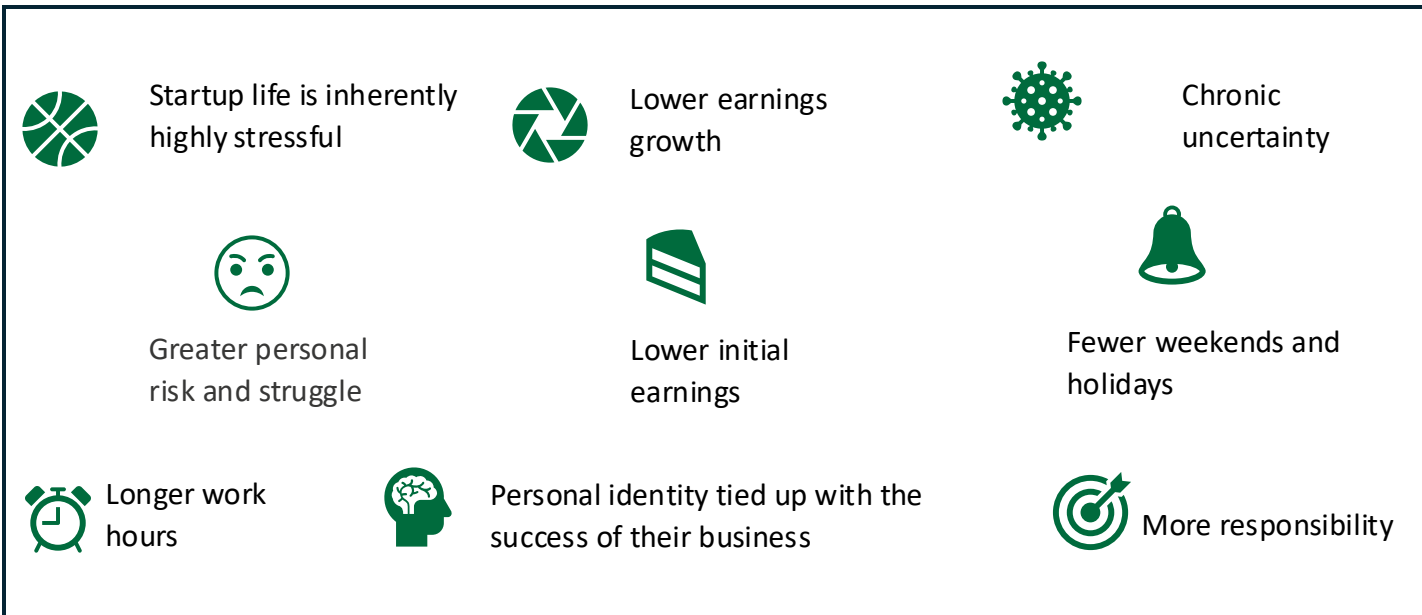
# 54% of founders report high stress, making them prone to mental health challenges



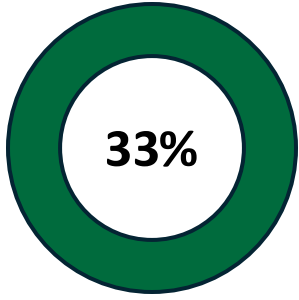
## A large proportion of venture-backed founders are dealing with mental health challenges



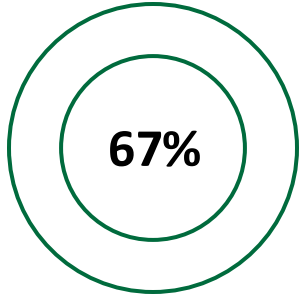
## Founders & entrepreneurs are more prone to mental health conditions due to chronic uncertainty and limited relaxation time



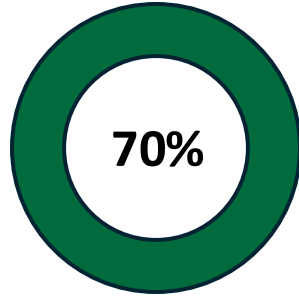
# 60% of employees have attributed work-related stress to be a major cause of mental health struggles



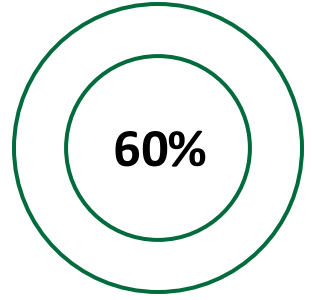
Increase in mental health related leave of absence



Admit to depression and anxiety being a concern at work







Experience job-related stress

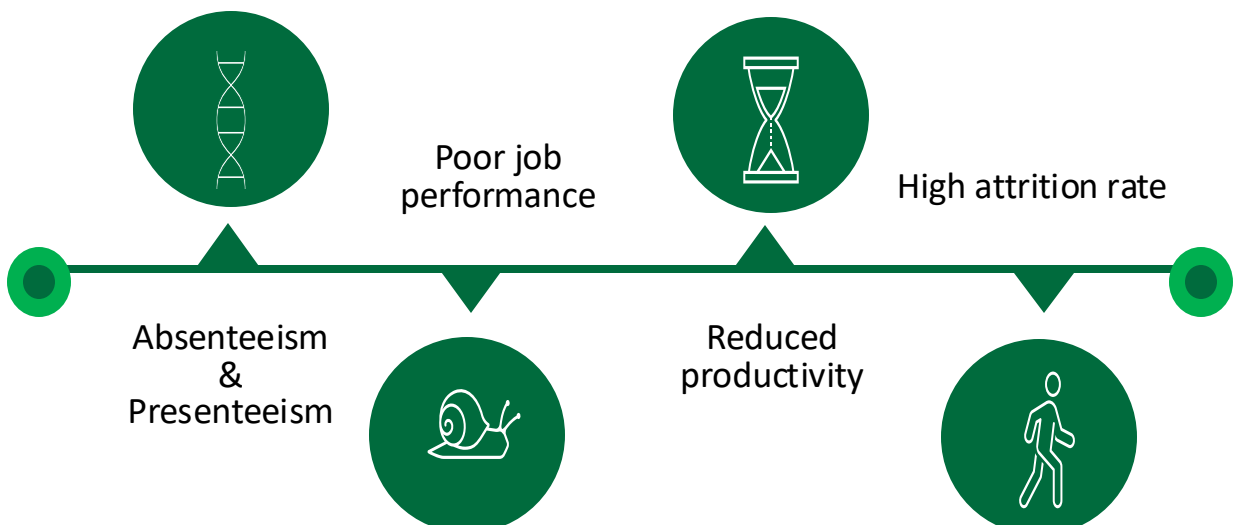


Experience moderate levels of burnout

Often caused or aggravated by factors such as lack of variety, time pressure and rigid work schedules...

-  Fragmented or meaningless work
-  Conflicting demands of home and work
-  Poor communication & relationships at work
-  Lack of variety of work
-  Inflexible work schedules
-  Lack of control and decision-making abilities
-  Overload / underload
-  Unsupportive work cultures
-  Poor environmental conditions
-  Job insecurity
-  Time pressure

...Thereby hurting businesses & leading to poor job performance, reduced productivity, and high attrition rates.



**Better Financial Performance**

Startups investing in mental health programs report **21% higher profitability**

**Reduced Employee Turnover**

Startups that support mental health have a **24% lower turnover rate**

**Enhanced Productivity**

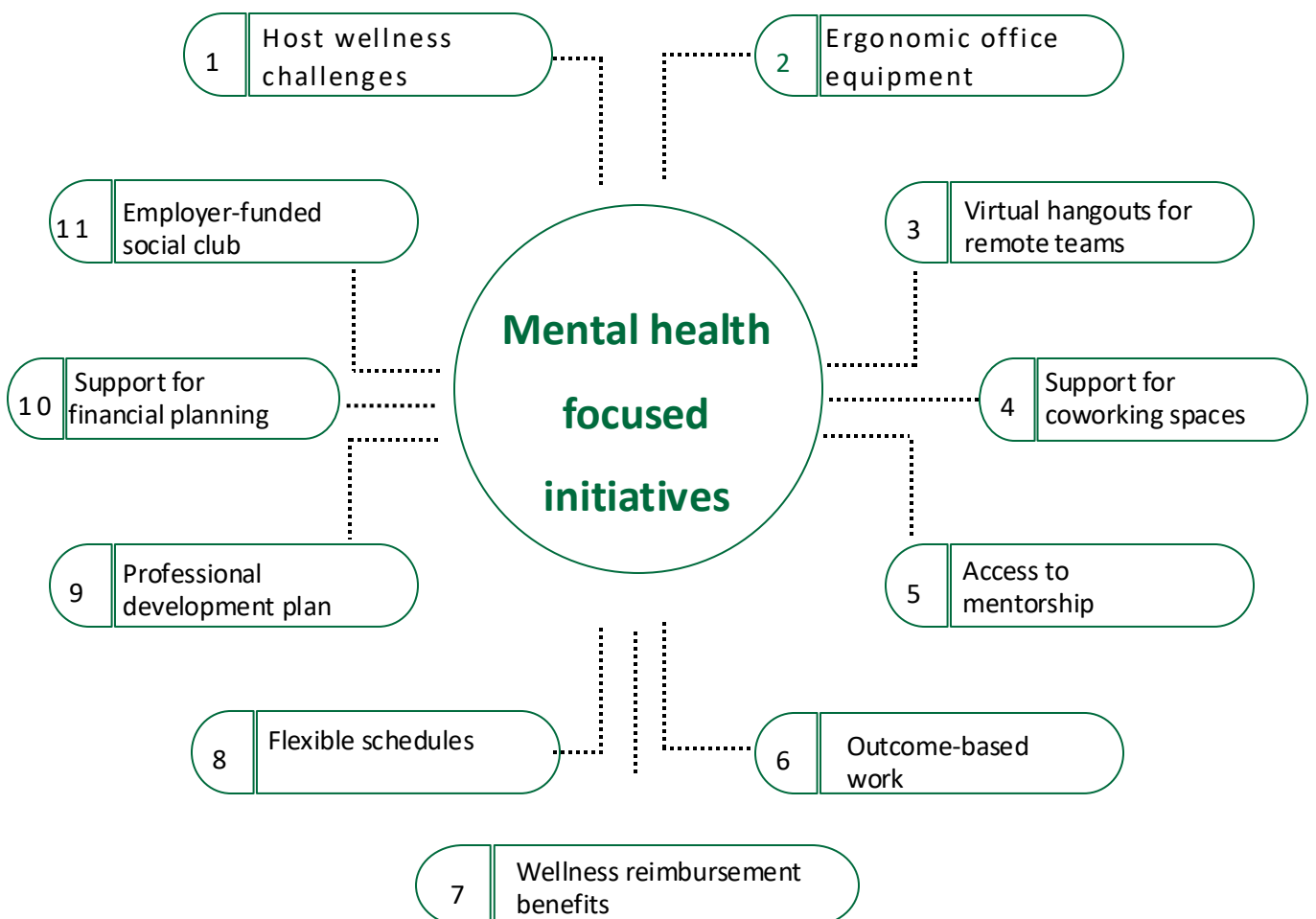
Founders & employees with good mental health are **30%** more likely to have innovative solutions



**Innovation**

Mental health support leads to a **22% increase in new products or services** developed

**Implementing these mental health initiatives will boost employee wellbeing and productivity**



# CONTACT US



Solutions



[WWW.SPURT.SOLUTIONS](http://WWW.SPURT.SOLUTIONS)



[PROJECTS@SPURT.GROUP](mailto:PROJECTS@SPURT.GROUP)



[@SPURTSOLUTIONS](https://www.instagram.com/SPURTSOLUTIONS)