

VIRTUAL MENTAL HEALTH CARE: THE DEMAND FOR SUPPORT CONTINUES



THE PANDEMIC AMPLIFIED STRESS AND BURNOUT



**UP TO
77%** OF EMPLOYEES
REPORTED BURNOUT³
DURING THE COVID-19 OUTBREAK.



THE EFFECT STILL LINGERS

1/3



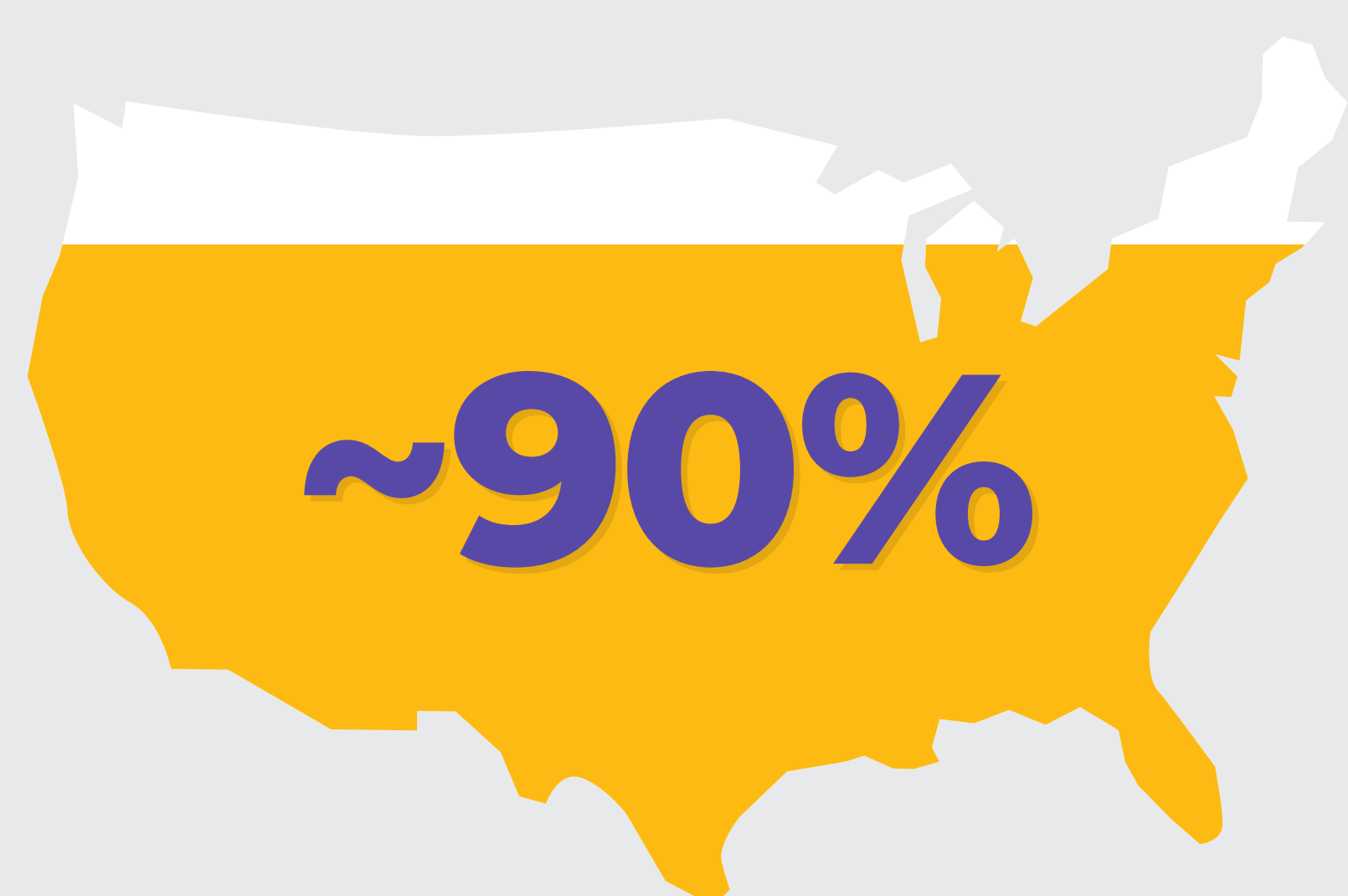
**OF RESPONDENTS IN A NEW MCKINSEY SURVEY
SAID THEIR RETURN TO WORK HAS HAD A NEGATIVE IMPACT
ON THEIR MENTAL HEALTH.⁵**

STRESS HAS A COST

**WORK STRESS
AND BURNOUT
COSTS U.S. EMPLOYERS**

\$300
BILLION
ANNUALLY

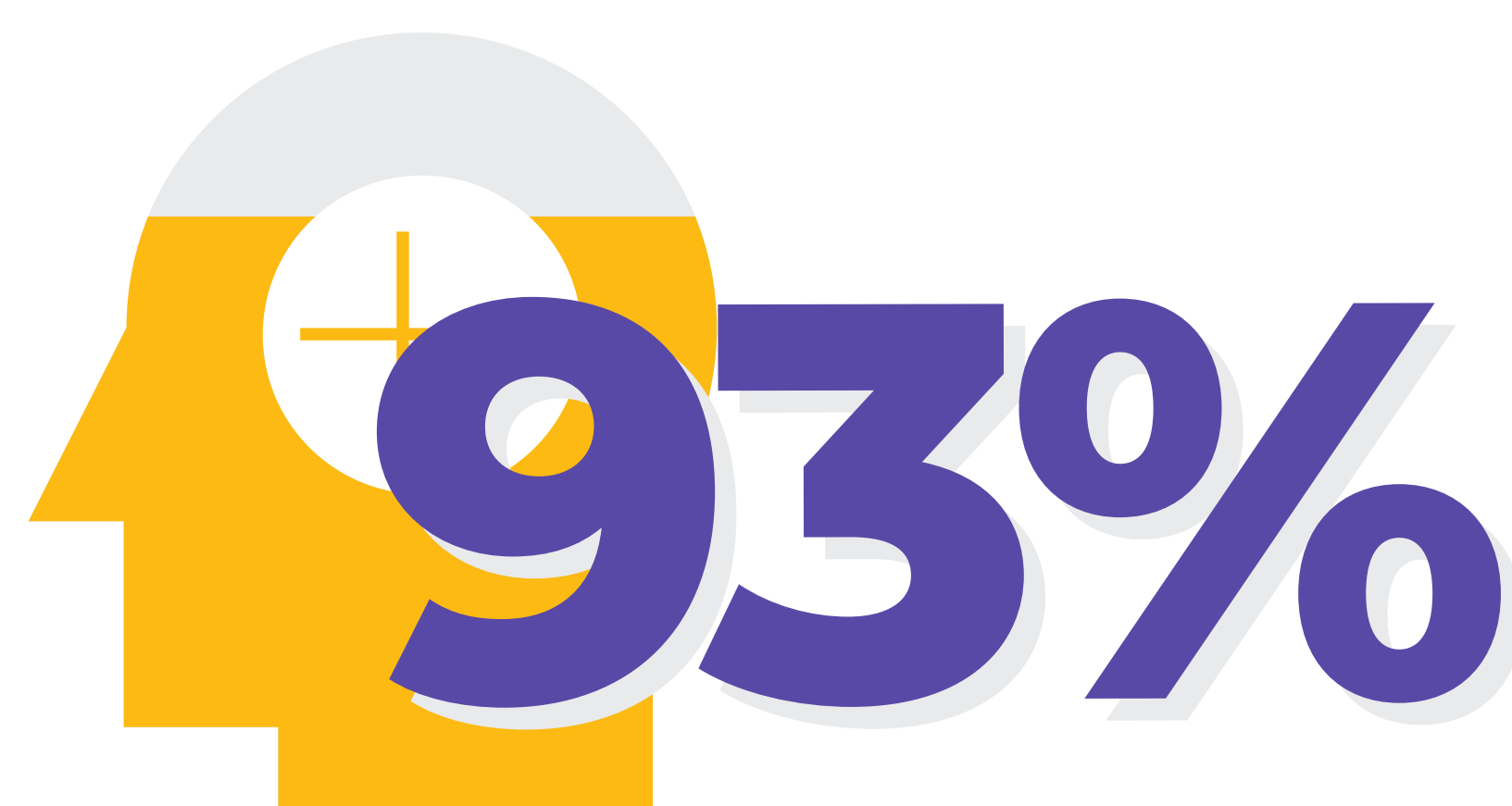
AS A RESULT OF ACCIDENTS, ABSENTEEISM, EMPLOYEE
TURNOVER, DIMINISHED PRODUCTIVITY, DIRECT MEDICAL, LEGAL
AND INSURANCE COSTS, AND WORKERS' COMPENSATION.¹



**OF AMERICA'S
\$3.8** TRILLION ANNUAL
HEALTHCARE COSTS

**ARE SPENT ON PEOPLE WITH CHRONIC PHYSICAL
AND MENTAL HEALTH CONDITIONS²**

VIRTUAL CARE WORKS



**OF THOSE WHO USED MENTAL
HEALTH SERVICES REPORTED
AT LEAST SOME
IMPROVEMENT DURING
THE PANDEMIC⁴**



**OF THEM SHOWED
BREAKTHROUGH
PROGRESS⁴**

¹<https://www.nimh.nih.gov/health/publications/stress/>

²<https://www.cdc.gov/chronicdisease/about/costs/index.htm#ref1>

³<https://www2.deloitte.com/us/en/pages/about-deloitte/articles/burnout-survey.html>

⁴2021 Teladoc Health Mental Health Survey

⁵<https://www.mckinsey.com/industries/healthcare-systems-and-services/our-insights/returning-to-work-keys-to-a-psychologically-safer-workplace>