


Proem
Healthier minds start here.




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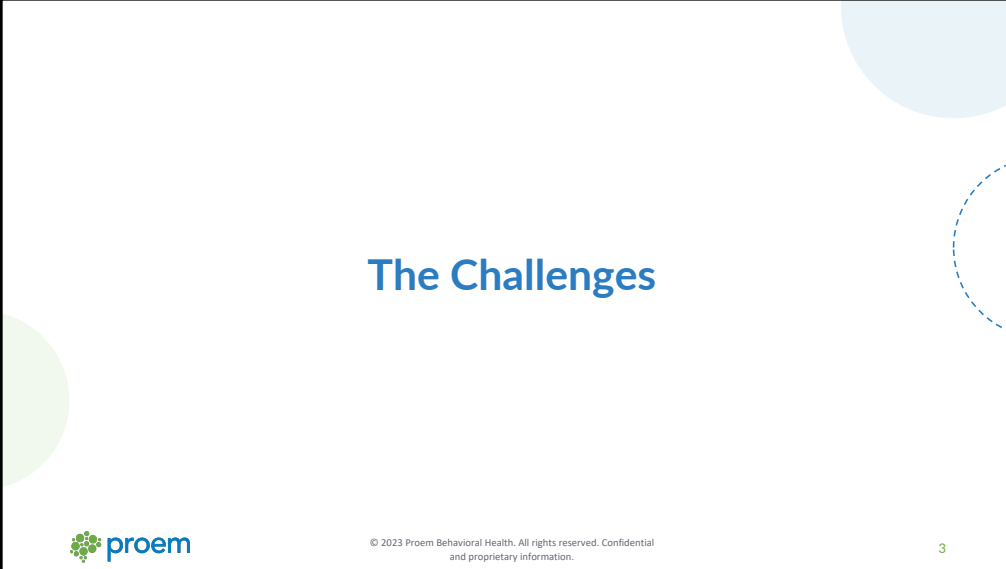
“It’s a crisis what do I do?”
Suicide and Emotional Health on the Job

January 18, 2024




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The Challenges

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Where are we?

- Over 50% of Americans are depressed and stressed
- Suicides are increasing
 - Construction Industry is consistently highest groups
- Eating disorders have increased 3-fold
- Anxiety amongst children has increased 400%
- New diagnosis of serious mental illness is increasing
- Dramatic increase in Substance and Alcohol use disorders
- Opioid overdose causing more deaths by 3 fold than suicides

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Need is great, but access is shrinking

1 in 5 20% people suffer from mental illness ¹	More than 50% of U.S. counties lack a single psychiatrist ²	25-90 days Average wait time to see a psychiatrist for initial evaluation ³	70% of primary care visits are driven by patients' psychological problems ⁴
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The Solution

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The 3 P's

How do people get so far down

- People
- Place
- Purpose



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How do I recognize when people are Struggling

- More withdrawn
- Missing work
- Irritable
- Not Participating with regular activities
- Making negative comments about self
- “Just not the same person they used to be”



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What Can “We” Do?

- Peer support models—What works; who/how (culture and identity)
- Virtual care—Meditation apps, virtual therapy (CBT; Professionals)
- Work-life balance training
- EAPs—How to engage
- Manager training



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Can Technology Help?

Virtual AI mental health and life coach



FOR EMPLOYEES



FOR FAMILIES



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Improve Work Life Balance



Employees can choose to get help with:

What to do when I'm stressed out,
feeling anxious and overwhelmed in
life

How to improve the relationship with
my boss

Achieving peak performance in any
situation

How to be happy at work and outside
of work

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Other Technology Solutions

- Offering Content solutions
- Offering Telehealth Solutions
- Providing content for family members
- Technology solutions for Substance Use Disorders- such as MAT therapy

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What Can “I” do?

- Ask if your peers are OK
- Specifically let them know you are concerned
- Ask if they are considering self harm



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Questions



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