

How to be a

StigmaFree Workplace

The Business Case

\$200 billion is lost in earnings each year in the U.S. through health care usage and decreased work productivity. *

Depression is the leading cause of disability costs around the world.**

* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9969895>

** <https://www.who.int/health-topics/depression>

***Chisholm, D., Sweeny, K., Sheehan, P., Rasmussen, B., Smit, F., Cuijpers, P., & Saxena, S. (2016). Scaling-up treatment of depression and anxiety: A global return on investment analysis. *The Lancet Psychiatry*, 3(5), 415–424. [https://doi.org/10.1016/s2215-0366\(16\)30024-4](https://doi.org/10.1016/s2215-0366(16)30024-4)

What You Can Do

Fortunately, most mental health conditions improve with proper support. Every \$1 invested in employee mental health yields a \$4 return.***

Working with NAMI as a StigmaFree Workplace, you can create a supportive and healthy workplace that benefits both employees and the company.

The StigmaFree Workplace Strategies

Our mission is to provide organizations with the tools and resources to support people's mental well-being through expanding awareness, fostering a culture of caring, and improving access to support. Each step of this journey builds upon the one before it.

Step One STIGMAfree AWARENESS

Raise awareness and educate employees and leadership with NAMI resources, presentations, and community connections with NAMI's local affiliates and state organizations.

Step Two STIGMAfree CULTURE

Create a culture of caring by working with NAMI to promote workplace well-being through how-to resources for employees, managers, and leaders.

Step Three STIGMAfree ACCESS

Improve access to support through high-level customized engagement with NAMI subject matter experts and with strategies for connecting employees with the supports they need.

