



Mental Health is... **PERSONAL**

13 per cent of the global population suffer from mental health issues coming in many forms.



TOP FIVE PERSONAL CONCERNS EXPRESSED BY EAP PARTICIPANTS

Concerns	Share of Global Participants	U.S.	Canada	Mexico	UK	France	Belgium	Portugal	United Arab Emirates	China	India
Stress	68%	72%	68%	63%	62%	50%	60%	64%	74%	66%	69%
Anxiety/Panic	54%	56%	60%	30%	64%	54%	34%	77%	54%	71%	48%
Low mood	48%	49%	50%	28%	55%	58%	55%	64%	50%	56%	59%
Difficulty concentrating	14%	14%	16%	14%	12%	25%	28%	17%	16%	3%	21%
Low self-esteem	12%	9%	16%	17%	11%	20%	20%	6%	12%	17%	17%

We Help People...Cope

Sources: 'Mental Health' Our world in data, August 2021. / WPO participants, September 2021.



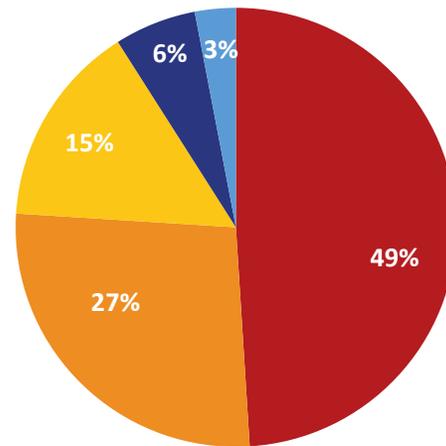
Mental Health is... **REAL**

Mental Health in its many forms has various impacts in our personal, family and work lives.



PERSONAL LIFE

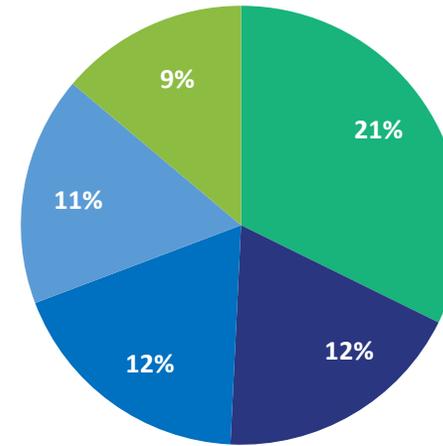
Risk cases are 15.4 per cent of all our clinical cases.



- Self-harm
- Substance misuse
- Abusive relationship
- Child or vulnerable adult

FAMILY LIFE

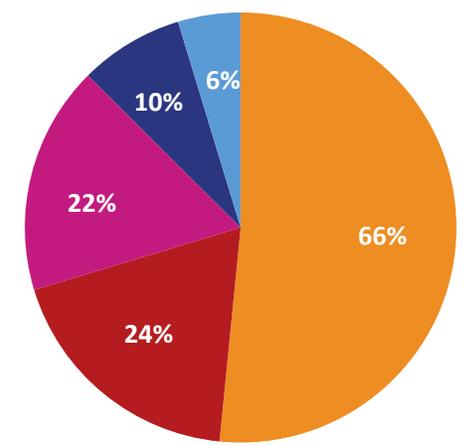
Mental and behavioural health issues (12 per cent) are the second most common concerns expressed by participants.



- Daily living
- Social services
- Mental/Behavioural health
- Divorce

WORK LIFE

At 66 per cent, stress is the most common concern expressed by participants in workplace-related cases.



- Workplace stress
- Work performance issues
- Conflict at work
- Career change/transition

We Help People...Manage

Source: WPO participants, September 2021



Mental Health is... **TRANSFORMATIVE**

Good mental health results in a state of wellbeing, in which an individual realises their own potential, can better cope with the normal stresses of life, and becomes healthier and more productive.



COUNSELLING STORIES

'The counsellor was able to reflect accurately on the way I was feeling by using terms that prompted me to move on from difficult emotions and recognise the situation I was in.'

'The counsellor was able to get me to refocus and reset all the bottled feeling that I had inside.'

MINDFULNESS OUTCOMES

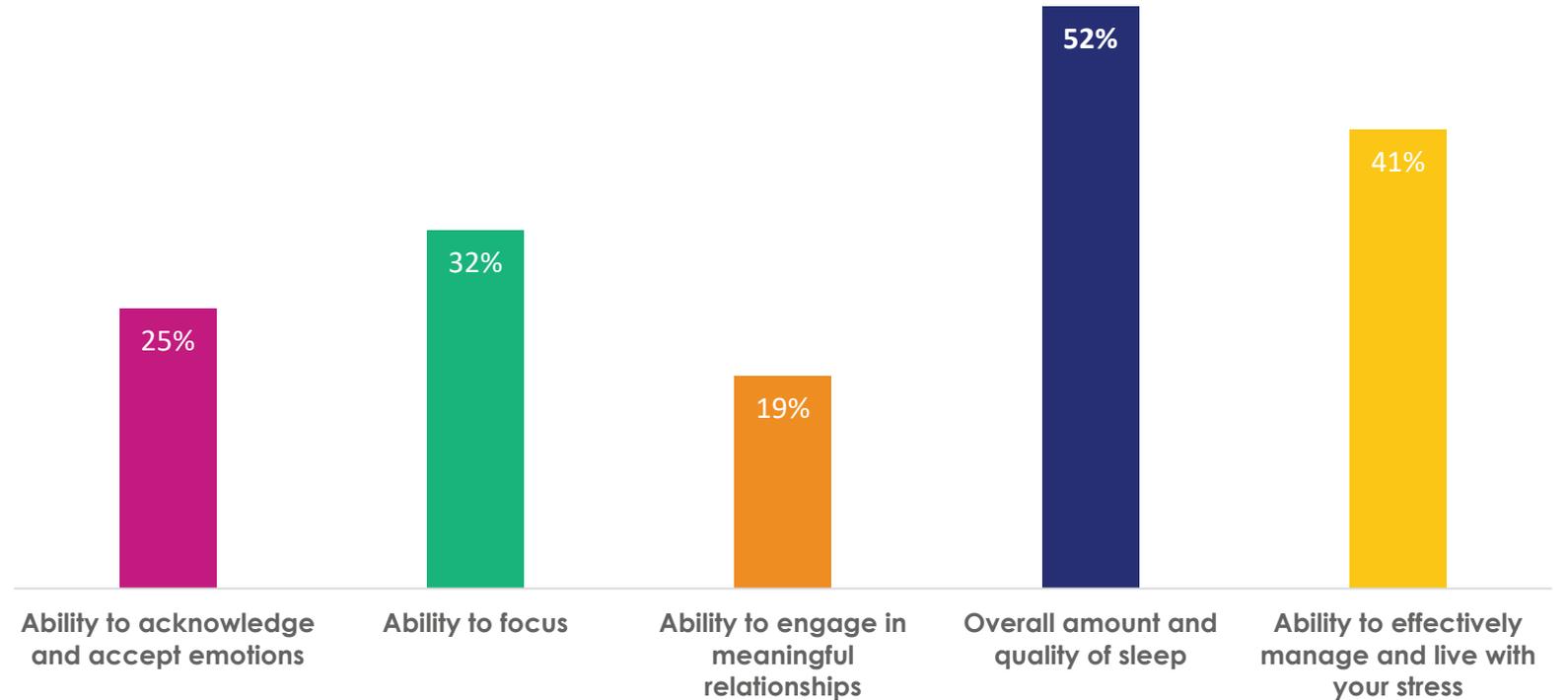
Improvement by personal concerns

POSITIVE PRACTISES

Gratitude Meditation Breathing Positive Affirmations

Self-Care Healthy Diet Exercise Yoga Energy Healing

Creativity Nature Music Social Connections



We Help People...Thrive

Sources: WHO 'Mental Health', 2014. / WPO participants, September 2021 / AWARE mindfulness program participants from 2018 to 2021