

Behavioral Health Services for Employees

Mental health can be difficult for employees to talk about, but it's just as important as their physical health. One in 5 individuals in the U.S. is experiencing a mental illness and over half do not receive treatment. In addition, 30% report they weren't able to get the treatment they needed and 40% couldn't afford it.*

Employee stress, anxiety, depression and substance misuse all contribute to high turnover, burnout, exhaustion and decreased motivation.

**Source: Mental Health America*










Employers can play a crucial role in creating a mentally healthy work environment. By partnering with us, you can help **break down the stigma and provide easier access to behavioral healthcare so employees can get the care they deserve.**




Behavioral Healthcare

Marathon Health offers comprehensive behavioral health services at our worksite health centers, Network health centers and virtually. Provided by master's level licensed mental health clinicians, our services focus on patient-centered, outcomes-based therapy.

What do we treat?

-  Stress
-  Anxiety
-  Depression
-  Grief
-  Relationship issues
-  Trauma
-  And more







Who can receive counseling?

-  Individuals (age 12+)
-  Couples
-  Families

Marathon Health can also provide group sessions and educational workshops on topics such as mental health foundations, anger management, self-image, healthy relationships, and coping with stress and anxiety.



What are the Benefits of Employer Behavioral Health Services at Marathon Health?

-  **Increased access** to mental health counseling
-  **Collaboration** between health center care teams and mental health clinicians **for better outcomes**
-  **Referrals and care coordination** when necessary
-  Reduces stigma to create a **mentally healthy workplace**
-  **Improvements** in productivity and **reduction** in turnover
-  **Hard dollar savings** from redirected care

45% savings

Engaged members who use both behavioral health and primary care cost (\$6,148) less than non-engaged members.

29%

of members actively involved in behavioral healthcare experienced a significant reduction in severe depressive symptoms.

34%

of members actively involved in behavioral healthcare experienced a significant reduction in severe anxiety symptoms.



“If somebody goes in and talks to the doctor or shares something [related to mental health], they aren’t necessarily going to make another phone call. It’s just much easier for the doctor at Marathon Health to bring in a behavioral health specialist who is part of the care team to set up an appointment.”

Dennis Meaney, Business Manager and Financial Secretary, International Brotherhood of Electrical Workers Local Union 38



“I no longer feel like I have a weight on my chest. Learning how to prioritize your own mental and physical health is a real game changer.”

Megan Young, Marathon Health Member



Want to learn more about Marathon Health's behavioral health service, email us at hello@marathon-health.com.



Marathon
Health™