



**Thrive in  
Your Workplace**  
Redefining Workplace  
Mental Health

**THRIVE IN YOUR WORKPLACE (TWP)** helps local employers bring mental health support to the 1 in 5 New Yorkers who experience mental illness in a given year.

TWP builds a network of employers committed to fighting mental health stigma; teaching the skills needed to address mental health challenges; and promoting connections to mental healthcare.

## WHY ADVANCE WORKPLACE MENTAL HEALTH AS AN EMPLOYER?

Addressing mental health in the workplace can address both direct costs, such as increased healthcare expenditures, and a variety of indirect costs, such as high turnover and losses in productivity.

*Did you know that more workers are absent from work because of stress and anxiety than because of physical illness or injury?*

**The good news:** a World Health Organization study estimated that every \$1 invested in prevention and treatment provides a return of \$4 in improved health and productivity to the US economy. There is a clear return on investment for employers who prioritize employee mental health.



## GETTING STARTED AS AN EMPLOYER:

Once you have made the commitment to advance mental health, TWP consults with employers to shape a custom workplace strategy:

- 1 Complete a research-driven survey to tell us about your organization and meet with us to explore how workplace mental health innovation can support your goals.
- 2 Receive a free, custom workplace mental health recommendation that reflects your organizational context and goals.
- 3 Participate in free, technical assistance including 1:1 consultation and access to webinars.

**CONTACT US TO LEARN MORE: [TWP@THRIVE.NYC.GOV](mailto:TWP@THRIVE.NYC.GOV)**