

MENTAL HEALTH

JOIN THE LEADING COMPANIES WHO ARE ADDRESSING THE HIGH DEMAND FOR MENTAL HEALTH SUPPORT



ADDRESS MENTAL HEALTH BEFORE IT BECOMES A CRISIS

Stress and depression increase not just the costs associated with treating behavioral health problems, but also the incidence of other costly physical diseases such as diabetes, cancer, and coronary artery disease.

OUR APPROACH

We help companies make mental health services more accessible in the workplace by offering a variety of tools and resources to improve well-being. We encourage investments that will provide real improvements in employee outcomes and company performance.

THINK ABOUT YOUR WORKFORCE

Do you have:

- Employees who frequently call out sick?
- Managers that struggle to meet productivity targets?
- High turnover rate?
- Concerns about stress among your employees?

MENTAL HEALTH SERVICES

Now more than ever, people need greater access to high-quality mental healthcare. Our employee mental health services range from basic tools and resources to top-level, one-on-one support with trusted mental health experts. Additional services include:

- Behavioral health screenings
- Targeted programs
- Educational webinar
- One-on-one support



MENTAL HEALTH

MENTAL HEALTH STATISTICS



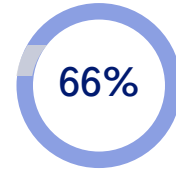
depression costs per employee per year in disability wage replacement costs



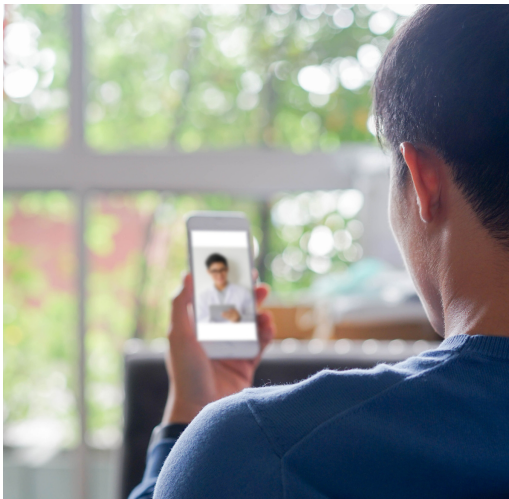
rise in risk for depression among U.S. workers as a result of the coronavirus pandemic



adults feel worry and stress related to coronavirus has had a negative impact on their mental health



of organizations have introduced new wellness benefits to support employees' mental and emotional well-being



TESTIMONIALS

"I consider our wellness initiative to be a huge success, measured by our controlled health insurance costs, and give TargetCare much of the credit!"

■ VP of HR, Bassett Furniture

"We have complete faith in TargetCare to guide us in making the best choices possible to provide high-quality healthcare to our associates. They provide more than wellness programs. Because of the faith we have in them and their people, TargetCare fills a key advisory role within the overall health and benefits strategy for our company."

■ VP of Corporate Development, Metromont

"The level of professionalism, innovation, and willingness to work with each unique client sets TargetCare apart from other providers."

■ Health Management Consultant, Scott Insurance

"Not only has the employee made a positive connection with the health provider, but the stress management program appears to have spurred her toward getting engaged with health coaching as well now!"

■ Wellness Coordinator, Old Dominion Freight Line

