

MENTAL HEALTH IN THE WORKPLACE

**In 2020 40%
of US adults**



**reported struggling
with mental health
or substance abuse.**

**7 out of 10
people**



**said that 2020 was the
most stressful year of
their working lives.**

**25% of
people**



**reported burnout
as a result of the
COVID-19 pandemic.**

Advantages of utilizing Cascade's network include:

- **Speed of access.** On average, members have their first appointment with a Cascade provider within five to seven days, compared to three to four weeks through health plans or other providers.
- **Ease of use to connect to services.** Cascade follows up on 100% of the cases to ensure connection to a provider.
- **Enhanced matching with a provider, increased diversity of the network, and culturally competent care.**
- **Multiple ways to connect in-person or online with a provider.**
- **Decreased costs to your medical plan.**

