



HealthFlex Mini Summit – March 16



Wespath

BENEFITS | INVESTMENTS

Update— First Aid for Mental Health



Clergy Well-Being Survey: Emotional Dimension



14%

Report suffering from depression

34%

Are experiencing functional difficulty from depressive symptoms

Top 4 functional depressive symptoms

- 1) Sleep troubles
- 2) Feeling down or hopeless
- 3) Little interest or pleasure in activities
- 4) Trouble concentrating

Almost half (45%) report feeling stress in the past month

Top measures include:

- 45%** feeling like things were not going their way
- 36%** not feeling “on top of things”
- 27%** feeling more nervous and stressed



HealthFlex Emotional Health Trends

- Multiple mental health categories in top 20:
 - Depression, Mood/Anxiety, Other Mental Health Conditions
- Increase from 2020 in prevalence and cost
- Over 1 in 5 on psychostimulants or antidepressants in 2021
- Doesn't include those not seeking care





Emotional Well-Being Support



- Employee Assistance Program
- Whil
- MDLIVE Behavioral Health
- First Aid for Mental Health
- Virgin Pulse Health Coaching
- Talkspace

First Aid for Mental Health—Unique Offering

- Broader audience reach than HealthFlex programs
- Designed to help self and others
- Encourage participants to share with family, friends, colleagues and congregations



First Aid for Mental Health



What: 60-minute webinar “the basics” (live and on-demand)
When: **March 10 and 17**
recording available **March 18**

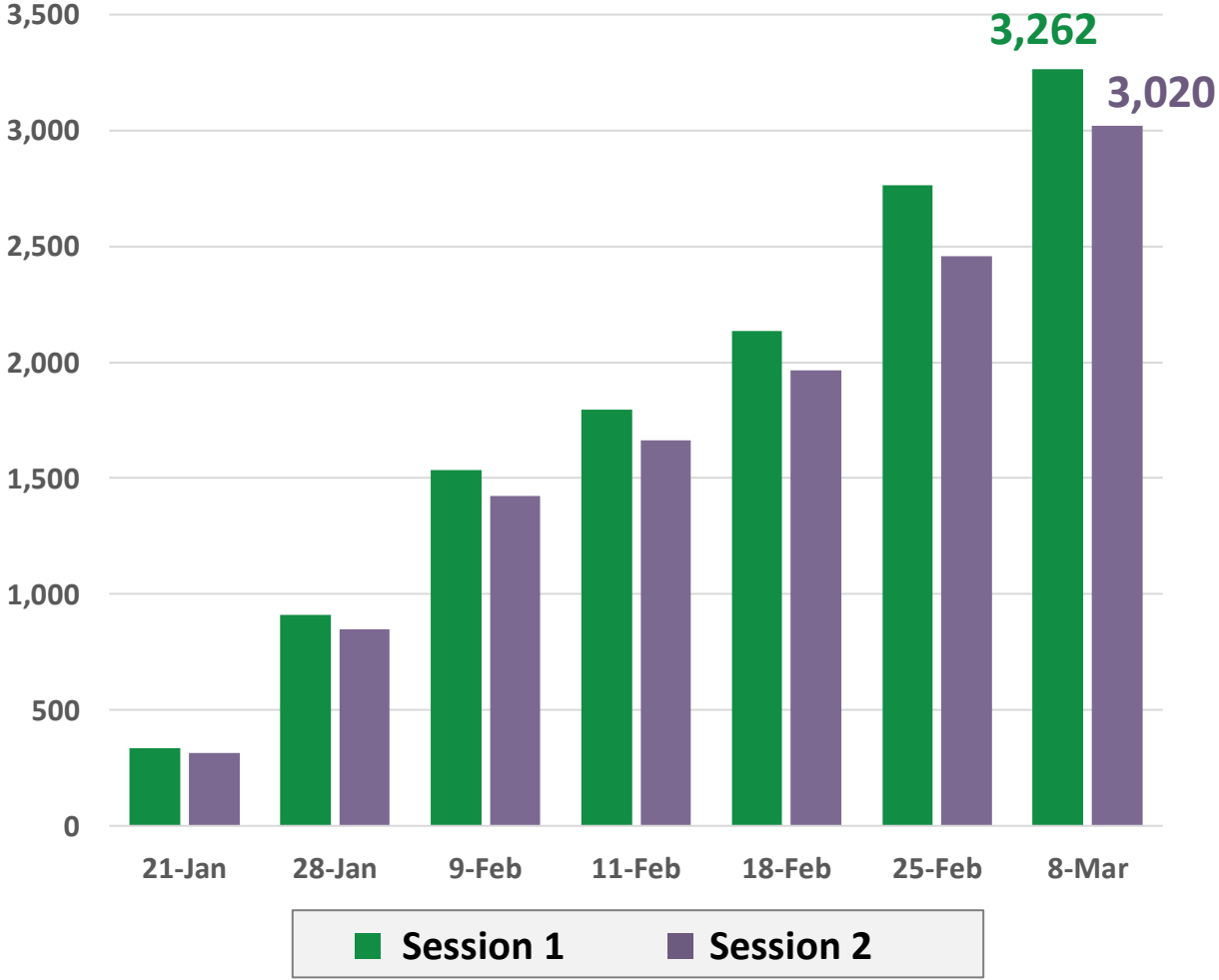


What: 60-minute webinar “deeper dive” (live and on-demand)
When: **March 23-24**
Recording available **March 25**



What: 5–6-hour virtual workshops
Who: Selected champions
When: Beginning Q2/Q3

First Aid for Mental Health—Uptake



Thank You For Your Partnership

- Spreading the word to clergy and those who surround them
- Leveraging toolkit

Next:

- Identify mental health champions to participate in workshops
- Be an expert on available support





Wespath

BENEFITS | INVESTMENTS