

Mental Health and Life Insurance

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The World Health Organization reported an increase in anxiety and depression by 25% in 2020, due to a number of factors arising out of the COVID-19 pandemic, including social isolation, financial stress, and feelings of loss.¹

As awareness of mental health issues grows, social stigma continues to decline, but misconceptions remain on how they impact someone's ability to secure affordable life insurance coverage.

Did you know?

Nearly **1 in 5** of U.S. adults live with a **mental illness**.²



North American always strives for fast, fair, and consistent underwriting. Having a mental health diagnosis doesn't automatically disqualify an applicant from life insurance coverage. We will always do everything we can to make the best offer the first time.

Many mental illnesses are common and treatable.



REAL-LIFE EXAMPLE:

Male, now mid-40s, was diagnosed with attention deficit hyperactivity disorder (ADHD) in his teens and on medication. In his early adult years, he was diagnosed with generalized anxiety disorder and mild depression.

1 He was compliant with the doctor's prescribed treatment plan and continued care. Even so, he thought he couldn't get life insurance with his mental health diagnoses.

2

Working with an agent, he answered specific questions from underwriting around his health, providing details on his medications and his treatment plan.

3 At the end of the underwriting process, North American was able to provide an offer on a life insurance policy within the client's budget.

4

Win-win! North American provided needed life insurance and helped a client secure coverage.



Underwriting TIPS for agents and clients:

- Be honest about any diagnoses or treatments
- Be upfront about medications, including names, duration, and dosages
- Provide as much detail as possible
- Be aware that a doctor's report may be needed in some cases

Severity and effectively managing one's condition both play a large role in helping to secure a life insurance policy. Mental health treatment—therapy and medication—can make living a fulfilling life a reality for most people experiencing mental illness. Even small acts of self-care in one's daily life can have a big impact: giving or receiving a hug, gardening, regular exercise, and connecting with loved ones.

1. COVID-19 pandemic triggers 25% increase in prevalence of anxiety and depression worldwide, World Health Organization, March 2022.

2. National Institute of Mental Health, 2022.

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