



ARC Fertility Provides Comprehensive Reproductive Mental Health and Emotional Well-Being

Workforce Support Expands Emotional Wellbeing Resources for Parents

At ARC Fertility, we understand that supporting the full spectrum of reproductive health includes mental health—especially for women navigating fertility, pregnancy, postpartum and parenting. That's why we've partnered with a leading provider of virtual maternal mental health therapy.

Why It Matters

- **1 in 5 women** experience clinically diagnosed postpartum depression, and about **1 in 10 men** experience clinically diagnosed paternal postpartum depression.
- **Up to 85% of new mothers** experience the “baby blues” in the first weeks after birth, which can develop into more serious conditions without support.
- **2 in 3 men** also report significant emotional challenges—such as anxiety, stress, or mood changes—in the early months of parenting.
- A parent's risk for postpartum depression increases significantly if their partner is also struggling.
- Untreated maternal mental health conditions cost U.S. employers over **\$14 billion** annually in lost productivity, absenteeism, and turnover.
- Mothers with inadequate support are more likely to leave the workforce—costing employers up to **150% of their salary** in turnover costs.

The ARC Advantage

Through our partnership, your employees gain access to:

- **Specialized virtual therapy for every stage of parenthood**—from trying to conceive to return-to-work transitions.
- **Personalized support** for emotional wellbeing, identity shifts and caregiver strain.
- **Data-backed impact:** 89% of clients report feeling more confident in their parenting and less alone.

Investing in maternal mental health is both compassionate and strategic.

Let ARC Fertility help you create a culture of care that retains talent, boosts productivity and supports working families.



Contact us to learn more.

<https://www.arcfertility.com/>

<https://www.linkedin.com/company/advanced-reproductive-care/>

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