

# MIND THE WORKPLACE 2021

Mental Health America's (MHA) *Mind the Workplace 2021 Report* provides an opportunity to better understand the mental health challenges that employees across company size and industry are experiencing during the COVID-19 pandemic.

MHA's Work Health Survey findings show that that pandemic has amplified preexisting issues for employees, including, increased risk for workplace stress and burnout, degradation of employee mental health and well-being, and inadequate access to affordable healthcare.

## WORKPLACE STRESS

**9 IN 10**

EMPLOYEES REPORT THAT THEIR WORKPLACE STRESS AFFECTS THEIR MENTAL HEALTH.

**3 IN 5**

EMPLOYEES ARE NOT RECEIVING ADEQUATE SUPPORT FROM SUPERVISORS TO HELP MANAGE STRESS.

## EMPLOYEE BURNOUT

**4 IN 5**

EMPLOYEES FEEL EMOTIONALLY DRAINED FROM THEIR WORK, AN EARLY SIGN OF BURNOUT.

**56%** OF EMPLOYEES SPEND TIME LOOKING FOR A NEW POSITION, COMPARED TO **40%** OF EMPLOYEES IN 2018.

## WORK ENVIRONMENT

**65%** OF EMPLOYEES FIND IT DIFFICULT TO CONCENTRATE BECAUSE OF THEIR WORK ENVIRONMENT, COMPARED TO **46%** OF EMPLOYEES IN 2018.

**ONLY 5%** OF EMPLOYEES STRONGLY AGREED THAT THEIR EMPLOYER PROVIDES A SAFE ENVIRONMENT FOR EMPLOYEES WHO LIVE WITH MENTAL ILLNESS.

## FINANCIAL INSECURITY

**OVER 60%**

OF EMPLOYEES ARE NOT PAID ENOUGH TO SAVE FOR AN EMERGENCY.

**1 IN 3**

EMPLOYEES CANNOT AFFORD THEIR HEALTHCARE COSTS.

To learn more about the current national state of workplace mental health, download the full *Mind the Workplace 2021 Report* at [mhanational.org/2021mindtheworkplace](https://mhanational.org/2021mindtheworkplace).

