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Mental Health America (MHA) conducted a survey with Qualtrics to explore similarities and differences in answers to our Work Health Survey questions across two different populations. This new summary, the 2020 Creating a Healthy Workplace report, is complementary to MHA's [Mind the Workplace 2019 Report](#), which synthesized findings from our 2019 Work Health Survey of nearly 10,000 individuals from 2018 to 2019.

The Qualtrics survey was given to 1,000 individuals in 2019. The comparison of findings is summarized in this report. Findings summarize how what kinds of supervisor support and changes in company culture improves employee engagement, motivation, confidence, and pride.

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