

MIND THE WORKPLACE 2022

Mental Health America's (MHA) Mind the Workplace 2022 Report seeks to answer the latest question on business leaders' minds, "How can we meaningfully support employee mental health in 2022?" Work health survey findings reveal that important strategies to improve employee mental health outcomes include company leadership investment, managerial support, and employee empowerment.

EMPLOYEE MENTAL HEALTH IMPACT

4 IN 5

EMPLOYEES REPORT THAT WORKPLACE STRESS AFFECTS THEIR RELATIONSHIPS WITH FRIENDS, FAMILY, AND COWORKERS.

56%

COMPARED TO

40%

OF ALL SURVEYED EMPLOYEES SPENT TIME LOOKING FOR A NEW POSITION,

OF EMPLOYEES SURVEYED IN 2018.

COMPANY LEADERSHIP INVESTMENT

40%

OF EMPLOYEES AGREE THAT THEIR COMPANY INVESTS IN DEVELOPING SUPPORTIVE MANAGERS.

34%

OF EMPLOYEES STATE THAT THEIR COMPANY'S LEADERSHIP SPEAKS OPENLY ABOUT MENTAL HEALTH.

MANAGERIAL SUPPORT

3 IN 5

EMPLOYEES AGREE THAT THEIR MANAGER CARES ABOUT THEIR WELL-BEING.

2 IN 5

EMPLOYEES REPORT THAT THEIR MANAGER ENCOURAGES THEM TO TAKE OFF TIME WHEN NEEDED.

EMPLOYEE EMPOWERMENT

2 IN 3

EMPLOYEES ARE NOT COMFORTABLE PROVIDING FEEDBACK TO THEIR MANAGER.

47%

BUT ONLY

38%

OF EMPLOYEES KNOW ABOUT THEIR COMPANY'S MENTAL HEALTH SERVICES,

WOULD BE COMFORTABLE USING THEIR COMPANY'S SERVICES.

Download the full Mind the Workplace 2022 Report for more information and recommendations at: mhanational.org/mind-workplace.

