EMPLOYEES BELIEVE EMPLOYERS SHOULD PLAY A ROLE IN SUPPORTING THEIR MENTAL HEALTH

96% agree that mental health is as important as physical health.

88% believe employers have a responsibility to support their employees’ overall mental health.

EMPLOYEES REQUIRE MENTAL HEALTH SUPPORT

76% struggled with at least one issue.

The most common issues negatively affecting mental health were:
- 50% Emotional
- 45% Financial
- 39% Interpersonal relations
- 18% Bullying and harassment

42% diagnosed with a Mental Health Disorder by a health provider.

The top three most common diagnoses were:
- 23% Depression
- 20% Anxiety or Panic Disorder
- 10% Sleeping Disorder including Insomnia

WORKPLACE CULTURE SNAPSHOT

84% reported their employer provides at least one mental health program including FMLA, insurance coverage, flexible schedule, fitness programs or mental health treatment programs.

64% reported their employer communicates available mental health resources.

EMPLOYEES WANT EMPLOYERS TO TAKE ACTION TO SUPPORT MENTAL HEALTH

I would like my employer to...

- 42% Provide more info about available mental health benefits, accommodations, and resources
- 40% Train managers and supervisors to identify emotional distress among employees
- 36% Offer health promotion and prevention programs (e.g., mindfulness, yoga, tai chi)
- 31% Offer treatment, rehabilitation and counseling programs for mental health disorders
- 31% Make it policy that vacation time be taken
- 30% Have leaders model work/life balance

Source: The Harris Poll conducted the online survey from September 5 - 18, 2018 on behalf of the American Heart Association among 1,041 U.S. adults 18+ who work full time or part time at an organization with 25 or more people, and their employer offers health insurance (“employees”).