

# 2021 Employee Mental Health and Well-being Report

Closing the Mental Health Gap

## Infographic

### Methodology



A mental health and well-being survey of 1,288 U.S. based employed adults

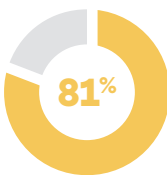
### Mental Health Needs



Do not think their employer has taken sufficient interest in their mental health and well-being during COVID-19



Think their employer could be doing more to support their mental health and well-being



Of those with depression and anxiety have experienced a greater need for mental health treatment during COVID-19



Prefer online services and support over in-person services



6 out of 10 respondents said they would be more likely to use their mental health benefits if they could access them at any time from their smartphone or other devices



Significant needs for mental health and well-being support will outlast the pandemic

### COVID-19 Impact on Mental Health

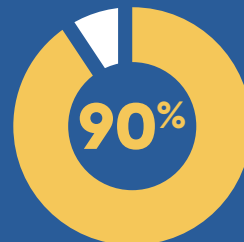
Among the entire population, people between 39-55 years are experiencing the highest stress levels of any age group

**67%**

Have experienced moderate or high stress in the first months of the pandemic

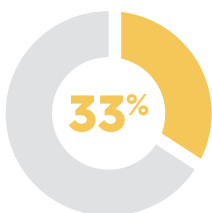
**68%**

Expect to experience similar stress over the next six months

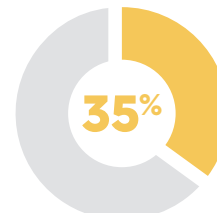


Cite COVID-19 as a source of stress

### Access



Do not have access to mental health benefits through their employer



Want access to online mental health services via text or chat

**29%**

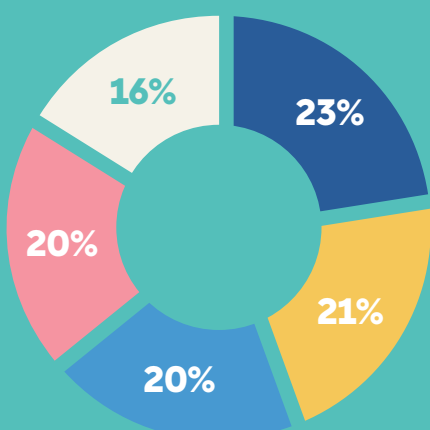
Are not productive or are less productive during COVID-19

**32%**

Are using sick days for stress

### Productivity

### Top Motivators for Using a Digital Mental Health Solution



#### Graph Key

- Working from home provided me with the time and privacy I needed
- My counselor/therapist moved their sessions online
- I needed something to help deal with the stress from COVID-19
- I've been reading how effective digital mental health is and decided to try it for myself
- My counselor/therapist recommended it