Mental Health at Work
Supporting future generations in Ireland

Employees in Ireland are:

- 44% stressed
- 39% anxious
- 38% burnt out

- 3 in 10 say they find it hard to concentrate because of their mental health.
- 4 in 10 report that the quality of their work suffers when their mental health suffers.
- 6 in 10 say they have missed more than 2 days of work in the past 6 months due to mental health problems.
- 8 in 10 employees aged under 35 say they would be more likely to apply for or stay in a job if they were offered mental health and wellbeing initiatives.
- 8 in 10 people aged under 35 say they believe that employers have a responsibility to protect the mental health of their employees.
- 8 in 10 employees felt down, depressed, or hopeless for several days or more in the last two weeks.

44% of employees have missed more than 2 days of work in the past 6 months due to mental health problems.

To invest in the health and capabilities of your staff is to invest in the health and capabilities of your organisation.

What can you do to make mental health a real priority at work?

- Make mental health a board-level priority
- Break the ice on communication from the board down
- Prioritise a healthy working environment
- Support the whole person
- Listen to your people

The younger generations require a different approach. If we are to get the best from them, we really need to adapt, and flex our style.

To find out more, download the white paper reporting the findings and make a positive impact on mental health:

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