

STIGMA^{free} Workplace Mental Health Survey



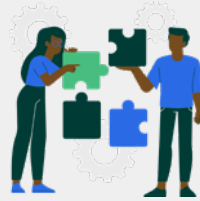
Investing in employees' mental health is not just the right thing to do, it's an economic imperative. Research shows that \$1 invested in mental health yields a \$4 return.

Through StigmaFree Workplace partnerships, NAMI supports organizations as they work to increase mental health awareness and education, create a culture of caring, and increase access to support.

NAMI recently surveyed a nationally representative sample of full-time employees, who work at a company with at least 100 employees, across multiple industries, which revealed the importance of workplace mental health awareness and action in the U.S.

Learn more at

nami.org/stigmfree



Awareness & Education

74% of full-time employees in the U.S. say it is appropriate to discuss mental health concerns at work but only 58% say they feel comfortable doing so.

1 in 3 (36%) say their mental health has suffered because of work in the past year.

Burnout is a problem, especially among women, young workers and mid-level employees. A higher share of female employees and employees under age 50 report feelings of burnout.

Employees who are less comfortable talking about their mental health at work are more likely to report feeling burnout and their mental health suffering because of work.



Culture of Caring

4 in 5 (83%) employees agree mental health and well-being training is, or would be, important in creating a positive workplace culture.

But 7 in 10 senior-level employees say they have not received workplace training about how to talk to their team about mental health.

Only half (51%) say their employer offers or requires mental health and well-being trainings, resources or events – providing a significant opportunity for employers to close that gap.



Access to Services, Care & Support

9 in 10 employees say employer-sponsored mental healthcare coverage is important for creating a positive workplace culture. This is true for employees regardless of gender, age, stage in career or managerial status.

About 1 in 5 say it is hard to find mental health care through their employer that is affordable, in network and available in a timely manner.

1 in 4 employees say they don't know if their employer offers mental health coverage – showing the need for more communication from employers.

It's clear that most employees believe mental health conversations, coverage and training positively affect workplace culture.

That's why NAMI's StigmaFree Workplace initiative was created and why we work with organizations to create an environment that benefits employees, leaders and the organization as a whole.

