

6.1: Mental Health in the Workplace Statistics

Mental Health in the Workplace

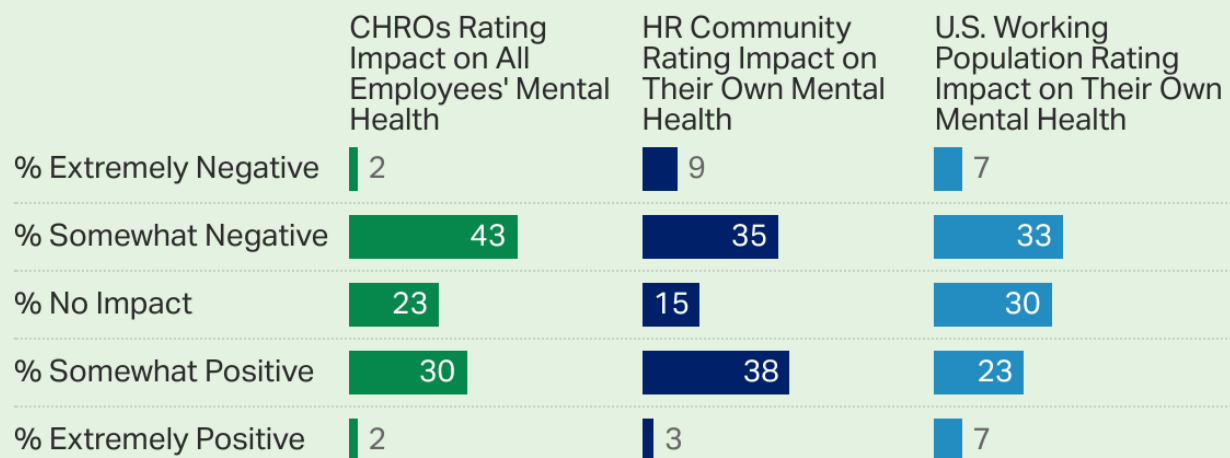
The statistics on the chart below show that 43% of all employees felt their mental health was impacted by their jobs, while 30% felt their jobs had a positive impact on their mental health.

- Do these statistics surprise you?
- Can you relate to a rating of somewhat negative due to job impact?

You'll see here, you're not alone. Many employers offer benefits such as **Employee Assistance Programs (EAP)** so their employees can receive free counseling for a period of time, no matter the issue.

Just think - if you have a major issue OUTSIDE of work, that doesn't just go away when you're INSIDE the workplace. Healthy employees are more productive employees!

Over the last six months, what type of impact have your employees' jobs had on their mental health?



The Gallup CHRO Roundtable Q1 Survey. Feb. 14-March 6, 2023. N-size=140
 The Gallup HR Community Q1 Survey. Feb 16-March 6, 2023. N-size=330
 U.S. Working Population: Gallup Panel, Aug. 23-Sept. 7, 2022.

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