

# SUPPORTING MENTAL HEALTH IN THE WORKPLACE

Disconnect between awareness of mental health and willingness to use support services

Allianz  Partners

## Overview

*Supporting Mental Health in the Workplace* surveyed 1,535 employees to measure the impact of Covid-19 on respondents' mental health to help employers understand how best to support the mental health of their teams.



## KEY FINDINGS

### Looking after their mental health:

**4 in 10** monitor their mental health all or most of the time, and **3 in 10** do so using smartphone apps



### Top 3 methods

of supporting mental health during the pandemic were:

Walking/Hiking

Reading

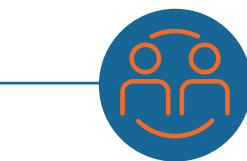
Talking to friends

### Covid-19 has shifted attitudes in relation to mental health

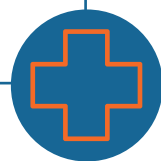
**3 in 10** have felt **more comfortable discussing their mental health** in the last 12 months

But just **10%** of those who had never used counselling services before began to do so during the pandemic.

Almost **1/2** became more aware of their **own mental health** during this period



**1/3** have become more aware of their **colleagues' mental health**



However **6 in 10** say that people will be even more comfortable talking about mental health in the future



"It's clear from the research that awareness of mental health has increased and people are more comfortable talking about it and this is extremely encouraging. However not all employees feel supported and there's still a very low up-take of some mental health services like EAP and counselling. I think there's a real opportunity here for employers to build on their mental health support programmes and make some significant strides forward"

**Paula Covey**  
Chief Marketing Officer for Health at Allianz Partners