

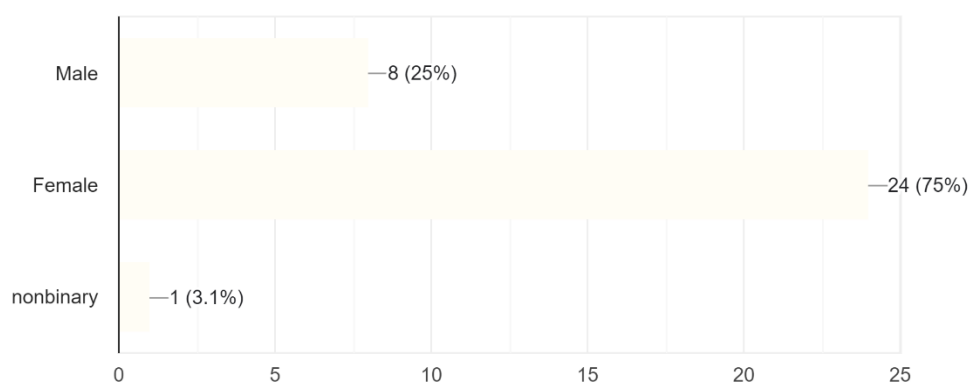
# Survey for HappyFox🦊: Our Mental Health App

## Introduction:

This report gives the findings of a comprehensive survey conducted to examine the relationship between gender, age group, occupation, mental health condition, coping mechanisms, and professional help-seeking behaviours. The survey targeted all range of people and of all occupations.

Select your gender

32 responses



Gender :

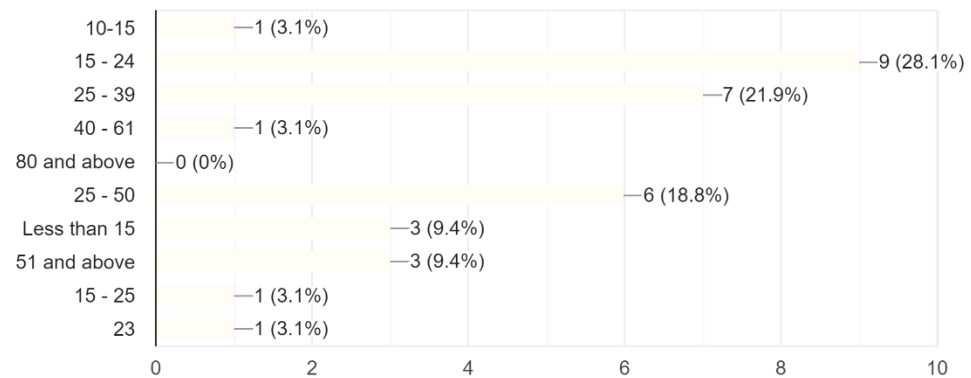
Male : 25%

Female : 75%

Non-binary : 3.1%

### Which age group you belong to?

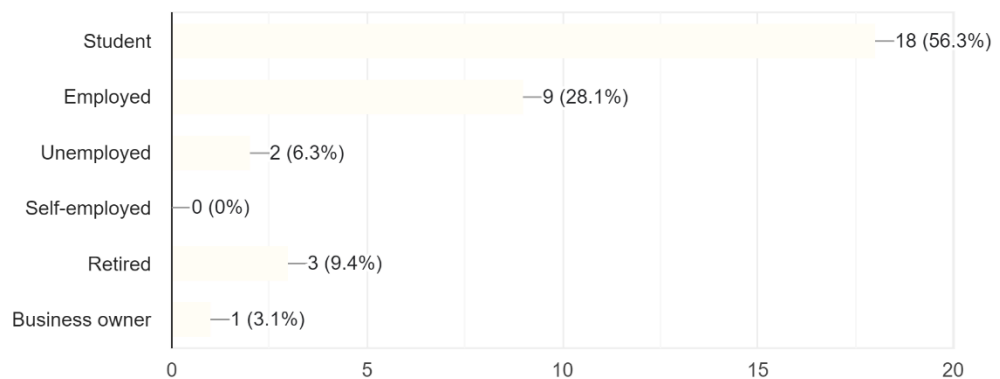
32 responses



This graph shows the percentage of different age groups responding accordingly.

### Your Occupation

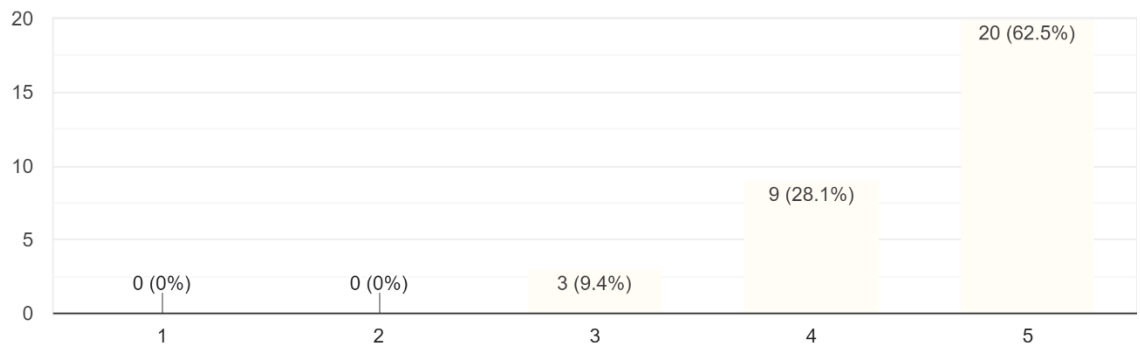
32 responses



The above graph shows the percentage of people from different occupation.

How essential is maintaining good mental health to you?

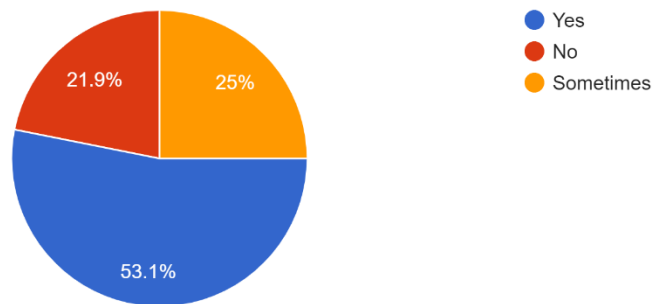
32 responses



The graph presents the percentage of respondents who expressed their willingness to prioritize and maintain good mental health.

Are you comfortable talking about your mental well-being?

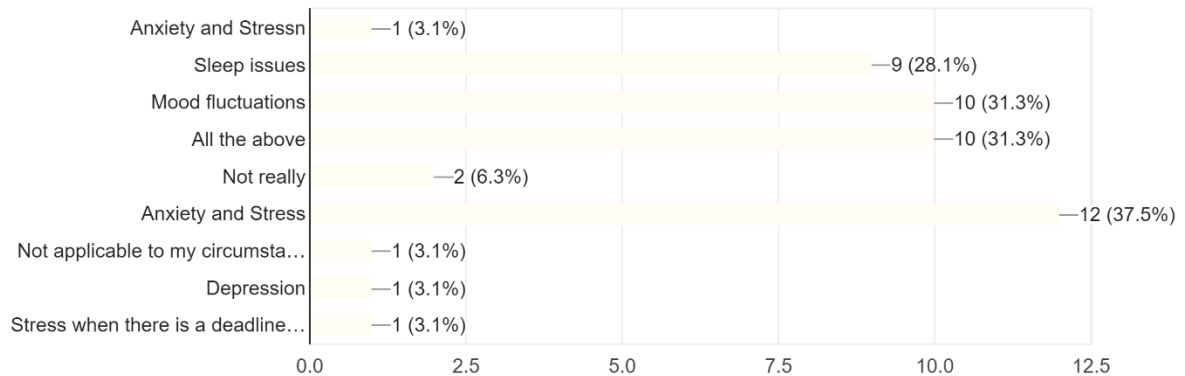
32 responses



This graph represents that 53.1% are willing to talk openly about the mental health openly and rest are skeptical.

### Are you facing any Mental Health challenges ?

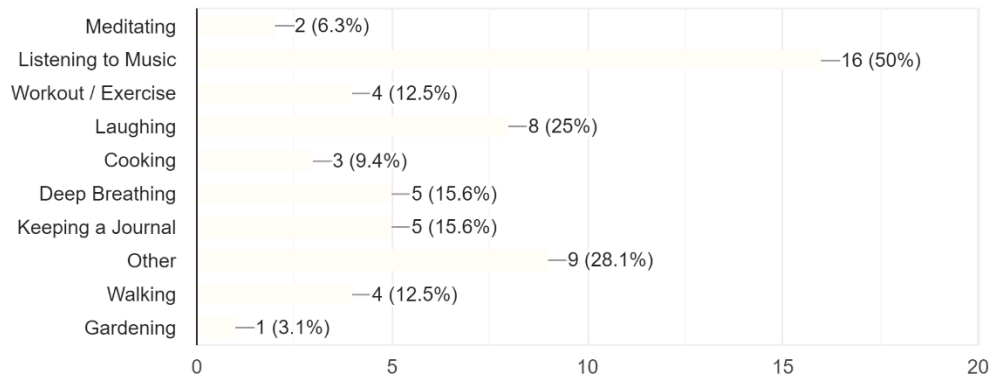
32 responses



The above graph represents the Percentage of people facing mental-health challenges.

### How do you manage and cope with these issues? (If you have any)

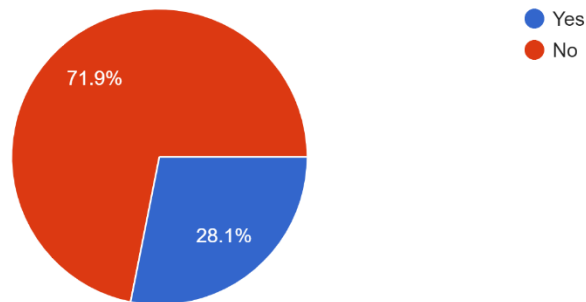
32 responses



These are the number of respondents who are trying to manage and cope with their mental well being.

Are you seeking any advice from professionals?

32 responses



This graph shows 71.9% of them are not seeking any professional advice and 28.1% are seeking professional advice.

## Summary:

The survey highlights the prevalence of mental health concerns across gender, age groups and occupations. Despite high number of individuals experiencing mental health issues, a significant portion of the population remains uncomfortable discussing their struggles. Considerable percentage of people are good talking about their mental health. These findings underscore the importance of creating safe spaces for conversation about mental health and promoting awareness of available support system.