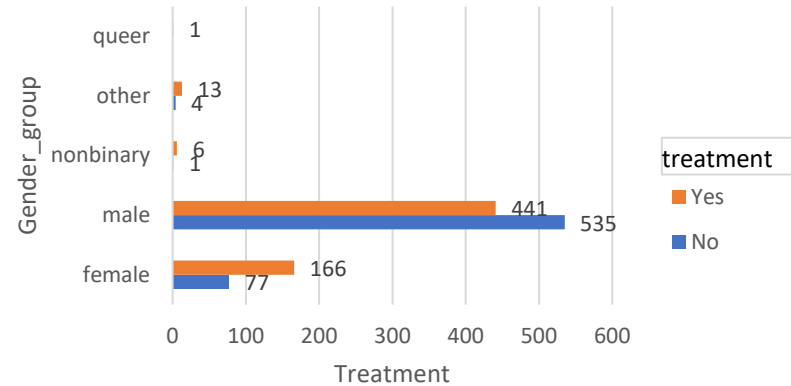


## Mental Health Treatment Analysis (Tech Workforce)

A data driven view of how gender, age, and company size influence mental health treatment decisions.

Count of treatment

### Treatment rate by Gender Group

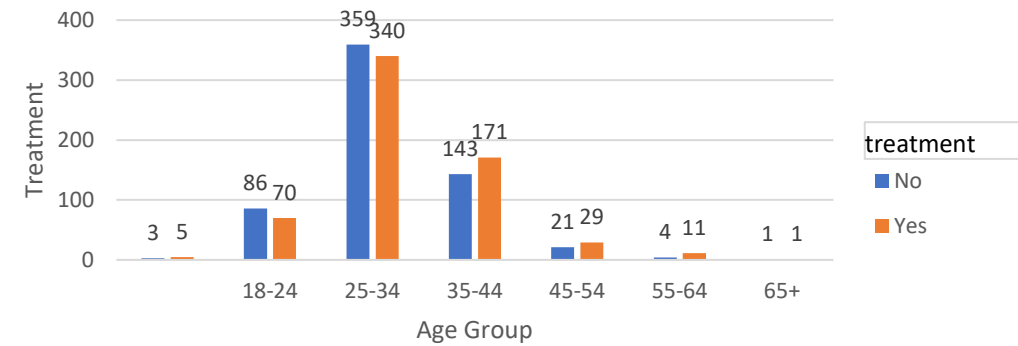


Gender\_group

treatment

Count of treatment

### Treatment by Age Group

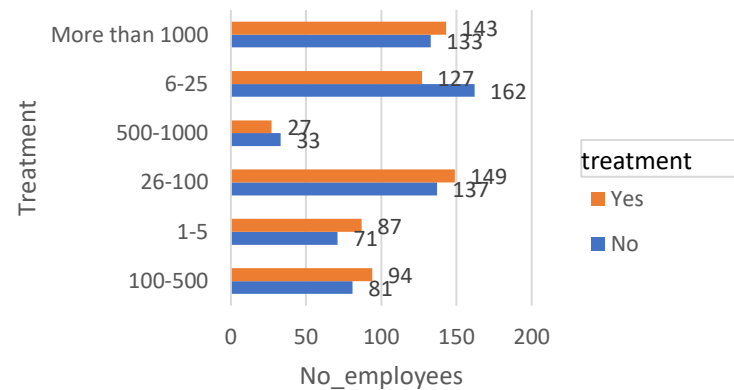


treatment

Age\_group

Count of treatment

### Treatment by No\_employees



no\_employees\_clean

treatment

This project analyzes mental health treatment patterns using a dataset of 1,245 respondents working in technology. After cleaning the data in Python and Excel, I created an interactive Excel dashboard combining gender, age groups, and company size. The goal was to identify which groups are most likely to seek mental health treatment and what workplace factors influence their decisions.

#### Key Insights:

**Gender:** Women and gender-diverse respondents consistently show higher treatment engagement compared to men, suggesting possible differences in stigma, openness, or access to care.

**Age:** Treatment is most common between ages **25–44**, aligning with early-to-mid career stress, leadership pressure, and work–life balance challenges. Younger respondents (18–24) are the least likely to seek support.

**Company Size:** Employees at **mid-sized companies (26–500 employees)** seek treatment more frequently, possibly due to clearer HR structures and improved benefits compared to very small or very large companies.