Introduction:

According to the National Alliance on Mental Illness (NAMI), a mental illness is a condition that affects a person’s thinking, feeling, or mood. These conditions may affect someone’s ability to function or relate to others. One in 5 adults experience a mental health condition every year. There are many different types of mental health conditions and the severity of these conditions differs among each individual.

The survey we looked at was called Mental Health in Tech. The researchers survey 1260 employees at Tech Companies about their history and opinions on Mental Health. They asked if the participants their age, gender, country they are living in, state they live if they live in the US, if they are self-employed, family history of mental illness, if they sought treatment, if they do have a mental health condition does it interfere with work, if the employer provides mental health benefits, if their employer provides mental health care options, if the employer ever discussed mental health as part of a wellness program, if employer provides resources to learn more about mental health issues and how to seek help, is anonymity protected if you choose to take advantage of mental health or substance abuse treatment, how easy is it for you to take medical leave for a mental health condition, do you think discussing mental health and physical health with your employer would have negative consequences, would you be willing to discuss mental health issues with your coworkers and direct supervisor, would you bring up mental health issue and physical health issue with a potential employer in an interview, do you feel that your employer takes mental health as seriously as physical health, have you heard of or observed negative consequences for coworkers with mental health conditions in your workplace, and comments.

Early engagement and support to individuals with a mental health condition is crucial to improving outcomes and recovery. By visualizing the content of the survey we can see how people view their workplaces and how supportive the workplaces are. Depending on this we can try to change things to make it better environment for individuals with mental health conditions. According to the NAMI, a mental health condition doesn’t happen because of one thing but instead happens because of multiple causes. A stressful job though can make someone more susceptible to getting a mental health condition.