



# Mental Health in Tech Workplace Dashboard



Treatment Rate

50.48%

Benefit Coverage: Tech

36.10%

Benefit Coverage: Non-Tech

45.33%

Remote Workers: Treatment Rate

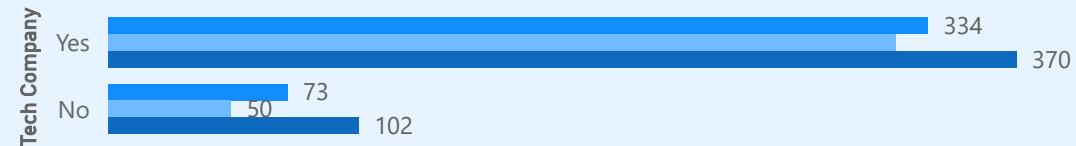
52.43%

On-Site Workers: Treatment Rate

49.66%

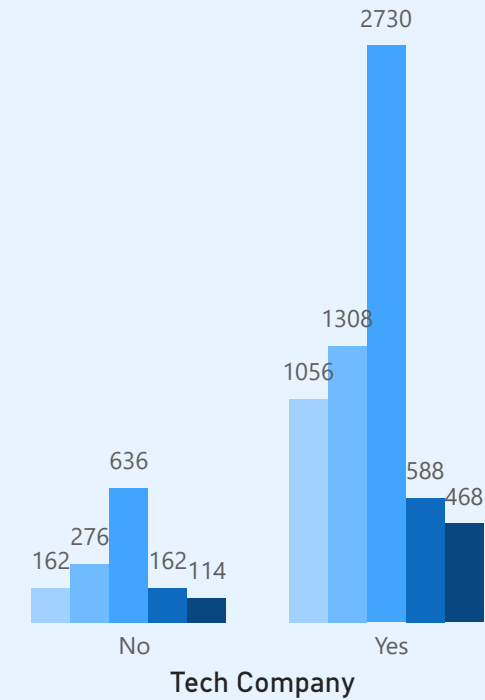
## Benefit Availability by Company Type

Benefits ● Don't know ● No ● Yes



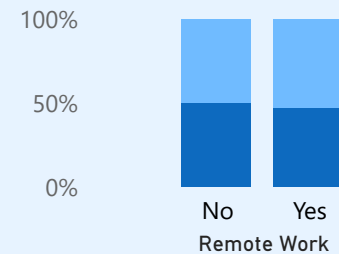
## Ease of Taking Mental Health Leave (Tech vs Non-Tech)

Leave Level ● Very easy ● Somew... ● Don't kn... ● Somew... ● Very diffi...

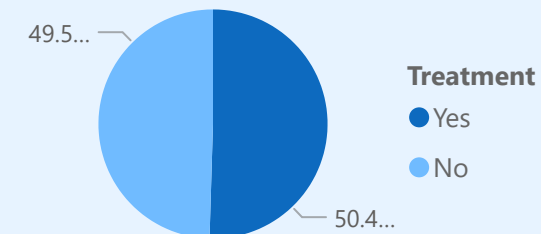


## Treatment Seeking by Work Arrangement

Treat... ● No ● Yes



## Overall Treatment Seeking



Overview

Demographic  
Breakdown

Company  
Policies

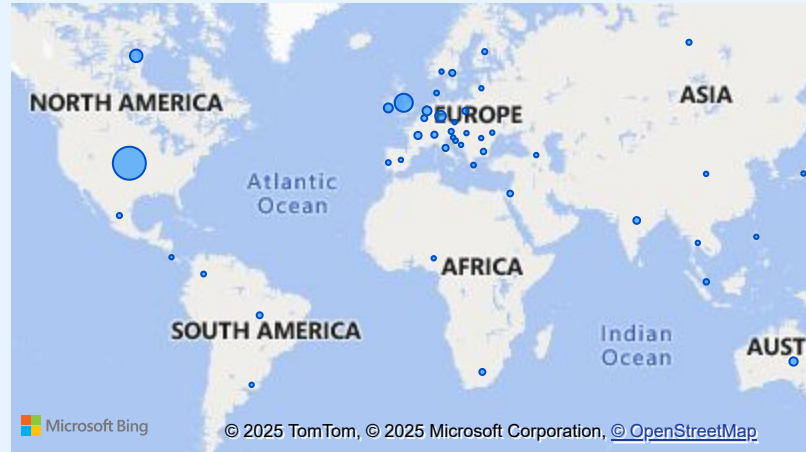
Perceptions  
and Culture



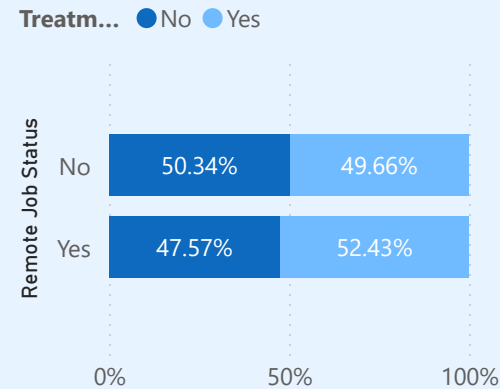
# Demographic Breakdown



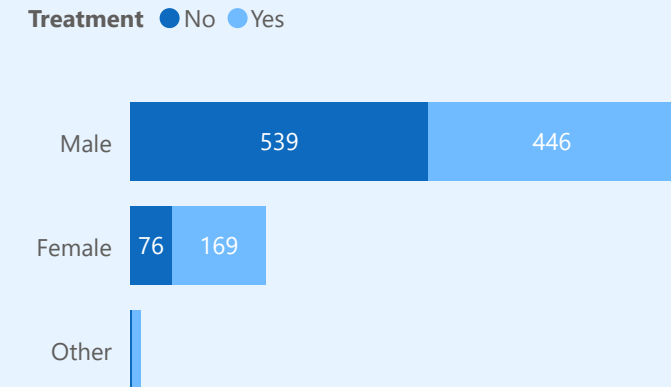
## Geographic Distribution of Respondents



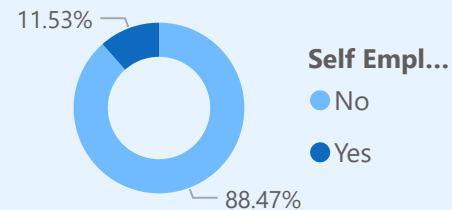
## Treatment Rate by Work Location (Remote vs On-site)



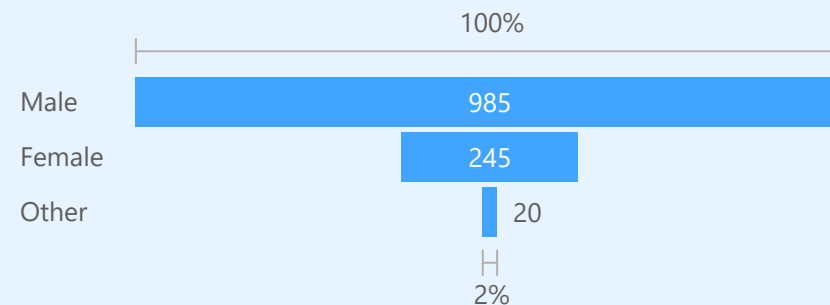
## Mental Health Treatment by Gender



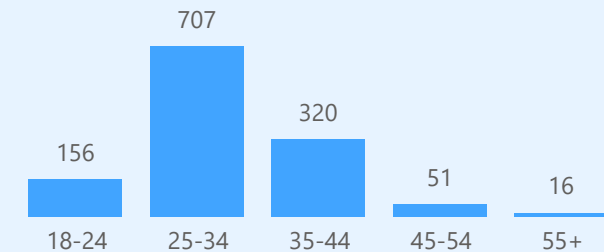
## Proportion of Self-Employed Respondents



## Distribution of Respondents by Gender



## Age Group Distribution of Respondents



Overview

Demographic Breakdown

Company Policies

Perceptions and Culture



# Company Policies

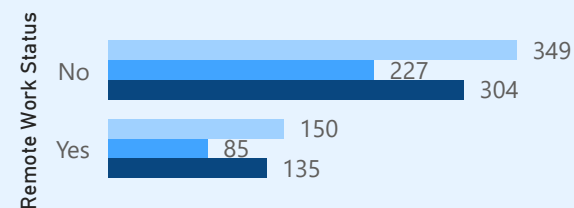


## Industry Type by Ease of Taking Mental Health Leave



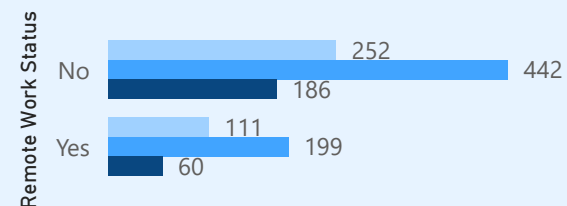
## Awareness of Care Options by Work Arrangement

Care Opt... ● No ● Not sure ● Yes



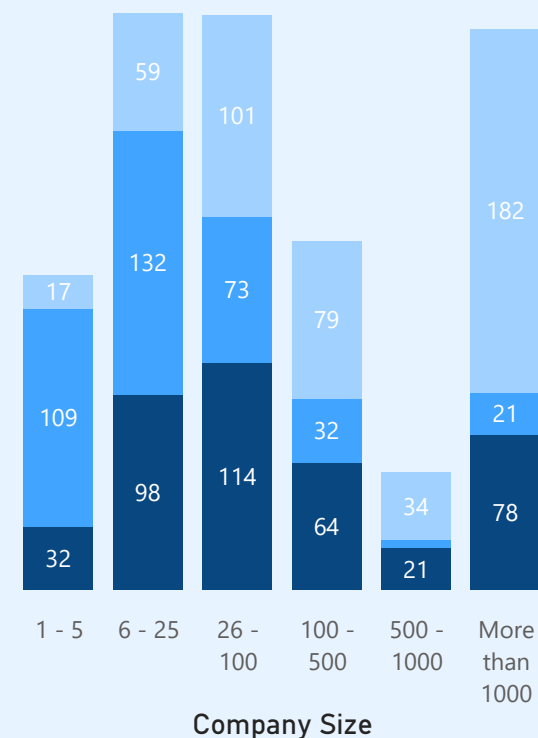
## Access to Mental Health Resources by Work Arrangement

Knows H... ● Don't know ● No ● Yes



## Mental Health Benefits Availability vs Company Size

Benefits ● Don't know ● No ● Yes



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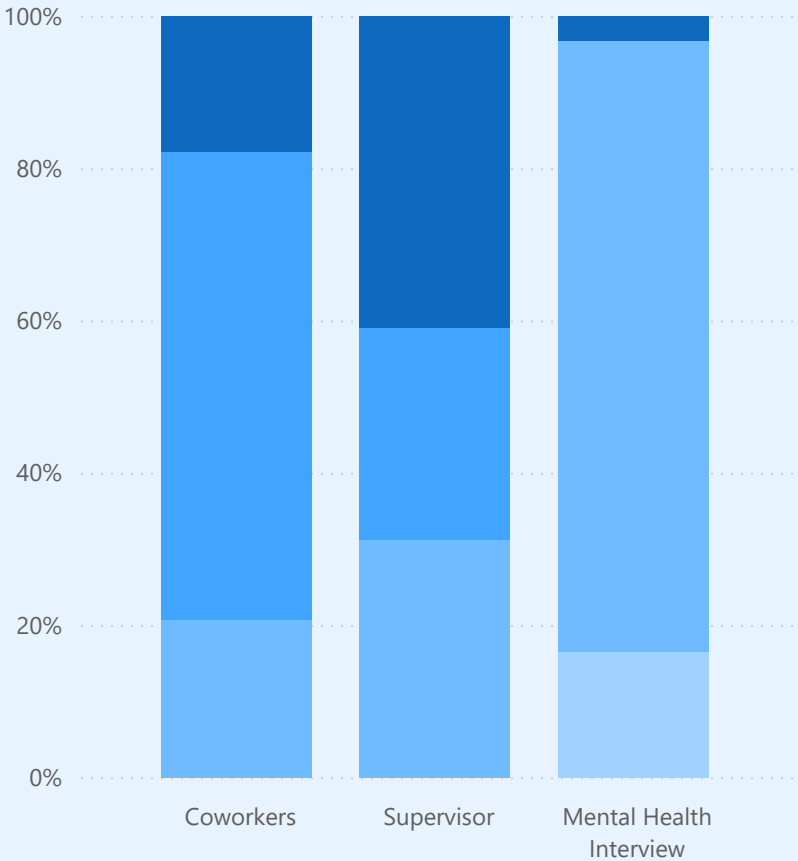


# Perceptions and Culture



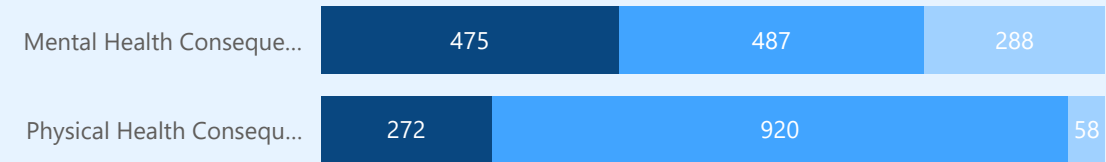
## Openness to Discuss Mental Health by Role

Response Maybe No Some of them Yes

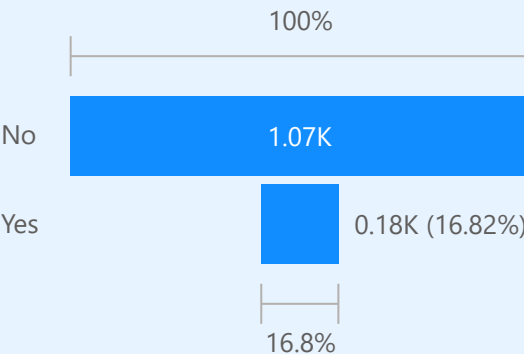


## Perceived Consequences: Mental vs Physical Health

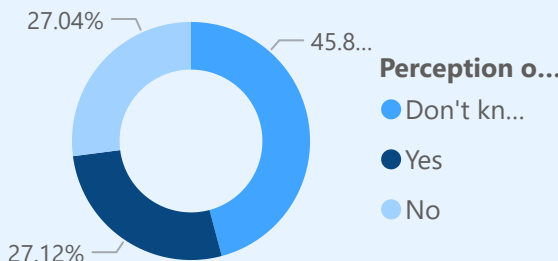
Response Maybe No Yes



## Observed Negative Consequences in Workplace



## Perceived Equality Between Mental and Physical Health



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