🧠 Workplace Mental Health Analysis | Power BI + Power Automate

This Power BI project explores key parameters influencing mental health in the workplace, using dataset sourced from Kaggle. The dashboard provides clear, visual insights into factors such as:

- Mental health risk distribution
- Work interference due to mental health
- Attitudes toward seeking help
- Employer support and openness
- Treatment-seeking behavior

🔔 Automation Added:

A Power Automate workflow is integrated into the project. If the number of individuals at high mental health risk crosses a defined threshold, an automated email is sent to HR. This alert system helps ensure timely intervention and encourages proactive mental health management within an organization.

💡 Use Case:

This solution can be implemented by HR teams to monitor employee well-being trends and set up triggers for early warning systems, making it easier to respond to emerging mental health concerns with appropriate action plans.