Mental Health in Technology Companies

Open Sourcing Mental Illness (OSMI) is a non-profit focused on addressing mental health related issues in the technology industry. In 2016, they conducted an online survey regarding attitudes towards mental health in the tech workplace. The charts below represent what the data collected from the survey say about how actions companies take regarding mental health relate to the positive experiences and attitudes towards mental health an employee will have in the workplace.

STAR CHART KEY

Below are the headings (these correspond with the five points on the star chart) and descriptions of each of the impacts/variables being measured within the three star charts. Each star chart represents an action a company took or didn't take and then shows how this ("Yes" or "No") correlates to the percentage of employees who had positive experiences with mental health at their company in each of the five impact/variable areas.

Comfort with Coworkers: Percentage of employees who feel comfortable discussing mental health with coworkers at their company

Comfort with Supervisors: Percentage of employees who feel comfortable discussing mental health with supervisors at their company

Mental Health Taken Seriously: Percentage of employees who feel their employer takes mental health as seriously as physical health

No Negative Consequences: Percentage of employees who *do not* feel like discussing their mental illness with their employer would have negative consequences

No Negative Reaction: Percentage of employees who *do not* feel like their company's employees were responded to badly because of a mental health condition

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Company Action
Mental Health Formally Discussed
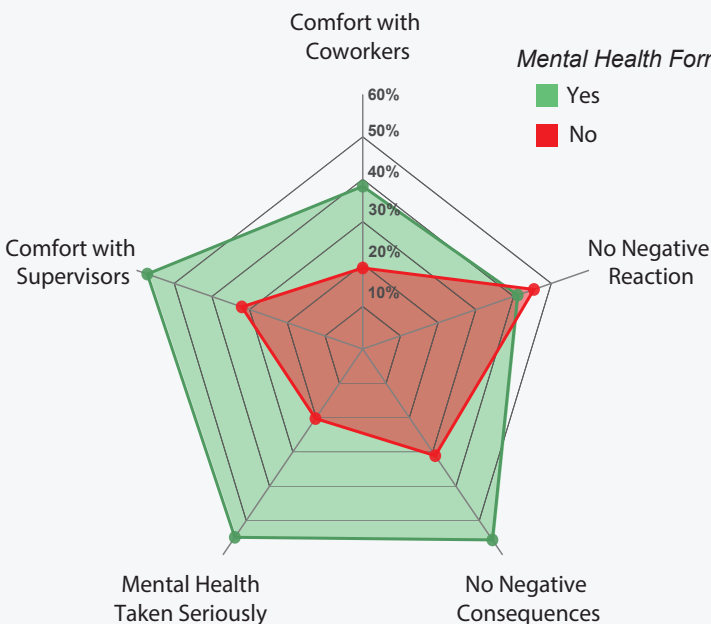
Company Action
Resources Offered to Learn More About Mental Health Coonerns and Options for Seeking Help
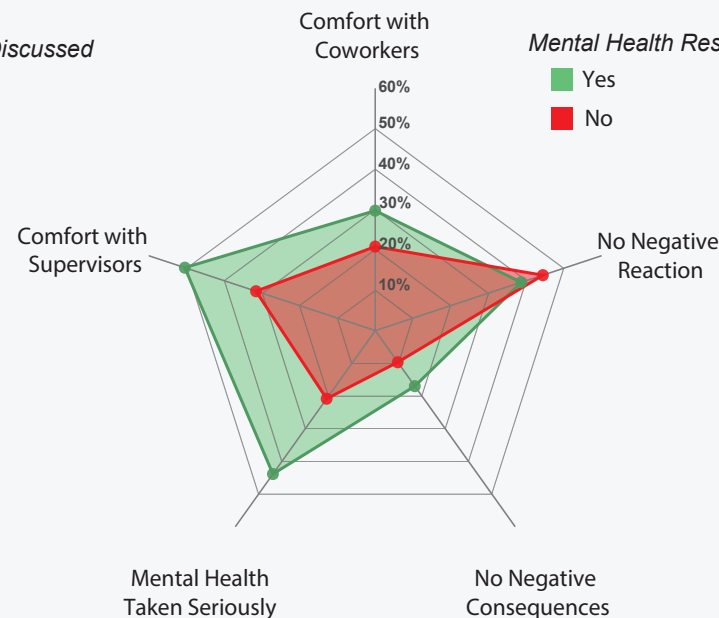
Company Action
Mental Health Benefits Offered as a Part of Healthcare Coverage