Are companies supporting mental health?
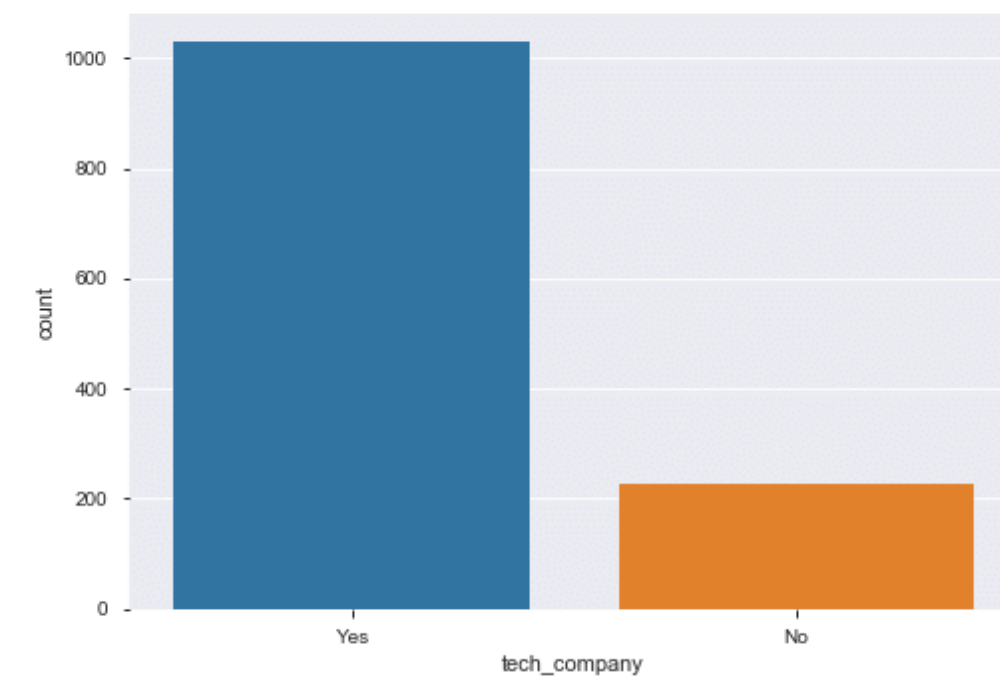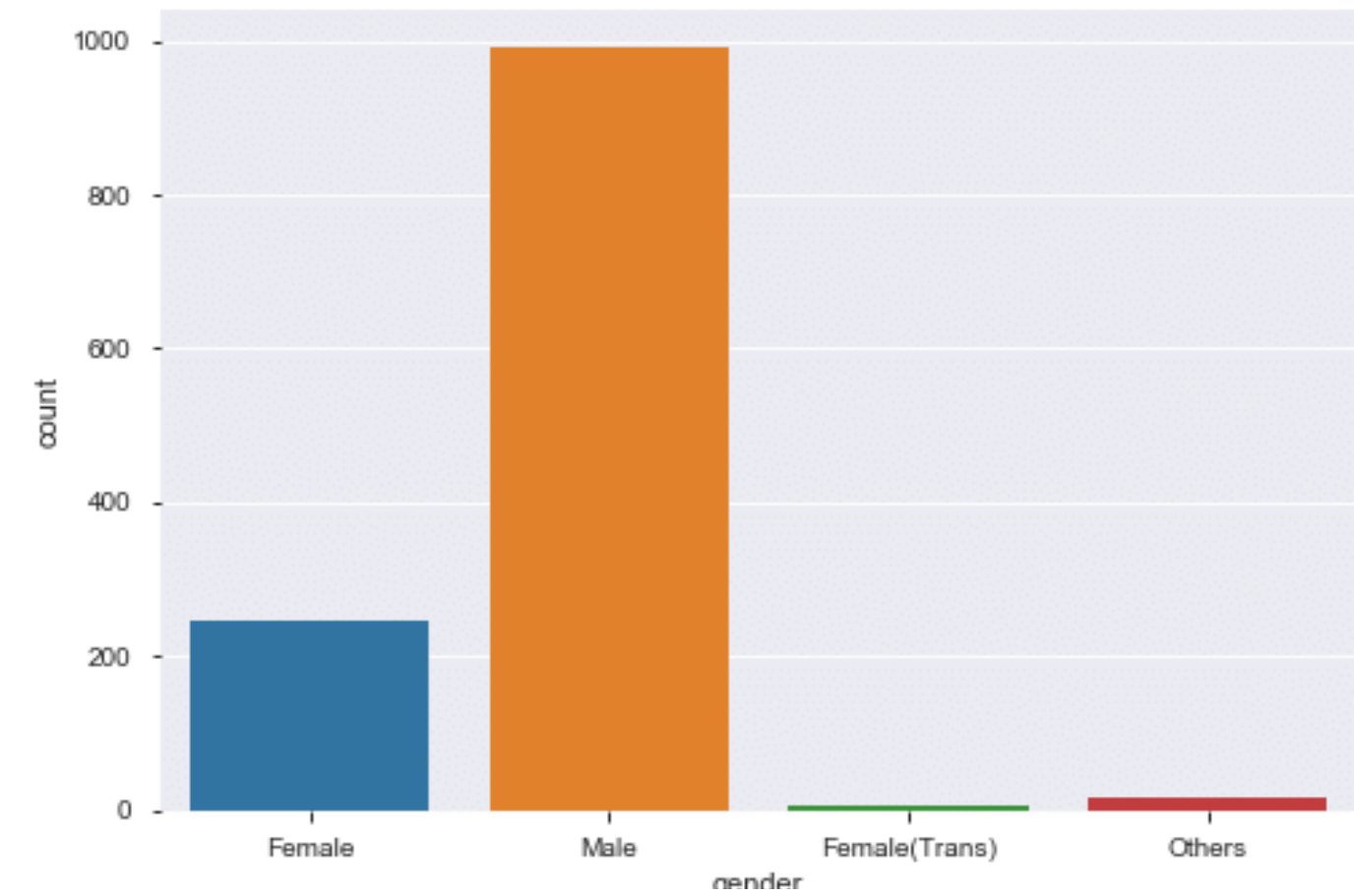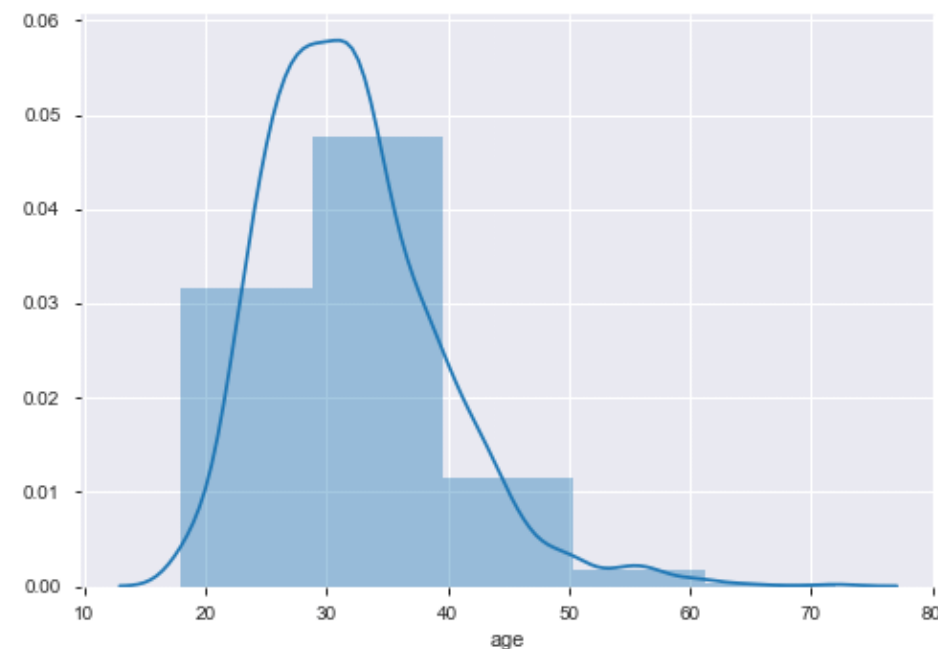
Gabriela Scatena

Two-thirds of tech workers feel stressed and over half (52%) have suffered either anxiety or depression at some point.*

What has been doing to improve the discussion about Mental Health inside de companies?

- https://diginomica.com/mental-health-awareness-week-tech-industry-crisis-organizations-need-tackle

Survey:

. 1.259 participants

. 79% male

. 32 years is the mean age

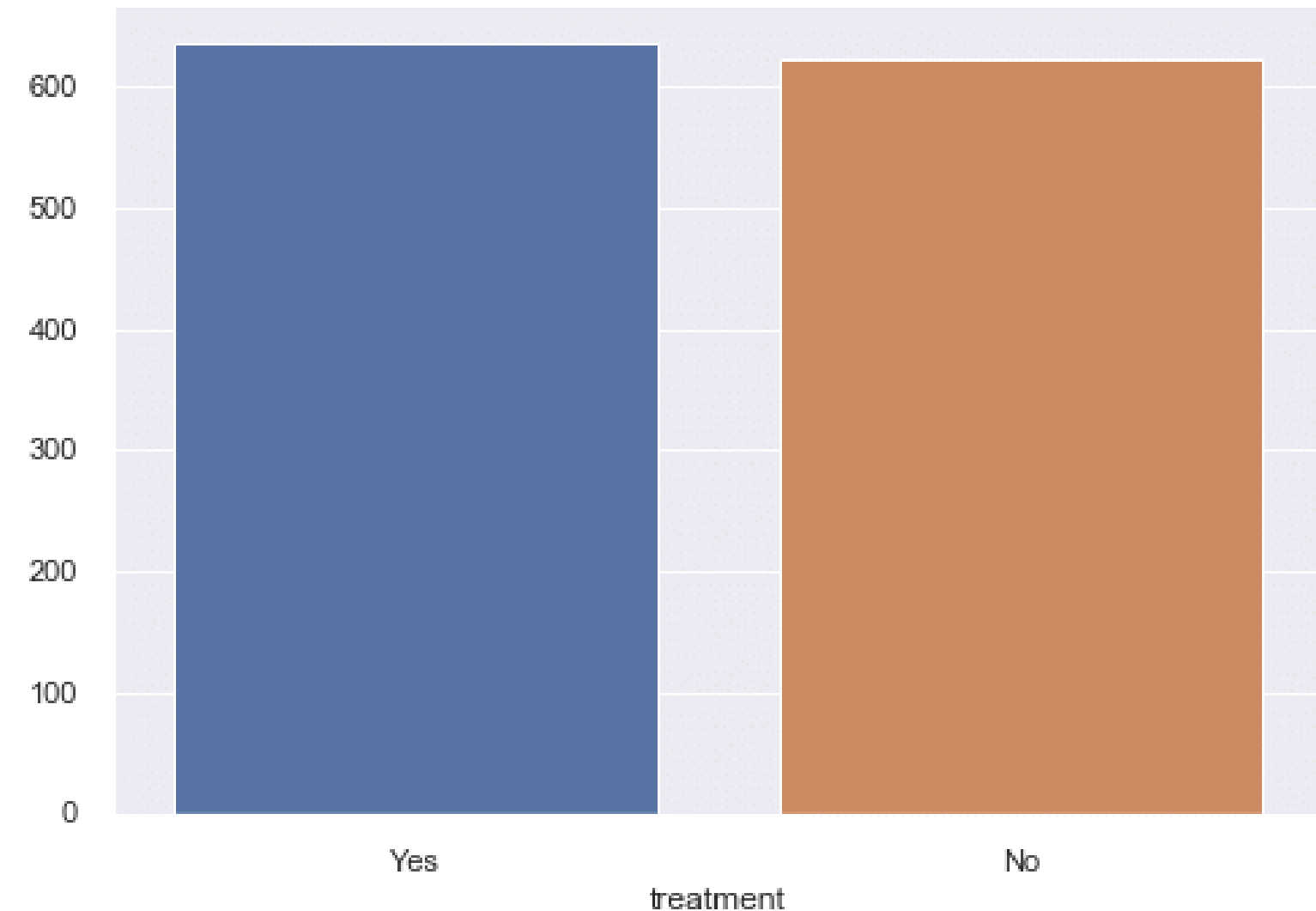. 82% is from tech companies

Answers:

. Our "key" to comparation is going to be if the person sought treatment for a mental health condition or no.
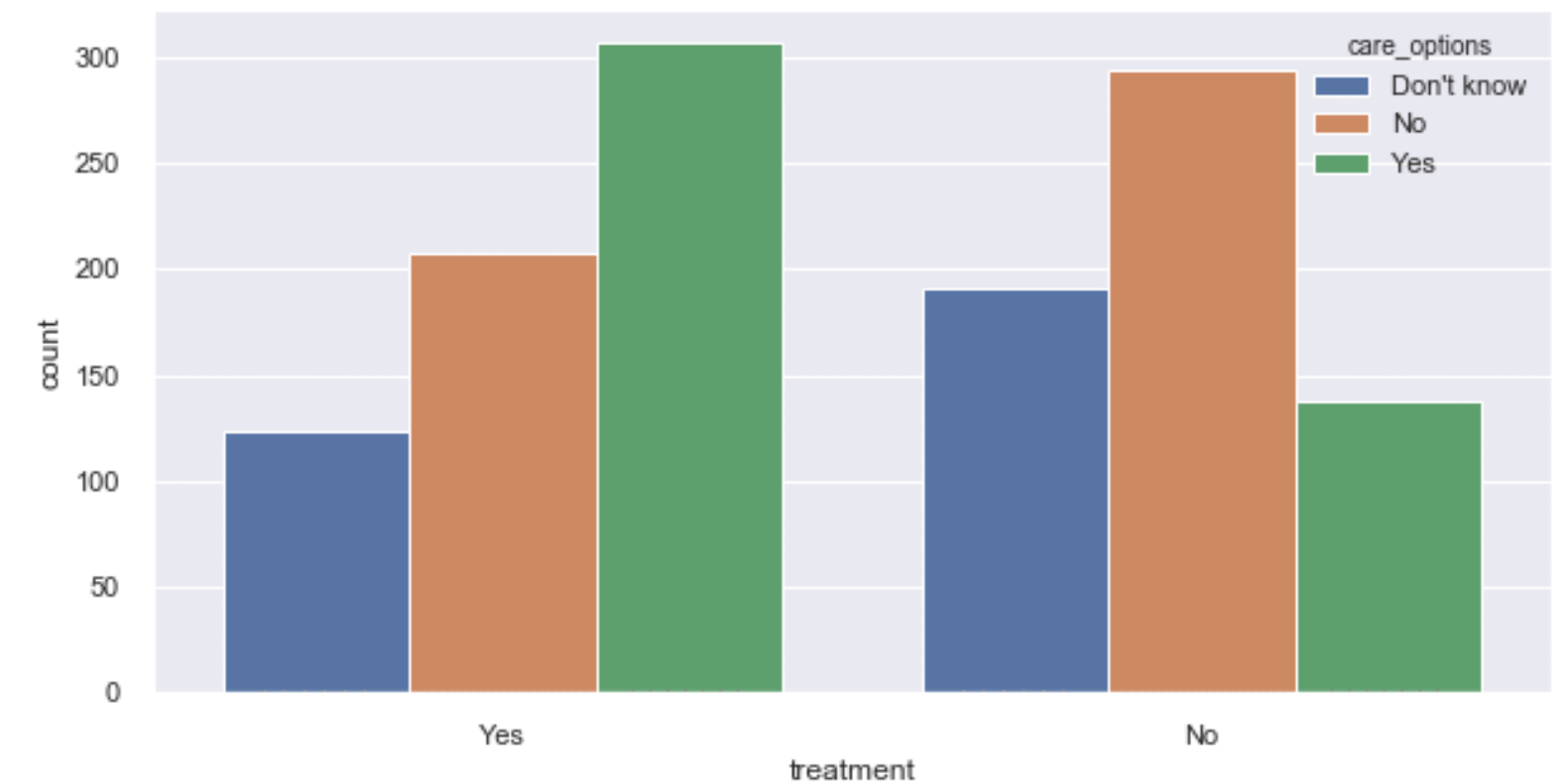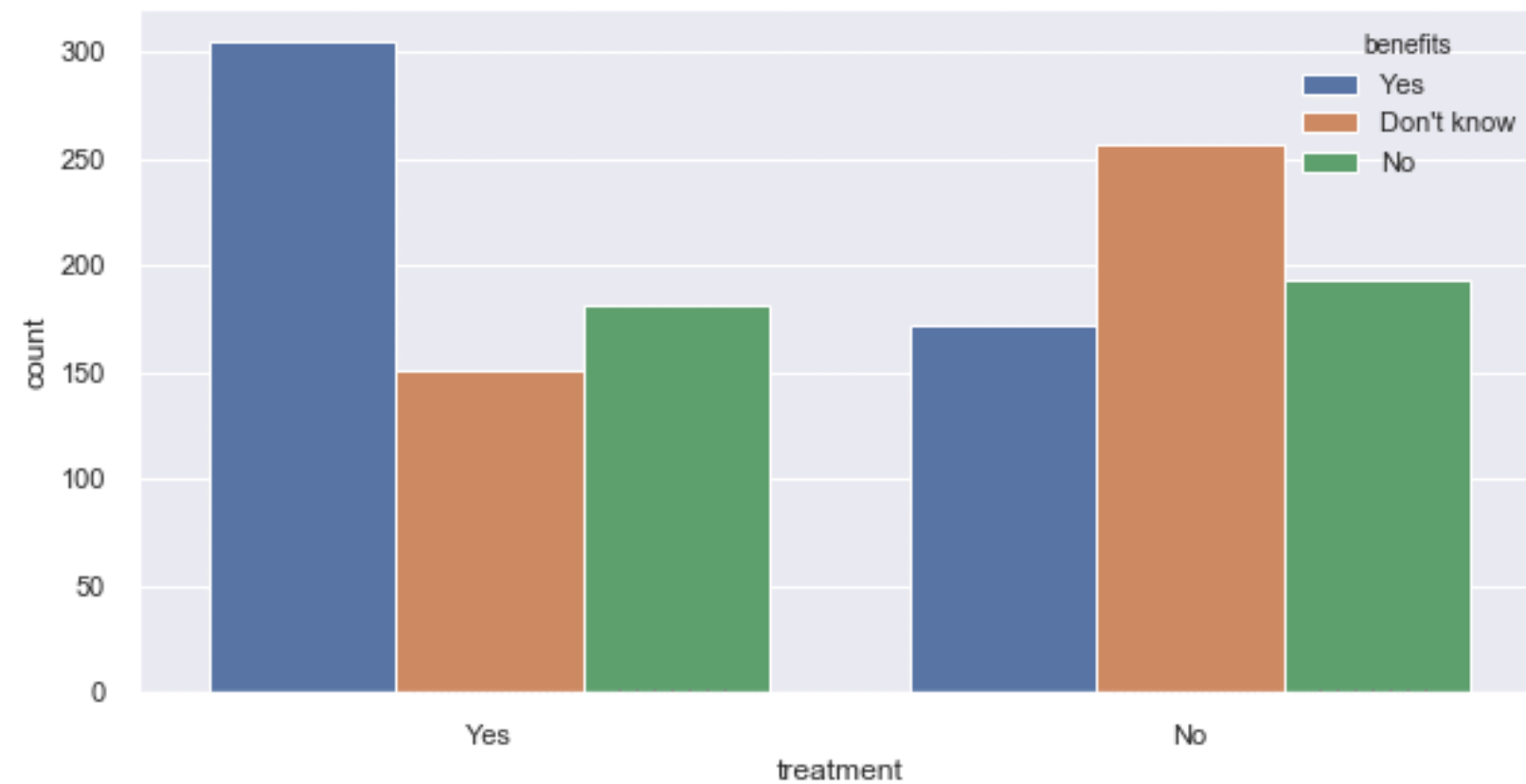
.This can be usefull to understand diferent point of views in the same situation.

. 50,59% of respondents have already had to sought treatment for a mental health condition
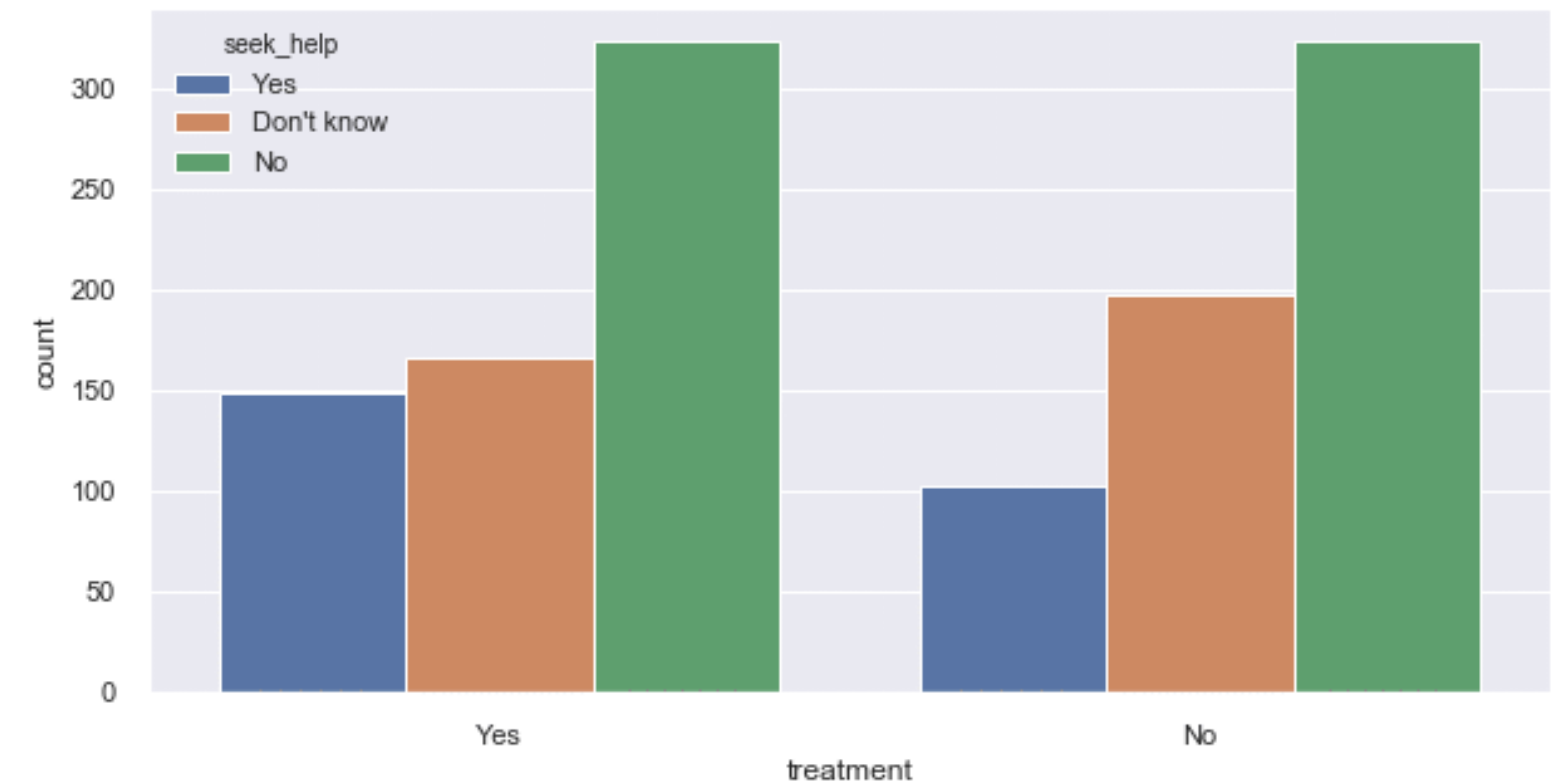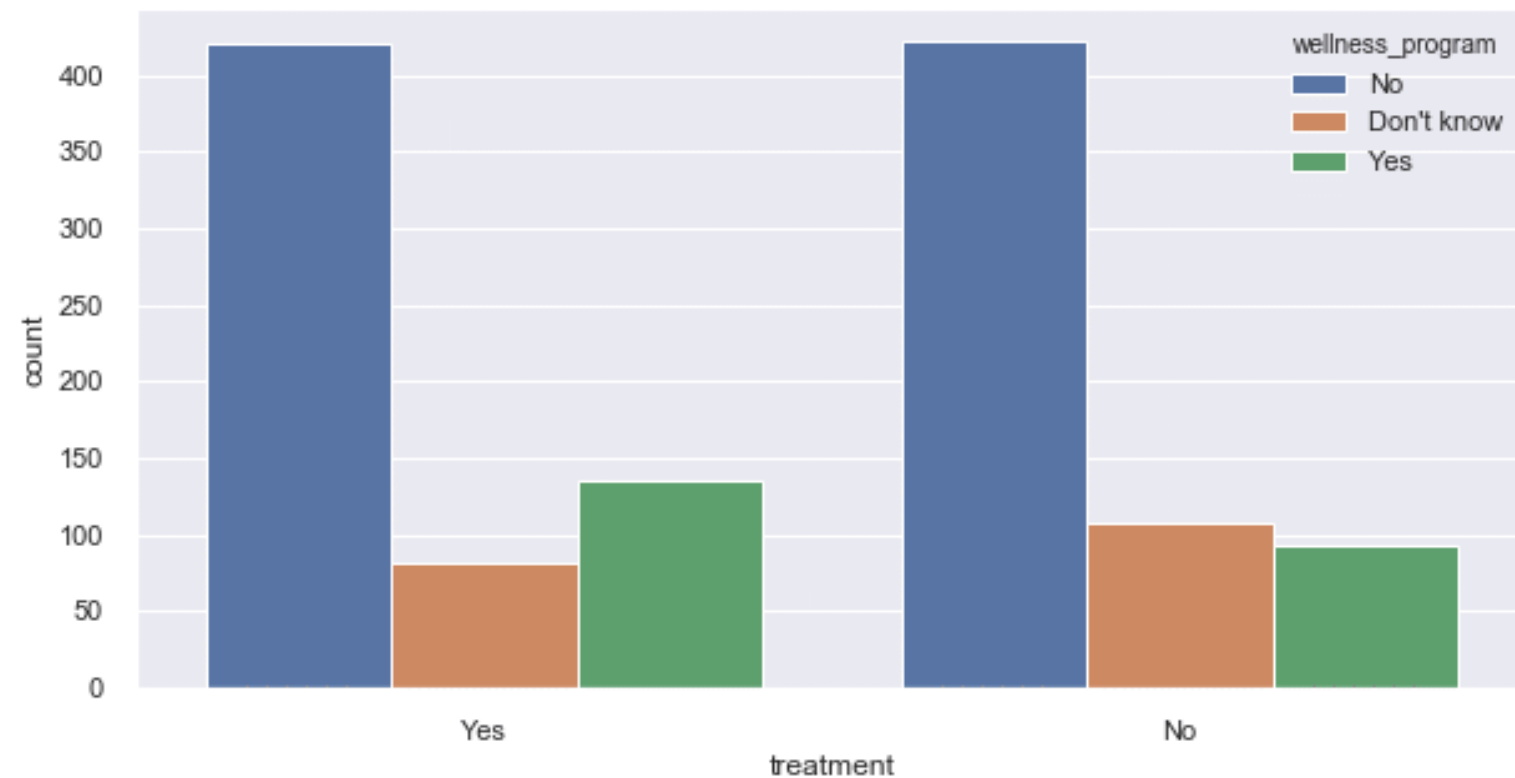
Communication:

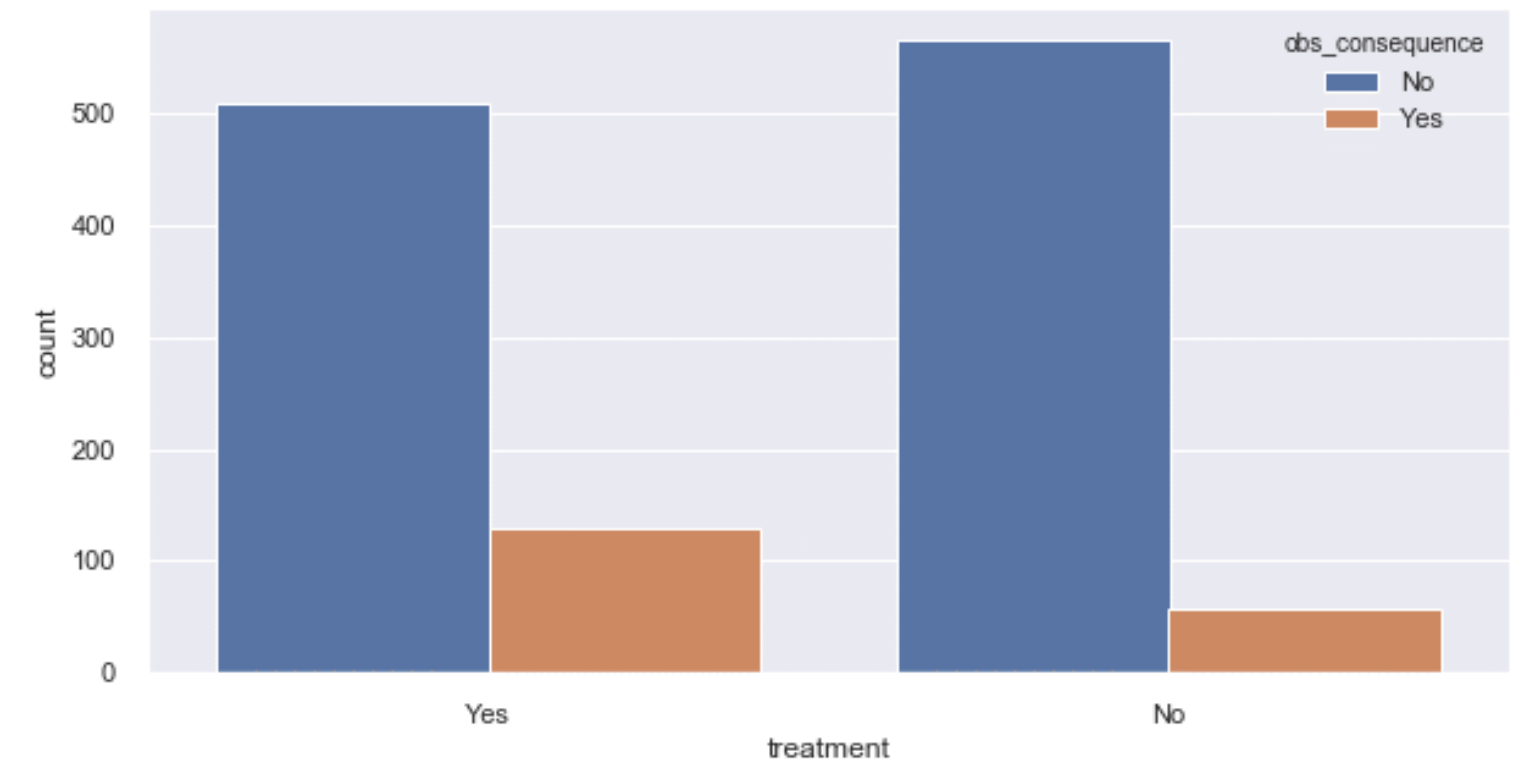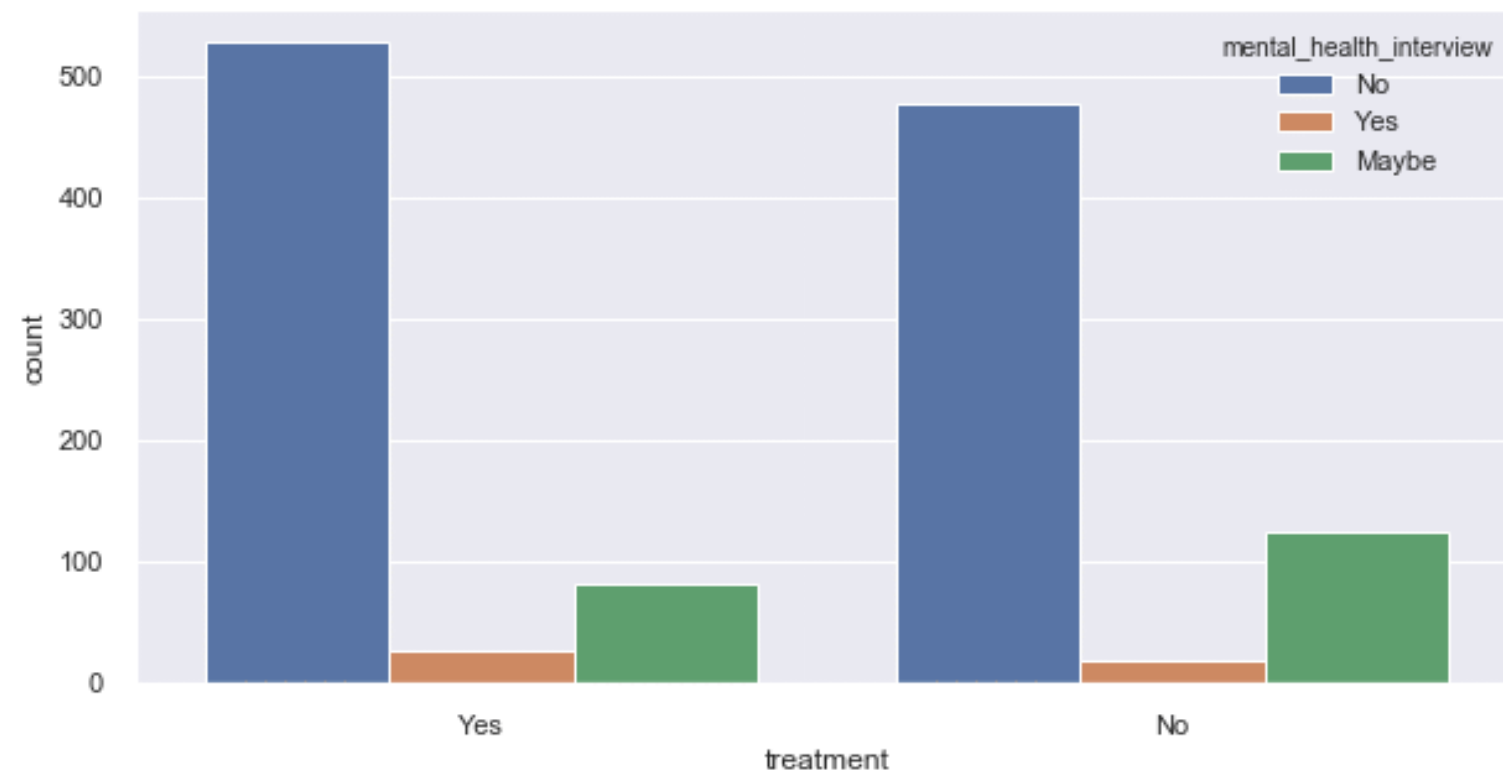. Even though people know about the benefits they dont know what about the options.

Support:

. Companies don't provide the
necessary services for employees

Feeling:

. What the employees think?

Conclusion:

. Improve internal communication about the benefit options offered.

. Start to have internal discussions about it, introduce programs and help for employees.

. Bring up the discussion and start treating mental health as something normal and part of people's daily lives.