**Attitudes towards mental health and frequency of mental health disorders in the tech workplace**

In the survey of mental health, the age group participated are 30-50, 50+ and 20+. The majority was 30-50 than 50+ and least are 20+. Approximately 82 percent of employees will be uncomfortable speaking about their mental health history, compared to 41 percent who will feel comfortable speaking about their physical health history. Employees from large organisations account for 66% of those with access to mental health insurance. In a job interview, only 3% of employees would be comfortable discussing their mental health history, compared to 16% for physical health. If a company gives at least one resource, it can sway a much larger number of employees to seek therapy.