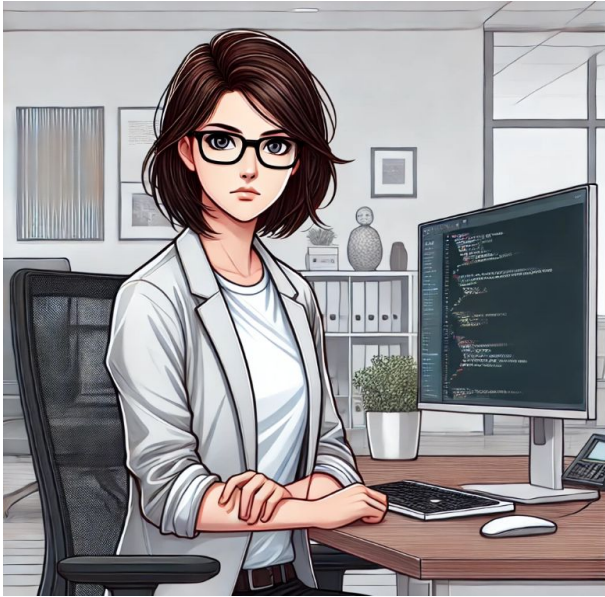# The Invisible Struggle: Mental Health in the Tech Industry

Insights from a Comprehensive Survey Analysis

Project 3
Group 4: Jeff Kim, Rinal Shastri, Simran Kaur, & Thay Chansy

Sam's Journey Mirrors a Widespread Issue

Meet Sam, a talented software engineer working at a top FAANG company. Sam loved her job, but as time passed, the long hours, tight deadlines, and constant pressure to innovate began to take a toll on her well-being. Despite her initial enthusiasm, she felt increasingly drained, anxious, and isolated.

The stress didn't just affect Sam mentally; it manifested physically. She developed high blood pressure, became dependent on caffeine to keep up with the relentless demands, and even suffered from stomach ulcers. Worse, she felt a lack of support from her team and management, which only deepened her struggles.

Sam's story isn't unique. In fact, it's more common than we realize. Today, we'll explore why mental health challenges are so prevalent in the tech industry and what the data reveals about the factors that contribute to these issues.

Survey Comments

"This issue for me is very real at the moment. I have missed several days of work recently because of a bad reaction to a depression/anxiety drug and I hate not being able to discuss it with my boss without worrying that I will be labeled a liability."

"I am hesitant to talk about my mental health issues at work because I am afraid it will affect my career ."

Perception Gap in Health Priorities

Problem: While physical health is easily measurable and often prioritized in the workplace, mental health is frequently overlooked or misunderstood.

Survey Question: Do you feel that your employer takes mental health as seriously as physical health?
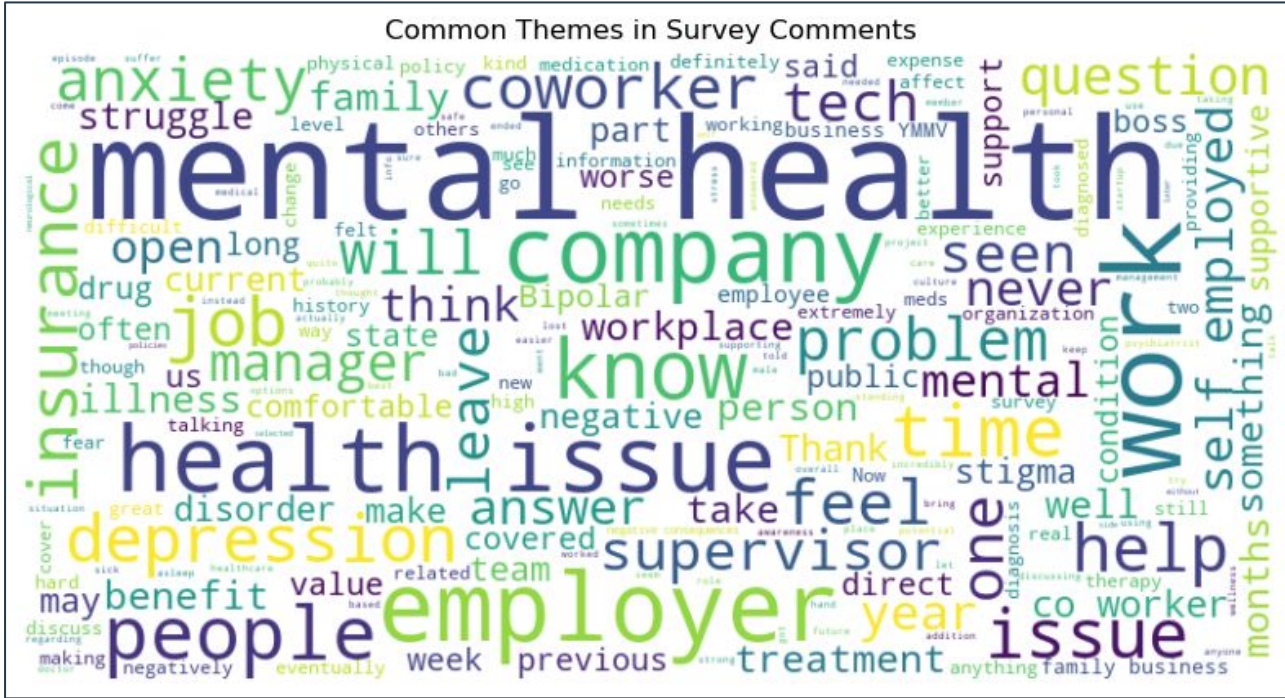

Mental vs Physical Health Perception in the USA
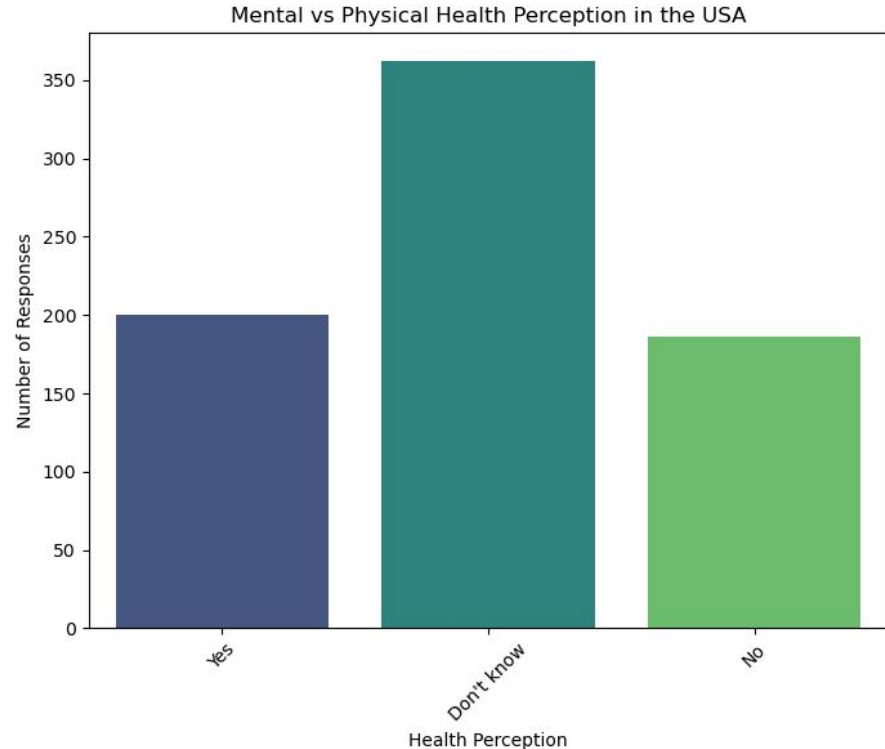
The Tech Work Environment: A Breeding Ground for Stress

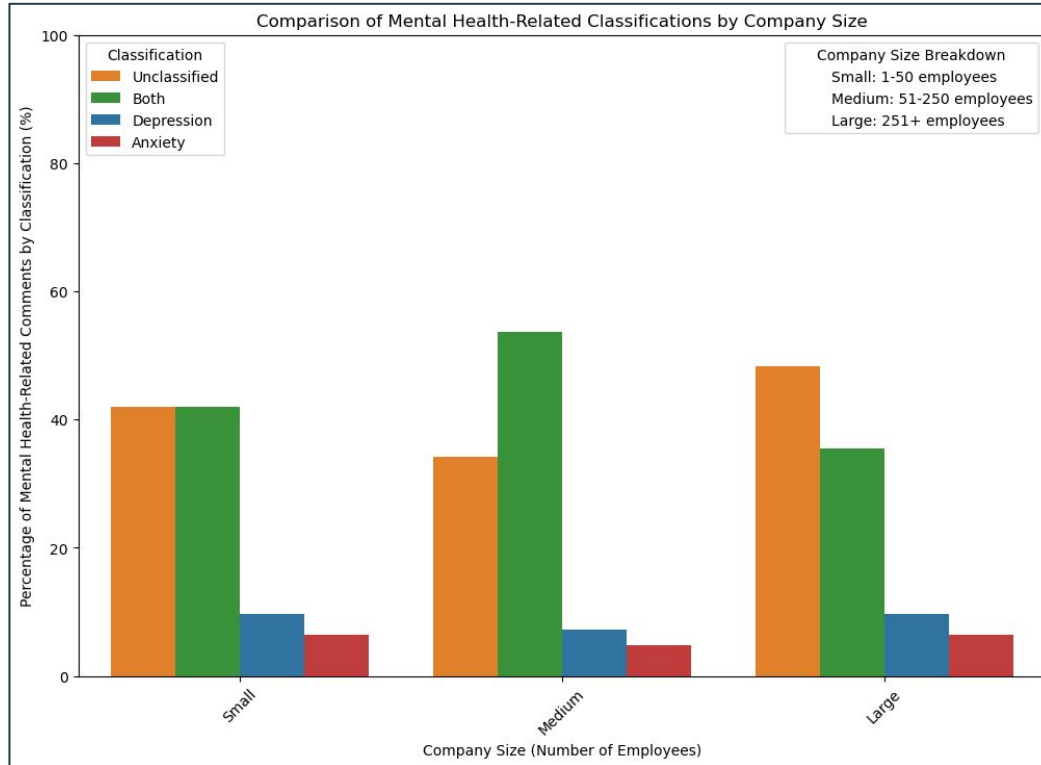**Interactive Visualizations:** Preliminary Data Exploration using Power BI

The Voice of Employees
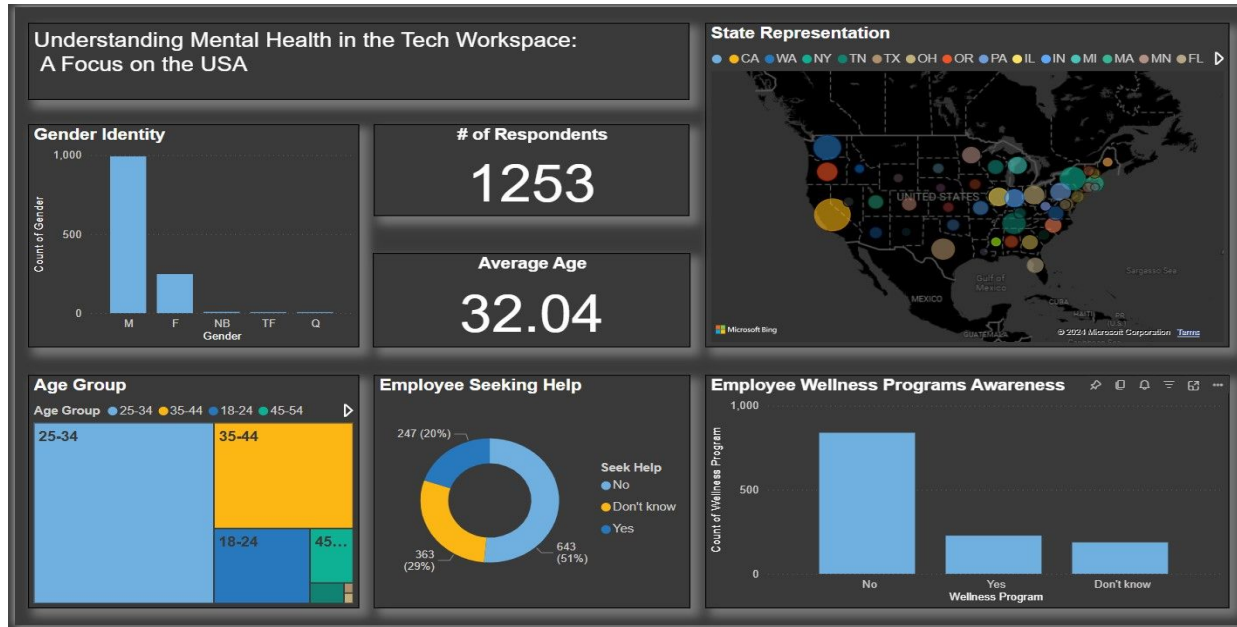
Common Themes in Survey Comments

Uncovering the Hidden Layers of Mental Health Challenges
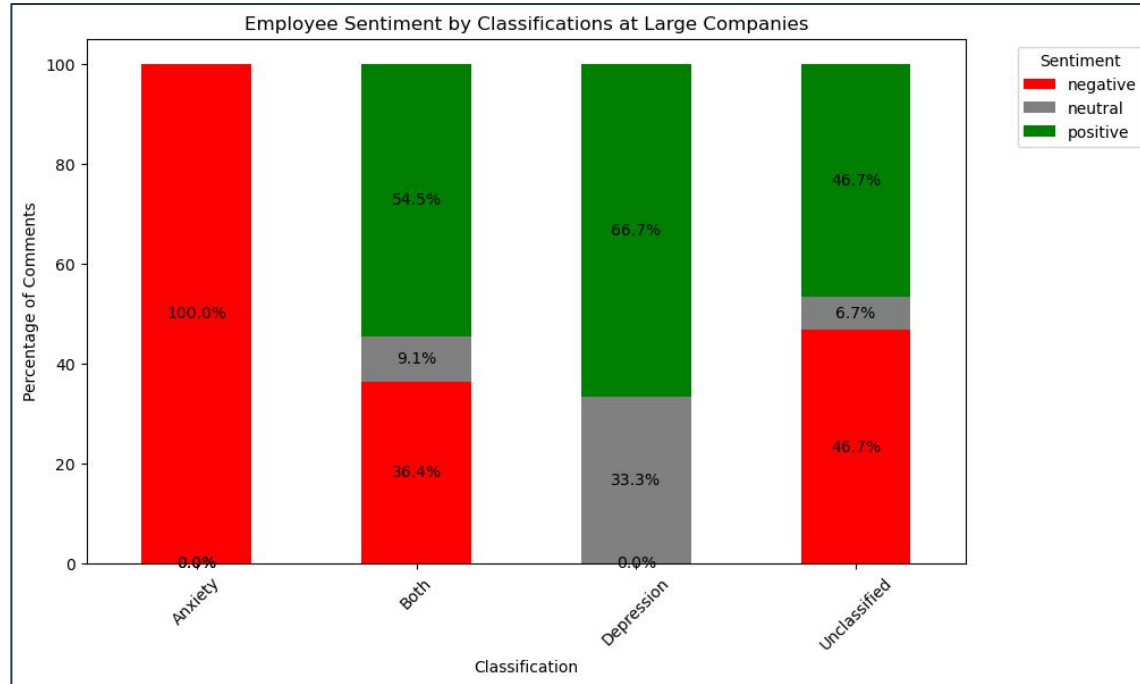

Mental Health Conditions Highlighted in Comments
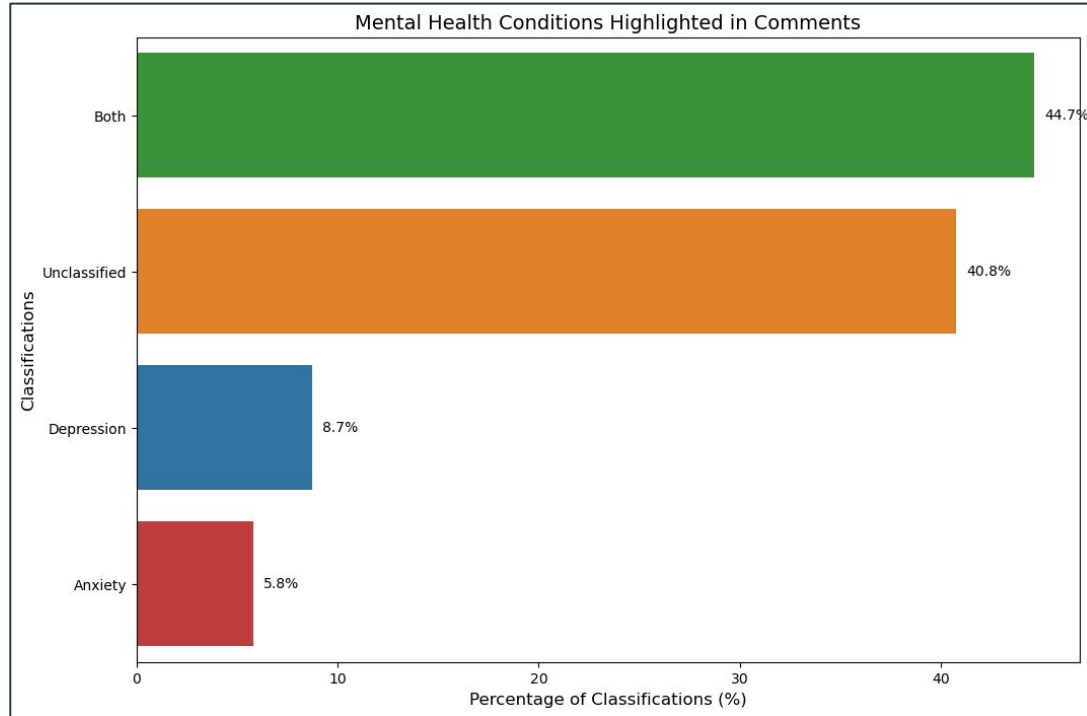
Does Size Matter? Mental Health Across Different Companies

The Emotional Toll of Working in Large Tech Companies

Employee Sentiment by Classifications at Large Companies

Unveiling the Mental Health Crisis in Large Tech Companies
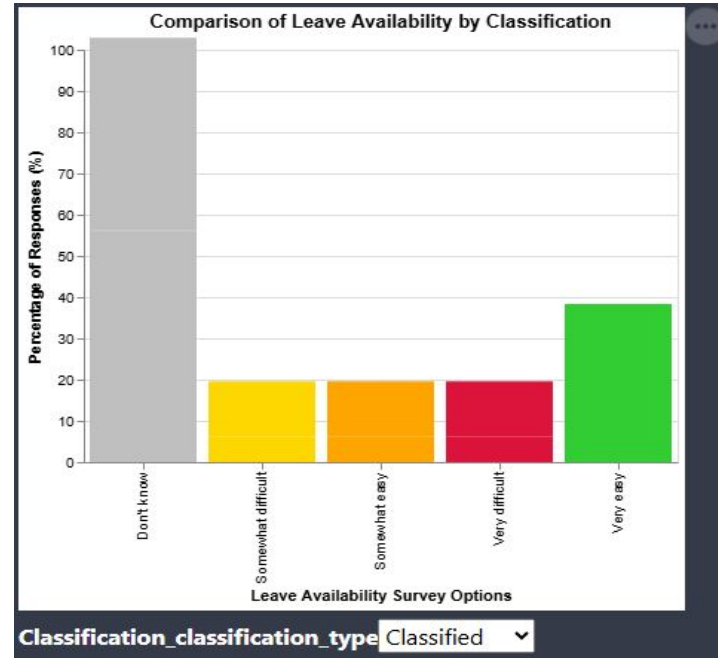

Classified Comments in Large Companies
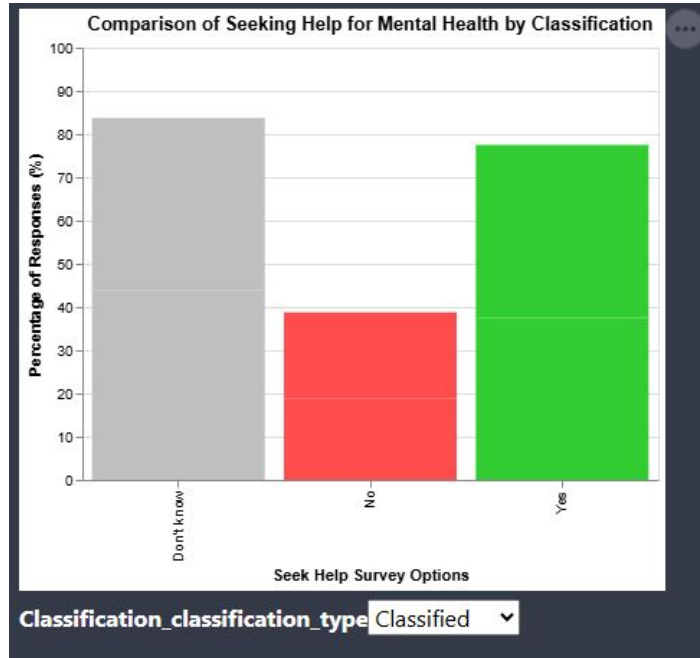
Unveiling the Mental Health Crisis in Large Tech Companies Cont.

Unveiling the Mental Health Crisis in Large Tech Companies Cont.

Classified Comments in Large Companies

Unclassified Comments in Large Companies

Do These Companies Offer Resources?

A Call to Action: Supporting Employees Like Sam

Sam's story is a reflection of a systemic issue in the tech industry. Mental health challenges are widespread, with many employees feeling unsupported, overworked, and overwhelmed. The data tells us that issues like anxiety, depression, and the need for therapy are not isolated—they're pervasive across the industry.

So, how do we move forward?

Recommendations

- Prioritize Mental Health Equally with Physical Health
- Create a Supportive Environment
- Tailor Support to Company Size

Thank you!