## **📄 Mental Health in Tech – Key Insights**

### **1. Gender vs Treatment**

Females are more likely to seek mental health treatment compared to males.  
 This indicates higher openness and awareness among female employees.

### **2. Family History vs Treatment**

Individuals with a family history of mental illness are significantly more likely to seek treatment.  
 Personal exposure leads to early awareness and reduced stigma.

### **3. Remote Work vs Work Interference**

Remote workers report less work interference due to mental health conditions.  
 This shows that flexibility in work style can improve employee well-being.

### **4. Company Size vs Mental Health Benefits**

Larger companies are more likely to provide structured mental health benefits.  
 Smaller firms often lack clear policies or fail to communicate them well.

### **5. Work Interfere vs Treatment**

Employees who report frequent interference due to mental health are more likely to seek treatment.  
 The greater the impact, the higher the motivation to take action.

### **6. Consequence vs Supervisor Discussion**

Fear of negative consequences prevents employees from discussing mental health with supervisors.  
 Creating a stigma-free environment is essential for open dialogue.