

Mental Health Tech Survey

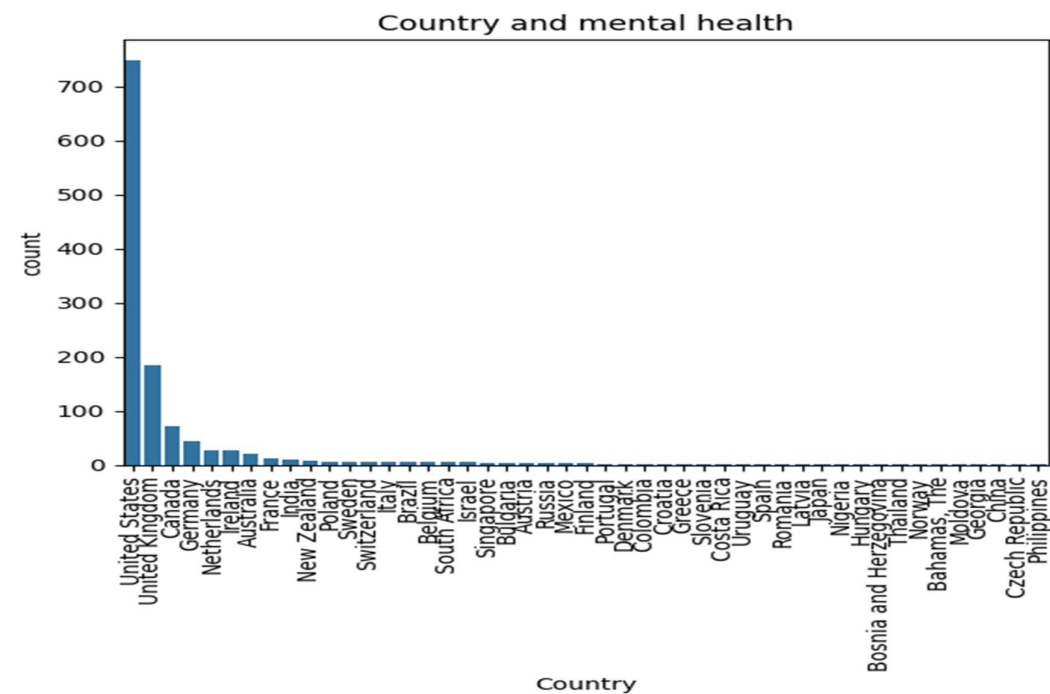


Fig 1.1

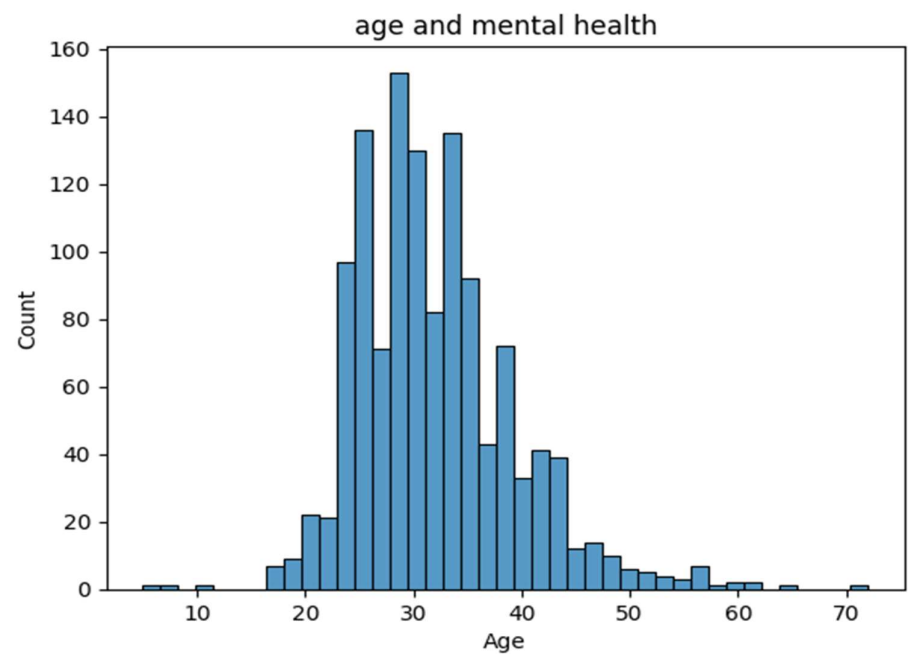


Fig 1.2

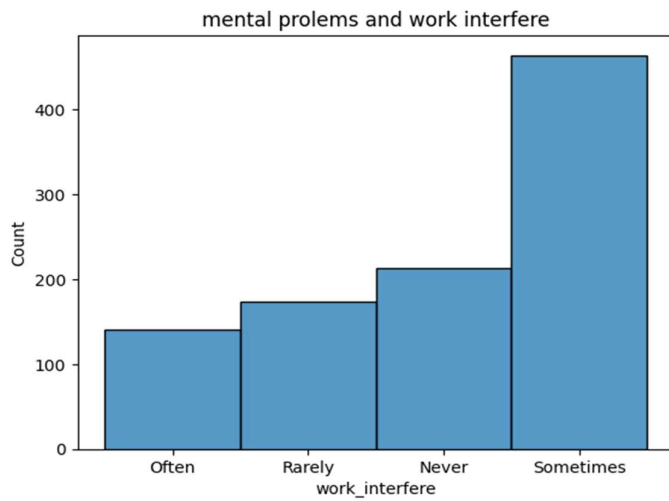


Fig 1.3

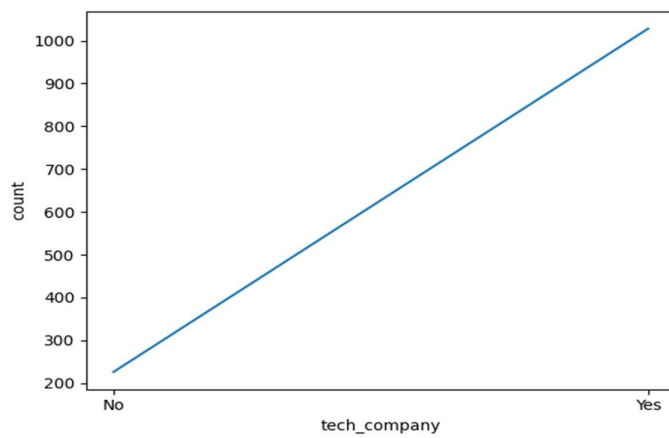


Fig 1.4

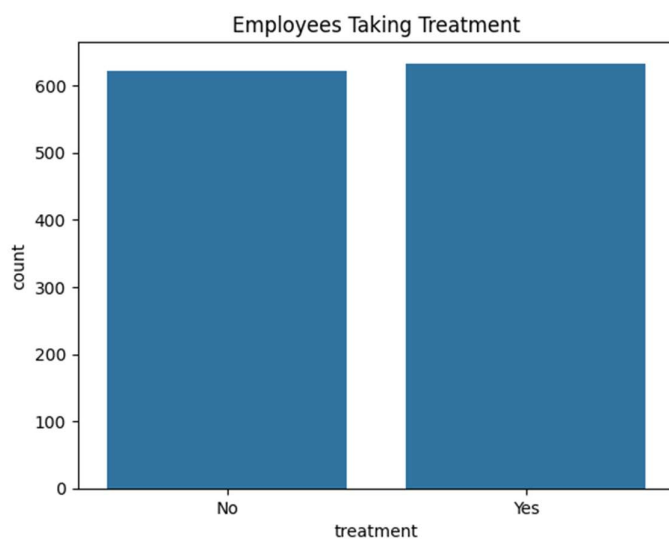


Fig 1.5

Does your employer provide resources to learn about mental health issues

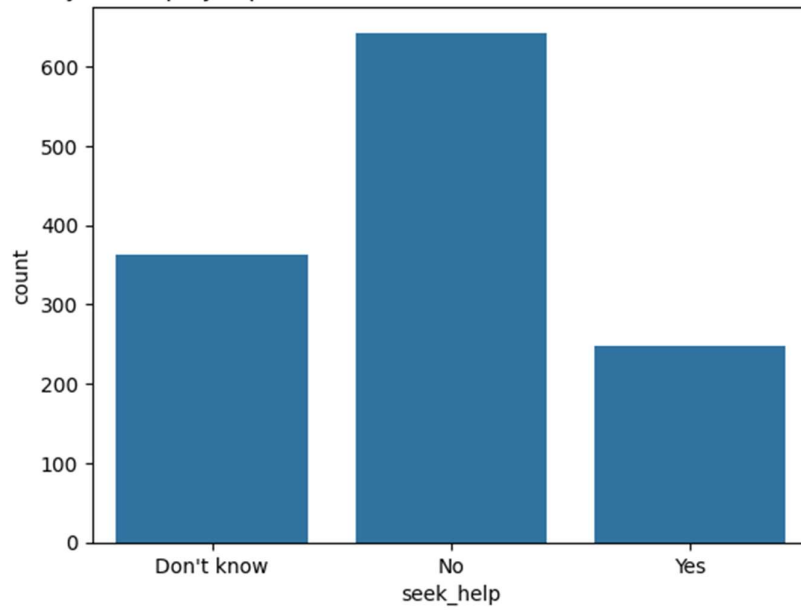


Fig 1.6

employees thinking discussing mental health issue with employer have negative consequences

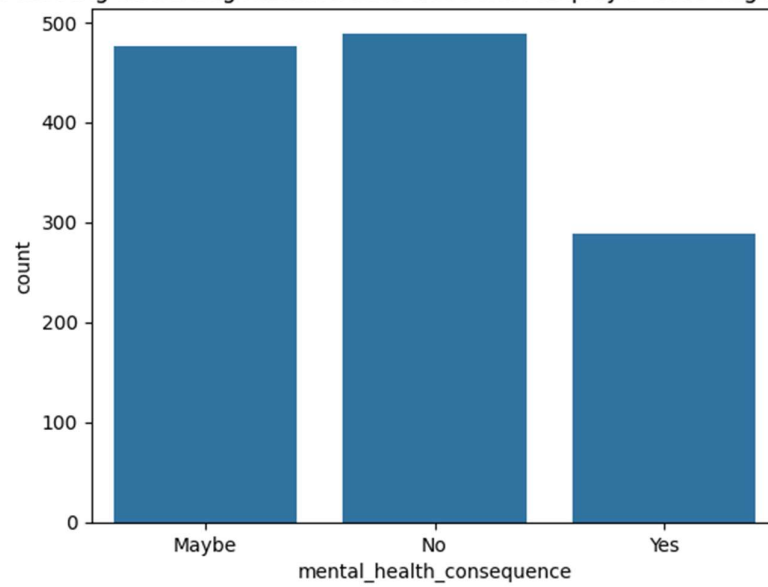


Fig 1.7

Insights Found:

- Fig 1.1 shows that problem of mental health is highest in employees of United states followed by United Kingdom, Canada.
- More than 70% of the employees suffering from mental health issues belongs to 20 to 40. but this problem decreases with increase in age from fig 1.2.
- About 10% people often have problems in work due to mental issues, about 40% people sometimes faced this problem. From fig 1.3.
- about 17.7% people found it difficult to take leave regarding mental health issues, while total 44.7% are confused related to it.
- About 90% of employees struggling with mental health belongs to IT Companies.
- About 51% of the employees mentioned that employer does not provide any help for mental health issues. while 28% people confuse about it from fig 1.6
- From fig 1.5 it is clear that about 50% of IT employees are taking medical help.

Solutions:

Employers should make policies through which employees should become able to take leaves for their mental health. Also employers should encourage employees to feel free to talk about their mental health. Employers should discuss about mental health with employees and give priority to mental health also similar to physical health.