

A New Focus on Mental Health



The stress of dealing with the pandemic, remote work, and now return-to-work, is and has been well-documented. There are many signs that companies are doing more to help employees with mental health and work-life balance issues. **A recent Hartford survey found that employees are also paying more attention to mental health and well-being!**

When asked about their company's approach to mental health, 59% of workers said their company's culture has been more accepting of mental health challenges this past year, and 70% said they felt their mental health is just as important to their company as their physical health and well-being.

At the same time, the mental health challenges remain a concern for workers. The survey found that 27% of employees said they struggle with depression or anxiety most days or a few times a week (up from 20% in March 2020).

Workers also said their productivity had been affected by a range of issues, including:

- **Trouble focusing/concentrating: 61%**
- **Feeling irritable/angry: 46%**
- **Missed time (late to work, leave early, missed days, unexpected absence): 29%**
- **Unable to collaborate: 19%**
- **Missed deadlines/meetings/quotas: 18%**

Best Care EAP is available with in-person and telehealth support!

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