

Almost 1/3 of people in the workplace have been diagnosed with a mental health problem at some point—but we all have mental health.

Mental health at Work Report, National Employee Mental Wellbeing Survey Findings 2017 (UK).





Only about 40% of us would tell our manager about a mental health problem.

Most managers see it as part of their job to support you and wish they had more training to do so.

Dewa, C.S. (2014). Worker attitudes towards mental health problems and disclosure. *International Journal of Occupational and Environmental Medicine*, 5(4), 175-185. Ipsos Reid. (2012). Emotional Intelligence at Work.











Emotional intelligence is the strongest predictor of life satisfaction—more than where you live, your IQ, your education level or how much money you make.

Goleman, D. (1995) Emotional Intelligence: Why it can matter more than IQ. New York, NY, Bantam Books.





Feeling stressed? You're not alone.

About 50% of employees say they experience stress daily.

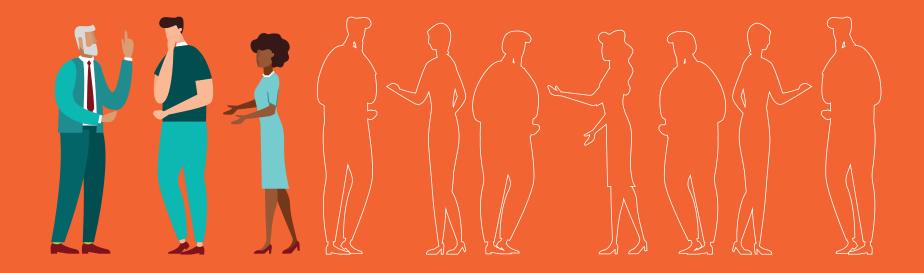
lpos Reid. (2017) "A majority of Americans have experienced mental health symptoms over the past year" [Factum].











Only 3 in 10 employees feel strongly that their opinions count at work.

Psychological safety is the foundation for an engaged and productive team that gives their all.

Gallup. State of the American Workplace Report. Washington, D.C., 2017.





50% of millennials and 75% of Gen Z-ers have left a job for mental health reasons.

Mental health is everyone's business.



Mind Share Partners, Mental Health at Work Report (2019).



