



According to a new report by BetterUp Labs, it illustrates the pandemic's continuing mental health impact since all covid-19 restrictions ended in England.

An interesting, but also worrying insight.

What are your thoughts on these figures?



The pandemic's continuing mental health impact

BetterUp Labs report illustrates the pandemic's ongoing effects with mental health.

BetterUp Labs - The research division of the mental fitness and virtual professional coaching leader.



1.) More than 7 in 10 UK employees have pushed through a mental health struggle to avoid taking time off work in the past three months

2.) 28% took at least one day off due to mental health within the same three-month period.



3.) Young people feel the need to push through mental health struggles more often than older generations. 85% of 18-24-year-olds and 78% of 25-34-year-olds reported having to do this

4.) Workers who agree that their employer cares about them have a 47% lower intention to leave their jobs compared with those who disagree



5.) The top concern about working from home is isolation and mental health (93%) and communication from employers (68%)

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