Stress & anxiety is the top mental health issue for employees, followed closely by burnout.

Just over half had surveyed their workforce over the previous 3 months.

Caregivers, BIPOC employees and single parents are considered to be the most at risk for mental health issues.

While the majority of members are increasing their investment in mental health, most are looking towards outside resources to provide support.

Most members expanded multiple MH supports but few expanded paid leave.

Women and caregivers utilized MH supports the most, especially EAP offerings and mindfulness & coaching.

Leadership is perceived to have an overwhelmingly positive impact on mental health efforts but leaders are still reluctant to discuss their own mental health.