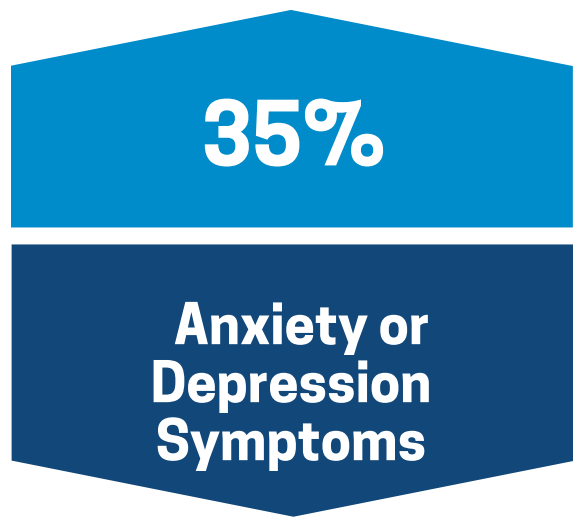


Supporting MENTAL HEALTH in the U.S. Workforce

Anxiety and Depression



**Down 5%
from
2020**

While 35% of the U.S. workforce is still relatively high, the rate of anxiety and depression symptoms has decreased 5% since 2020.



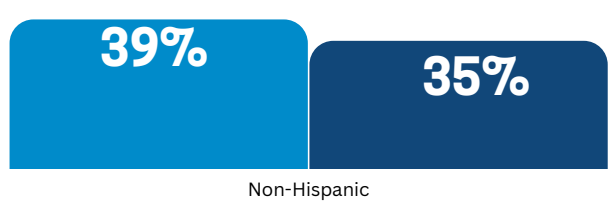
**Up 2%
from
2020**

In 2022 the percentage of people taking prescription medicine for mental health was 22%.



DEI: Diversity, Equity & Inclusion

Income Below \$50k Income Above \$50k



Non-Hispanic

Non-Hispanic Workers

Earning more than \$50k have a LOWER incidence of anxiety and depression symptoms regardless of race.



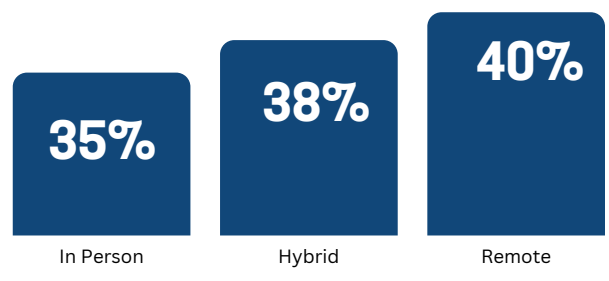
Hispanic

Hispanic Workers

Earning \$50k+ have a slightly higher incidence of anxiety and depression symptoms.

Work Environment

Remote work is associated with higher rates of anxiety and depression.



Actively working is good for your mental health.

Actively Working



3 in 10 who are actively working experience anxiety or depression symptoms, compared to 4 in 10 who are not actively working.

Not Actively Working



Employer Guidance

IBI spoke to employers about workplace mental health support, and the following key themes were identified:

- Increase efforts and interest in **mental healthcare**
- Help employees **coordinate** their mental healthcare with their physical healthcare
- Provide culturally competent mental healthcare that workers can **identify with**
- Facilitate **peer-support** as an important part of mental wellbeing

All results are based on data collected by the Household Pulse Survey (7/21-8/22).

Additional information can be found at:
Household Pulse Survey (COVID-19) (census.gov)