COVID-19 CAUSED INCREASED CHALLENGES FOR WORKERS

Mental Health

- More than 46% of workers say they are now reducing their mental health services.
- More than 7% say they are now reducing their mental health support.
- Almost half say they are now reducing their mental health services.

Substance Abuse Issues

- Almost 11% of workers say they are now reducing their substance abuse issues.
- Almost 1% say they are now reducing their substance abuse support.
- Almost 2% say they are now reducing their substance abuse services.

Impact on Workers and Productivity

- More than 38% of workers say their employers are doing better now than pre-pandemic at providing access to mental health services and support.
- More than 45% of workers say their employers are doing better now than pre-pandemic at providing accommodations and flexibility.
- Almost 60% of workers say their employers are doing better now than pre-pandemic at creating a work culture that fosters mental health.

YOUNGER WORKERS ARE STRUGGLING

- Gen Z and Millennials are affected by behavioral health issues during the pandemic at much higher rates than older generations.

ARE EMPLOYERS RESPONDING?

- More than 34% of employers say they are offering new mental health services and support.
- More than 38% of employers say they are offering new substance abuse services.
- More than 53% of employers say they are offering new mental health services.

HOW EMPLOYERS CAN DO MORE TO HELP

- Mental health
- Physical health
- Substance abuse issues
- Support measures

WANT MORE INSIGHTS?

Visit our behavioral health resource center for more reports, articles, and help with supporting employees with mental health and substance abuse issues.

RESOURCE CENTER

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