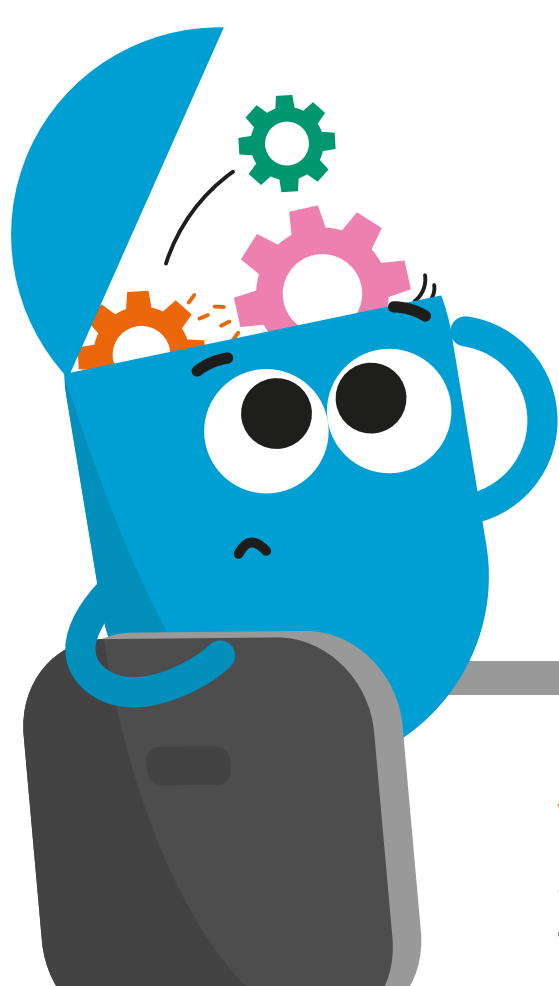
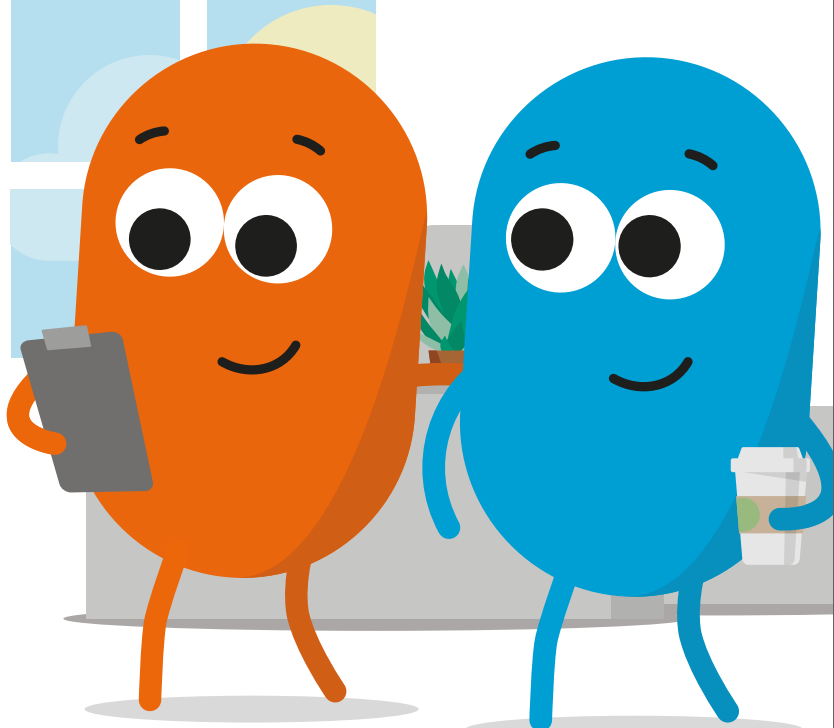


# Supporting employees to #thriveatwork

# 62%

62% of people said that if their employer proactively supported their mental wellbeing, it would help them with a **better work-life balance**.<sup>1</sup>

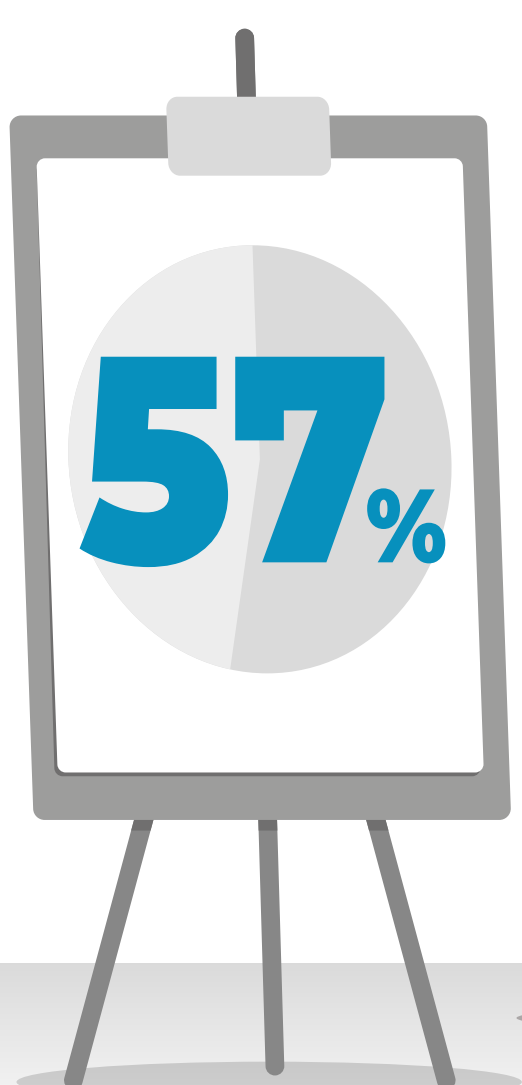


# 90%

90% of people said that **struggling with mental health issues**, such as stress, anxiety or mild depression, stops them from thriving at work and performing to the best of their ability.<sup>2</sup>

1 in 3 people said that **poor managerial support** prevents them from thriving at work and is an issue they currently face.<sup>3</sup>

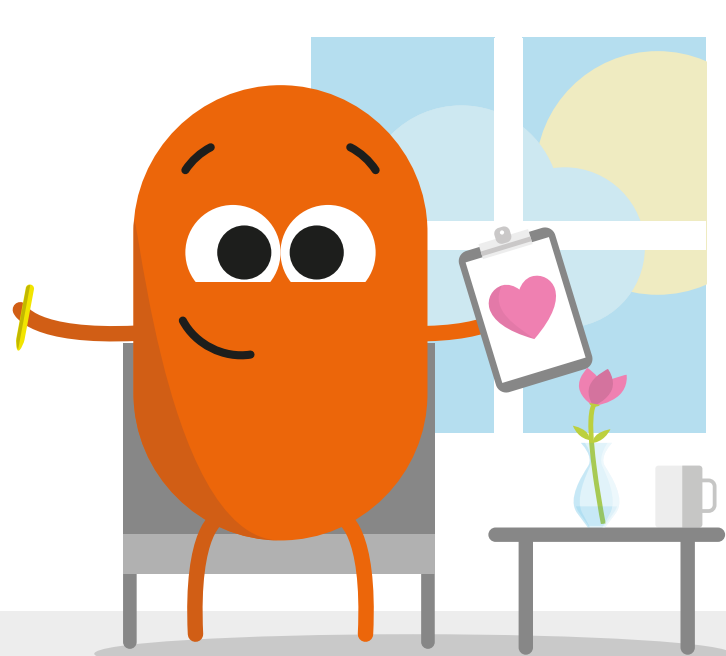
# 1 in 3



57% of people said that if their employer proactively supported their mental wellbeing, it would help them to **feel more loyal, be more productive and take less time off**.<sup>3</sup>

# 55%

55% of people said that their employer could offer more **mental health support** to help them excel and thrive at work.<sup>3</sup>



# 1/2

Half of people said that they would most appreciate access to **face-to-face counselling** to help support any mental health issues they are dealing with.<sup>3</sup>

