

Today's workers are struggling

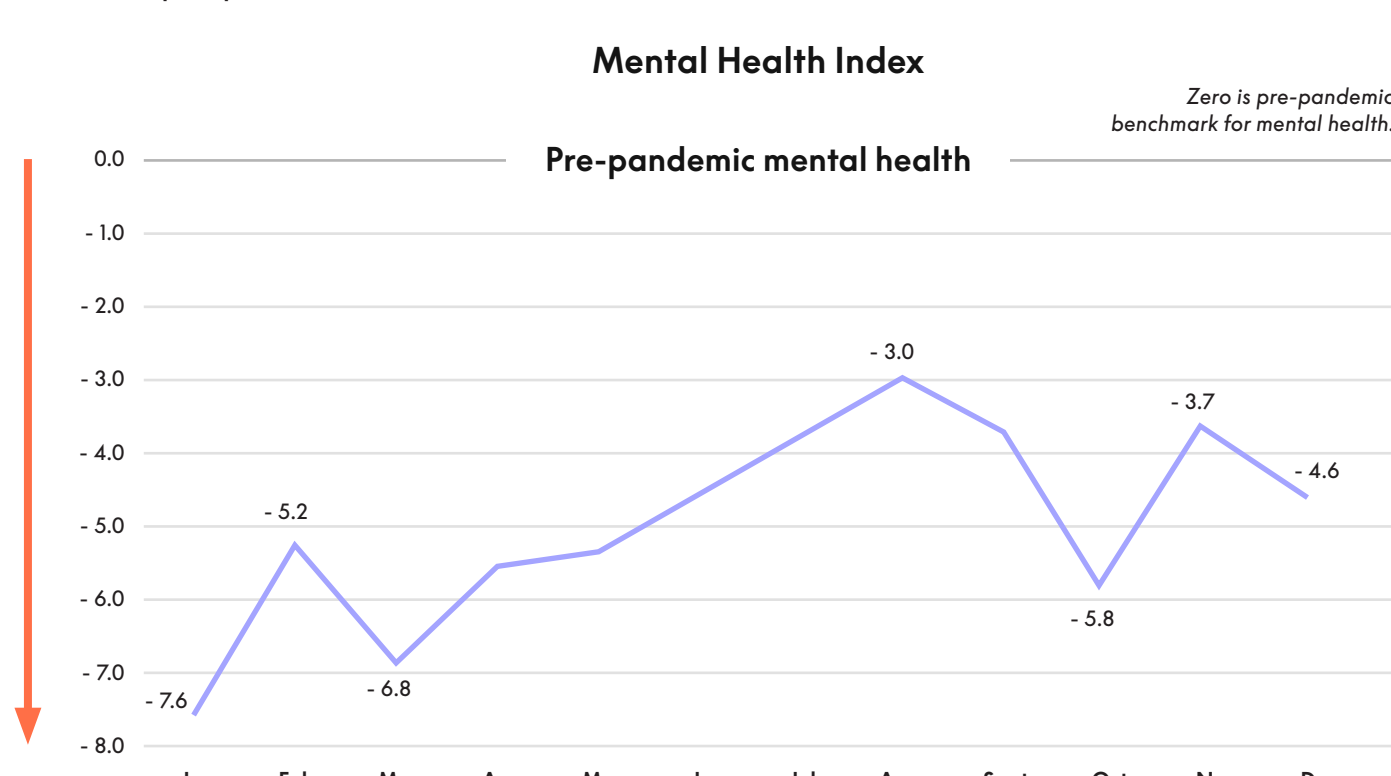
Employers can help with a more robust benefits program



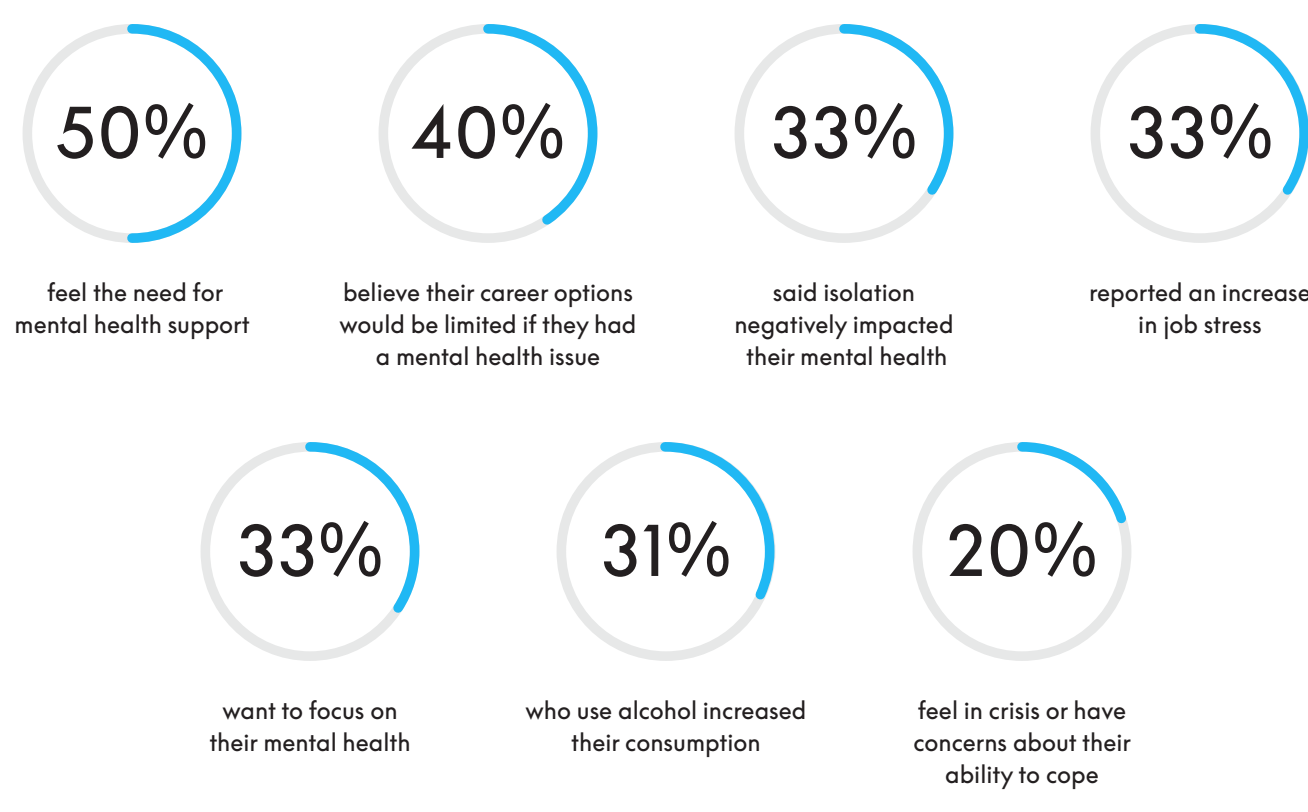
How are Americans coping?

Snapshot — How things looked in 2021

In 2021, workers rode an ever-changing mental health wave that reached nearly eight points below the pre-pandemic benchmark.

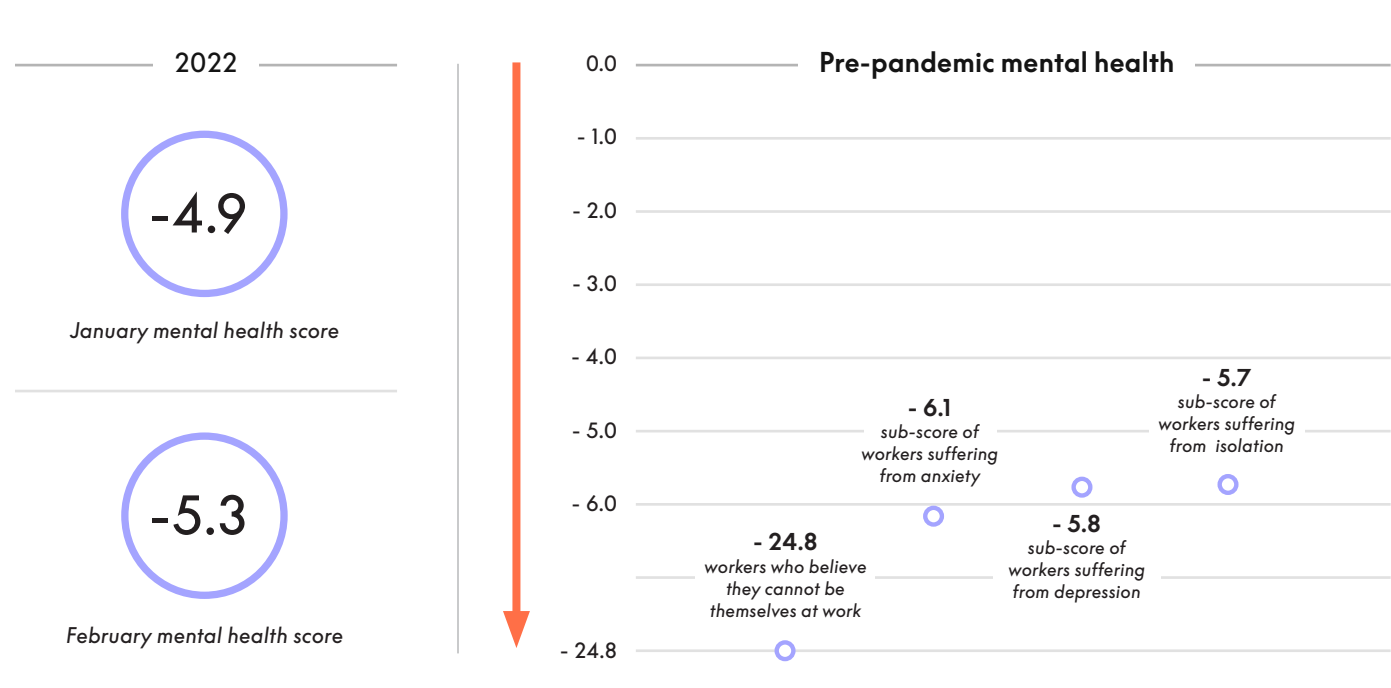


Americans reported the following about the state of their mental health:



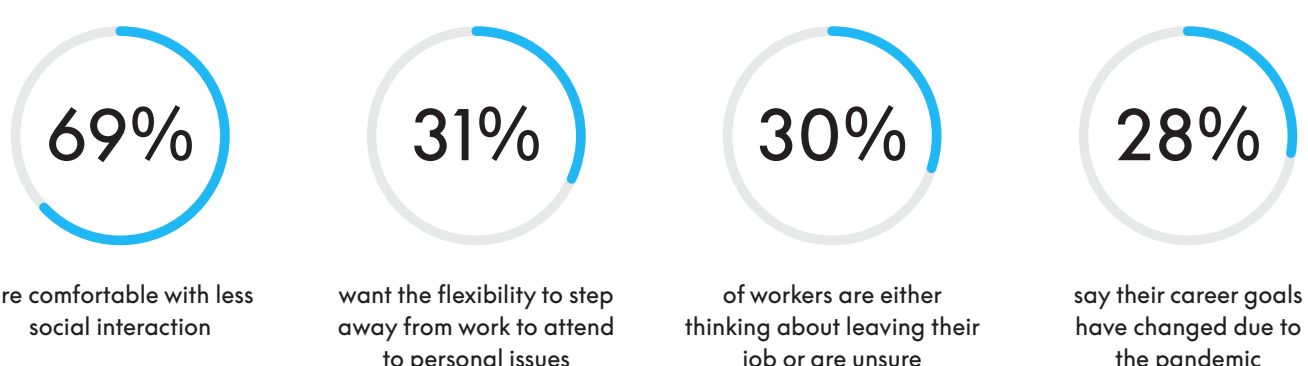
Snapshot — How things looked in early 2022

By February 2022, the overall mental health score of all Americans had already fallen below December 2021 and it continues to decline.

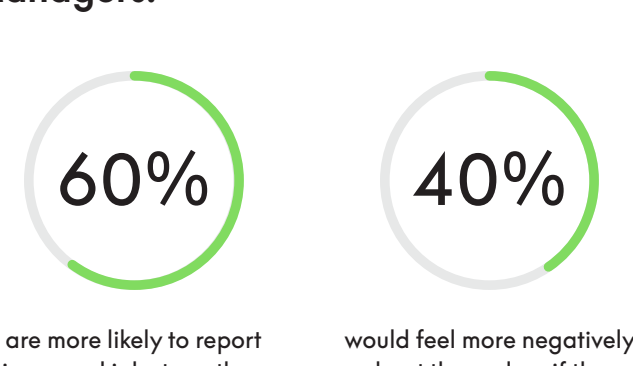


Key takeaways for employee mental health

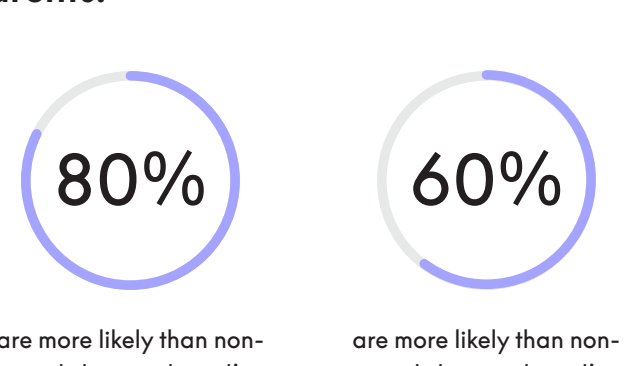
Overall:



Managers:



Parents:



The good news — worker benefits deliver employer benefits

Americans with the best mental health scores share these characteristics:

- Feel a sense of belonging and acceptance at work
- Say their organization supports their personal wellbeing and is a great place to work
- Feel more productive at work

How employers can support their employees

Today's employers can offer their workers a wide range of benefits package that support their mental health — and help their businesses reach their goals.

- **Mental health benefits:** Benefits such as paid time off and human resource support can help workers cope with issues like stress and burnout, so they stay happier and more productive on the job.
- **Employee Assistance Program (EAP) benefits:** Providing employees with access to master's level clinicians who can advise on appropriate services can help employees deal with stressful issues and achieve better work-life balance.
- **Financial support benefits:** Health spending accounts and flexible spending accounts are just two ways employers can support their employees' financial health and help lower their stress and anxiety.
- **Voluntary benefits:** These benefits give workers extra wellness and financial support for everything from specialized insurance options to purchasing discounts.

Take action today to give your employees better benefits — and business results.

Partnering with the right employee benefits partner can help you provide your employees with benefits that provide a path toward mental wellness and growth. To see what benefits, support and resources LifeWorks offers, book a demo of our [LifeWorks EAP services](#).