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5 reasons why HR must take mental health seriously

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The 2020 pandemic brought the importance of employee mental health into stark relief. As organizations seek to support their employees, an unlikely solution has emerged. It's AI, and employees are ready to embrace it.

1

2020 was the most stressful year ever

78% of the workforce says the pandemic has negatively affected their mental health

2

Mental health struggles at work are adversely affecting life at home

85% say their mental health issues at work negatively affect their home life

3

Employees want help and are turning to technology

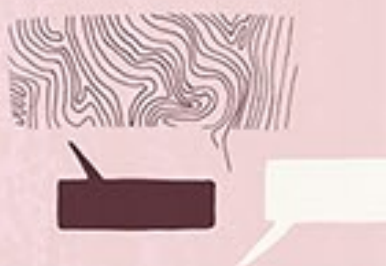**68%** would prefer to talk to a robot over their manager about stress and anxiety at work

4

AI is already improving mental health and well-being

75% say AI has helped their mental health at work

5

Mental health needs to be an employer priority

76% believe their companies should do more to support their mental health at work

Discover more. Read our report

As Uncertainty Remains, Anxiety and Stress Reach a Tipping Point at Work