

As workplace burnout continues to pose challenges for companies, investing in mental health benefits, supports, and training for employees is a business imperative supported by data.

The third annual NAMI-Ipsos Workplace Mental Health survey demonstrates that employees believe we all have a shared responsibility to create supportive workplace cultures, although responses show greater responsibility is assigned to their managers, HR departments, and leadership. The data is clear that employees desire more training about mental health – while also showing that employees and managers benefit from mental health training.

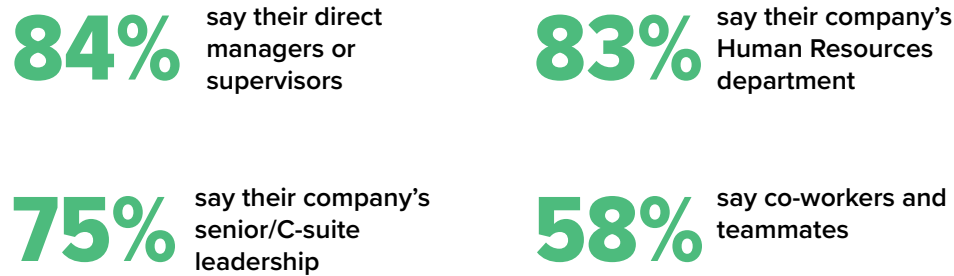
Learn more at

StigmaFree.nami.org

WHO IS RESPONSIBLE FOR CREATING MENTAL HEALTH COMFORT AT WORK?

Key takeaway:

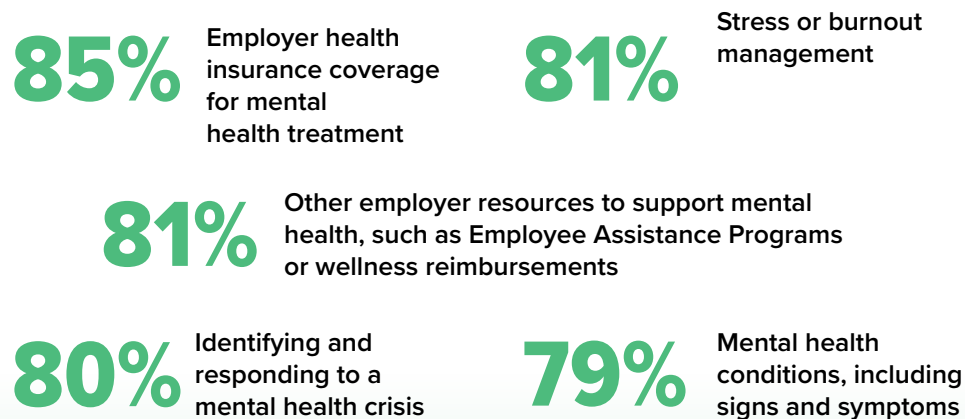
We all have a role to play in the well-being of our company's culture.



WHAT KIND OF MENTAL HEALTH TRAINING DO EMPLOYEES THINK WOULD BE HELPFUL?

Key takeaway:

Mental health information and trainings have notable support across topics, such as these five:



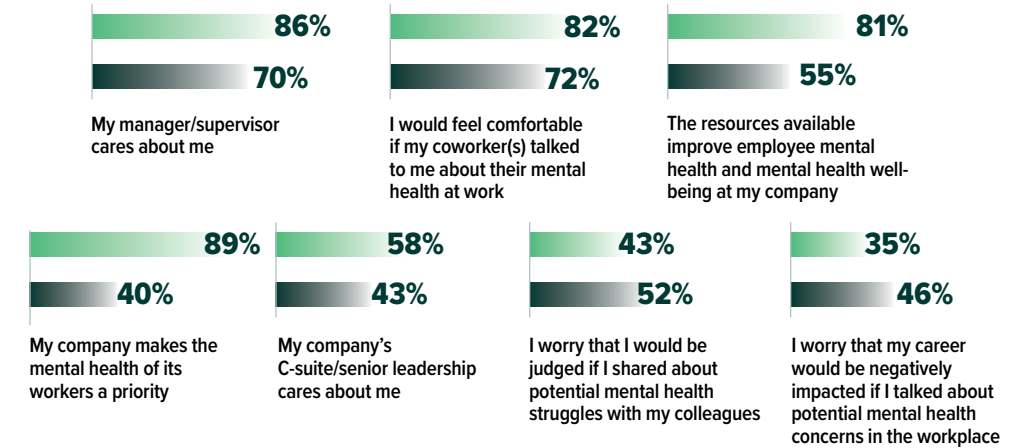
HOW DO EMPLOYEES AND MANAGERS BENEFIT FROM MENTAL HEALTH TRAINING?

Key takeaway:

Employees with mental health trainings report better support and less concern about stigma. Similarly, managers report company provided resources lead to increased preparedness to support their teams, more trust in leadership, and less burnout.

How much do you agree or disagree with each of the following statements?

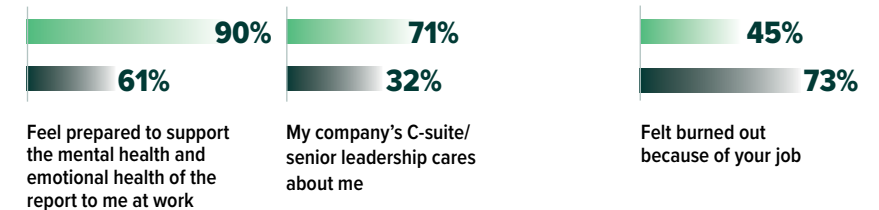
Response: Agree (Net)



■ Mental Health Training Offered | ■ Mental Health Training Not Offered

How much do you agree or disagree with each of the following statements

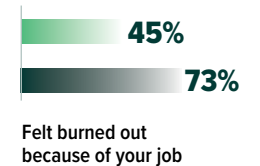
Response: Agree (Net)



■ Manager with resources | ■ Manager without resources

In the past year, have you ever experienced the following at work?

"Yes" Responses



For companies looking to add more mental health resources or training, now is the best time to start. From a [guide about navigating a mental health crisis at work](#) to a [new on-demand training](#) about discussing mental health at work, NAMI StigmaFree can help.