

The Mental Health Index™ report

United Kingdom, July 2020



LifeWorks
by Morneau Shepell

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Table of contents

Executive summary	1
Mental Health Index™	2
Mental Stress Change	3
Additional findings	4
Additional data and analyses	6
Overview of the Mental Health Index™	7
Methodology	7
Calculations	8
The Mental Health Index™	9
The Mental Health Index™ (industry)	11
The Mental Stress Change score	12
The Mental Stress Change (cumulative)	13
The Mental Stress Change (industry)	15
Impact of the COVID-19 pandemic on relationships	16
Racism and Mental Health	17
Mental health trends by race	17
Racism in the United Kingdom and in the workplace	17
Awareness of systemic racism	18
Changes in thinking about systemic racism	18
Implications	19



Executive summary

July marks the fifth month since the World Health Organization declared COVID-19 a global pandemic. As the COVID-19 virus continues to proliferate globally with over 13 million cases this month, daily cases of COVID-19 continue to decline in the UK to the lowest levels since the pandemic began.¹ England continues to lead the total number of COVID-19 cases, followed by Scotland, Wales and Northern Island². The UK is gradually moving ahead with a relaxation of pandemic social distancing restrictions, with a particular effort on boosting the hospitality industry reopening restaurants and pubs.

These measures signal the return to the “new normal” as services such as hairdressers and the leisure/fitness sectors are also getting back to business. The UK also announced an adjustment to the social distancing rules, recommending that people remain around one metre apart, when two metres is not possible. Scotland, Wales and Northern Ireland are adapting the above plans to their own needs.

Decision makers and public health officials continue to be challenged with finding the right balance between reopening the economy and a return to normal. Economic recovery dominates the agenda as decision makers try to re-energize the British economy and stem job losses through a multi-billion-pound stimulus package and a “new deal” for infrastructure projects. Beginning this month, and to help regenerate tourism, a significant easing of travel restrictions to and from the UK will allow visitors from a long-list of countries to visit the UK without a 14-day quarantine requirement.³

¹ <https://covid19.who.int/region/euro/country/gb>

² <https://coronavirus.data.gov.uk/#category=nations&map=case>

³ <https://www.gov.uk/guidance/coronavirus-covid-19-travel-corridors#countries-and-territories-with-no-self-isolation-on-arrival-in-england>



For the fourth consecutive month, the ongoing impacts of the COVID-19 pandemic coupled with the increased awareness and societal response to anti-Black racism continue to have an impact on the mental health of Britons.

Mental Health Index™

The overall Mental Health Index™ for July 2020 is -12 points. This index represents the deviation from pre-2020 benchmark. A negative score indicates poorer mental health relative to the benchmark, and a positive score indicates better mental health. The benchmark reflects mental health data from 2017, 2018 and 2019. A 12-point decrease from the pre COVID-19 benchmark⁴ reflects a population whose mental health is similar to the most distressed first per cent of the benchmark population.

The lowest Mental Health Index™ sub-score is for the risk measure of optimism (-16.5), followed by anxiety (-14.9), depression (-14.6), work productivity (-12.8), and isolation (-10.7). The risk measure with the best mental health score is financial (3.8), followed by psychological health (-4.1).

- The financial score continues to improve with a score of 3.8 points and is above the pre-2020 benchmark.
- The most improved sub-score is depression (-14.6) when compared to the prior month (-15.3).
- Individuals without emergency savings continue to experience a lower mental health score (-26.6) than the overall group. Individuals with an emergency fund have an average mental health score of -7.3.
- Females (-14.2) have a lower mental health score than males (-11.1); and in general, mental health scores improve with age.
- Respondents identifying as Mixed (Other) had the lowest mental health scores (-18.4), followed by those identifying as South Asian (-17.9), and those identifying as East Asian (-16.5).
- Individuals identifying as Black had the highest mental health scores (-2.9), followed by respondents identifying as White (-12.4).

The overall Mental Health Index™ for July 2020 is -12 points, unchanged from the prior month

⁴ The raw score for the Mental Health Index™ benchmark is 75/100. The July 2020 score is 62/100.



Overall, 5 per cent of respondents are unemployed. While most individuals remain employed, 26 per cent report reduced hours or reduced salary since April 2020.

- Individuals reporting reduced salary when compared to the prior month have the lowest mental health score (-18.9), followed by individuals reporting fewer hours compared to the prior month (-17.2), and those not currently employed (-14.2).
- Individuals identifying as self-employed/sole proprietor have the highest mental health score (-10.4), followed by individuals employed in organizations with between 2-50 employees (-10.5), and organizations with more than 10,000 employees (-10.9).
- Respondents who report working for companies with 51-100 employees have the lowest mental health score (-15.2).

The highest mental health scores this month are observed in individuals employed in Real Estate, Rental and Leasing (-5.5), Other services (except Public Administration) (-7.7), and Professional, Scientific and Technical Services (-9.1).

- Respondents working in Wholesale Trade had the lowest average mental health score (-20.2), followed by individuals in Food Services (-18.8), and Utilities (-16.5).
- Individuals employed in Information and Cultural Industries, Arts, Entertainment and Recreation, and Manufacturing have seen the greatest improvement in mental health since last month.

For the fourth consecutive month, the two key drivers of the Mental Health Index™ are financial risk and isolation.

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Mental Stress Change

The Mental Stress Change score for July 2020 is 58.4. This indicates that 25 per cent of the population is experiencing more mental stress compared to the prior month, with 9 per cent experiencing less. This is the fourth consecutive month where the Mental Stress Change score reflects increased mental stress in the population overall. Considering geography, the greatest increase in stress month over month was for respondents living in Scotland (59.7), followed by England (58.4), Northern Ireland (57.6), and Wales (57.3).



- The greatest increase in mental stress is seen in employed people with reduced salary (64.4), followed by employed people with reduced hours (61.4) when compared to unemployed people (57.8) and employed people with no change to salary or hours (56.9).
- As was reported in prior months, and as evidenced again in June, younger respondents are experiencing a greater increase in mental stress when compared to older respondents.
- Since April 2020, females have had larger increases in mental stress when compared with males.
- Respondents identifying as East Asian have the greatest increase in mental stress (62.1), followed by those identifying as White (58.6), and those identifying as Mixed (Other) (58.3).
- Individuals identifying as Black have the most modest increase in mental stress (52.2), followed by respondents identifying as South Asian (55).

Mental Stress Change scores for Other services (except Public Administration), Real Estate, Rental and Leasing, and Information and Cultural Industries are less steep compared to the prior month.

- Individuals working in Manufacturing have the most significant increase in Mental Stress Change score (61.0) followed by individuals employed in Wholesale Trade (60.9), and Retail Trade (60.5).

Additional findings

Relationships in 2020

The effect of the COVID-19 pandemic has been widespread. Prolonged social distancing and isolation has led people to crave human interaction and in some cases, has had an impact on relationships, both personal and professional.

- 12 per cent feel that their personal relationships had become more strained, and this group had the lowest mental health scores (-33.8)
- 70 per cent of respondents feel that there had been no change in their personal relationships since January 2020.
- 19 per cent feel that there had been an improvement in their personal relationships.



- Individuals identifying as South Asian are the most likely to have indicated an improvement in their personal relationships (44 per cent).
- Over three-quarters of respondents feel that there has been no change in their workplace relationships (77 per cent) while 10 per cent report an improvement in their workplace relationships.
- The lowest mental health score is among the 13 per cent of individuals reporting increased strain in their workplace relationships (-29.9).
- Data from April 2020 to July 2020 shows a worsening of mental health scores for most non-White demographic groups in June 2020, which corresponds to the period of heightened awareness of anti-Black racism in the United Kingdom and around the world.
- Increases in mental health scores are seen in the non-White groups in July 2020 as the broader impact of this awareness continues.

Racism in the United Kingdom

- Overall, 61 per cent of individuals believe that racism is a problem in the United Kingdom though only 13 per cent believe that racism is a problem in their workplace.
- When considering the results by race, 82 per cent of individuals identifying as East Asian strongly agree or agree that racism is a problem in their country, followed by individuals identifying as Black (76 per cent) and South Asian (76 per cent). Comparatively, 60 per cent of individuals identifying as White strongly agree or agree that racism is a problem in their country.
- The lowest mental health score (-16.3) is among those who strongly agree that racism is a problem in their country. The highest mental health score (-9.1) is among those who do not perceive racism to be a problem in their country.
- 13 per cent believe that racism is a problem in their workplace. 20 per cent are undecided.
- The lowest mental health score (-23.1) is among those who strongly agree that racism is a problem in their workplace. The highest mental health score is among individuals who do not perceive racism to be a problem in their workplace (-10).

A worsening of mental health scores for most non-White demographics is observed in June, with improvement in July 2020



- When considering the results by race, 36 per cent of individuals identifying as East Asian strongly agree or agree that racism is a problem in their workplace, followed by 34 per cent of South Asians and 30 per cent identifying as Black. Comparatively, 10 per cent of individuals identifying as White strongly agree or agree that racism is a problem in their workplace.
- Those who work for employers with between 2-50 employees are most likely to strongly disagree or disagree (79 per cent) that racism is a problem in their workplace.

Awareness of systemic racism

- 28 per cent of respondents feel that systemic racism is likely to decrease in the United Kingdom as a result of heightened awareness related to the high-profile death of Black American, George Floyd, while 36 per cent are unsure, and 35 per cent feel that systemic racism is unlikely to decrease.
- In the workplace, 19 per cent of individuals feel that systemic racism is likely to decrease, 37 are unsure, and 44 feel that it is unlikely that systemic racism will decrease.
- 27 per cent of respondents report an increased awareness of systemic racism over the past month while 38 per cent of individuals report that their thinking has not changed and 10 per cent indicate that they are less interested in the topic of systemic racism than before.

Additional data and analyses

Demographic breakdown of sub-scores, and specific cross-correlational and custom analyses are available upon request. Benchmarking against the national results or any sub-group, is available upon request. Contact MHI@morneaushepell.com

Over 60 per cent of individuals believe that racism is a problem in the United Kingdom though only 13 per cent believe that racism is a problem in their workplace



Overview of the Mental Health Index™

The mental health and wellbeing of a population is essential to overall health and work productivity. The Mental Health Index™ provides a measure of the current mental health status of employed adults in a given geography, compared to the benchmarks collected in the years of 2017, 2018 and 2019. The increases and decreases in the Index are intended to predict cost and productivity risks, and inform the need for investment in mental health supports by business and government.

The Mental Health Index™ report has three main parts:

1. The overall Mental Health Index™ (MHI), which is a measure of change compared to the benchmark of mental health and risk.
2. A Mental Stress Change (MStressChg) score, which measures the level of reported mental stress, compared to the prior month.
3. A Spotlight section that reflects the specific impact of current issues in the community.

Methodology

The data for this report was collected through an online survey of 2,000 Britons who are living in the United Kingdom and are currently employed or who were employed within the prior six months. Participants were selected to be representative of the age, gender, industry and geographic distribution in the United Kingdom. The same respondents participate each month to control for changes due to different samples. The respondents were asked to consider the prior two weeks when answering each question. The Mental Health Index™, which launched in April, is published monthly. The benchmark data was collected in 2017, 2018 and 2019. The data for the current report was collected between June 22 to June 30, 2020.

Collected through an online
survey of 2,000 Britons



Calculations

To create the Mental Health Index™, the first step leverages a response scoring system turning individual responses to each question into a point value. Higher point values are associated with better mental health and less mental health risk. Each individual's scores are added and then divided by the total number of possible points to get a score out of 100. The raw score is the mathematical mean of the individual scores.

To demonstrate change, the current month's scores are then compared to the benchmark and the prior month. The benchmark is comprised of data from 2017, 2018 and 2019. This was a period of relative social stability and steady economic growth. **The change relative to the benchmark is the Mental Health Index™. A score of zero in the Mental Health Index™ reflects no change, positive scores reflect improvement, and negative scores reflect decline.**

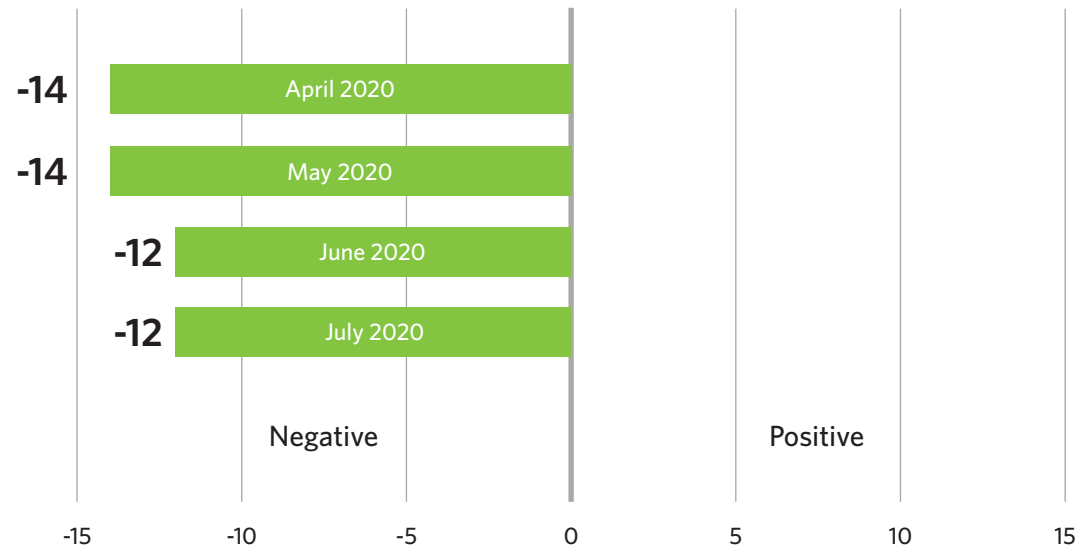
A Mental Stress Change score is also reported given that increasing and prolonged mental stress is a potential contributor to changes in mental health. It is reported separately and is not part of the calculation of the Mental Health Index™. The Mental Stress Change score is $(\text{Percentage reporting less mental stress} + \text{percentage reporting the same level of mental stress} * 0.5) * -1 + 100$. The data compares the current to the prior month. **A Mental Stress Change score of 50 reflects no change in mental stress from the prior month. Scores above 50 reflect an increase in mental stress, scores below 50 reflect a decrease in mental stress.** The range is from zero to 100. A succession of scores over 50, month over month, reflects high risk.



The Mental Health Index™

The Mental Health Index™ (MHI) is a measure of deviation from the benchmark⁵ of mental health and risk.

MHI		
Current month July 2020	-12	
June 2020	-12	
MHI sub-scores ⁶	July	June
Optimism	-16.5	-16.6
Anxiety	-14.9	-14.9
Depression	-14.6	-15.3
Work productivity	-12.8	-12.2
Isolation	-10.7	-10.9
Psychological health	-4.1	-3.5
Financial risk	3.8	5.4



The overall Mental Health Index™ is -12 and continues to reside below the benchmark for the fourth consecutive month. The current score of 62 is equivalent to the first percentile of the benchmark.

⁵ The benchmark reflects data collected in 2017, 2018 and 2019.

⁶ The demographic breakdown of sub-scores are available upon request.



Employment status	July	June
Employed (no change in hours/salary)	-10.4	-10.4
Employed (fewer hours compared to last month)	-17.2	-16.7
Employed (reduced salary compared to last month)	-18.9	-15.4
Not currently employed	-14.2	-16.6

Age group	July	June
Age 20-29	-18.2	-19.3
Age 30-39	-16.7	-16.8
Age 40-49	-14.2	-14.4
Age 50-59	-10.4	-9.8
Age 60-69	-5.7	-3.5

Number of children	July	June
No children in household	-10.7	-10.4
1 child	-15.4	-15.5
2 children	-15.7	-15.7
3 children or more	-18.3	-19.1

Numbers highlighted in **orange** are the most negative scores in the group.

Numbers highlighted in **green** are the least negative scores in the group.

Available upon request:

Specific cross-correlational and custom analyses

Region	July	June
England	-12.7	-12.4
Northern Ireland	-13.9	-15.6
Scotland	-10.4	-11.0
Wales	-10.3	-12.6

Gender	July	June
Male	-11.1	-10.8
Female	-14.2	-14.2

Income	July	June
Household income <£15K/annum	-20.2	-19.4
£15K to <£30K/annum	-17.6	-17.2
£30K to <£60K	-11.5	-11.8
£60K to <£100K	-9.0	-8.9
£100K and over	-2.0	-1.0

Number of adults in household	July	June
One adult in household	-16.3	-15.7
2 adults	-10.5	-10.5
3 adults	-13.4	-14.0
4 adults	-16.2	-13.6
5 adults or more	-12.1	-15.1

Racial identification	July
Black	-2.9
East Asian	-16.5
South Asian	-17.9
White	-12.4
Mixed (Other)	-18.4
Prefer not to answer	-10.9
Other*	-14.0

* Included in this category are Pacific Islander and Mixed (Black and other) as the minimum threshold for reporting was not met for each group.

Employer size	July
Self-employed/sole proprietor	-10.4
2-50 employees	-10.5
51-100 employees	-15.2
101-500 employees	-12.4
501-1,000 employees	-13.8
1,001-5,000 employees	-14.3
5,001-10,000 employees	-12.9
More than 10,000 employees	-10.9



The Mental Health Index™ (industry)

The mental health of individuals across industries can differ immensely depending upon market and societal conditions. The highest mental health scores are observed in Real Estate, Rental and Leasing (-5.5), Other services (except Public Administration) (-7.7), and Professional, Scientific and Technical Services (-9.1). Individuals working in Wholesale Trade (-20.2) have the lowest mental health scores followed by Food Services (-18.8), and Utilities (-16.5). Improvements from the prior month are shown in the table below:

Industry	July 2020 MHI	June 2020 MHI	Improvement
Other	-11.3	-15.6	4.3
Information and Cultural Industries	-12.7	-16.8	4.1
Arts, Entertainment and Recreation	-11.5	-14.6	3.2
Manufacturing	-9.7	-10.6	0.9
Professional, Scientific and Technical Services	-9.1	-10.0	0.9
Public Administration	-12.5	-12.6	0.2
Health Care and Social Assistance	-12.5	-12.6	0.1
Administrative and Support services	-13.4	-13.4	0.0
Educational Services	-12.2	-11.9	-0.4
Retail Trade	-14.8	-14.5	-0.4
Other services (except Public Administration)	-7.7	-7.0	-0.7
Food Services	-18.8	-17.8	-1.1
Finance and Insurance	-12.4	-10.7	-1.6
Real Estate, Rental and Leasing	-5.5	-3.8	-1.7
Construction	-13.8	-12.0	-1.8
Transportation and Warehousing	-12.7	-10.1	-2.7
Wholesale Trade	-20.2	-15.7	-4.6



The Mental Stress Change score

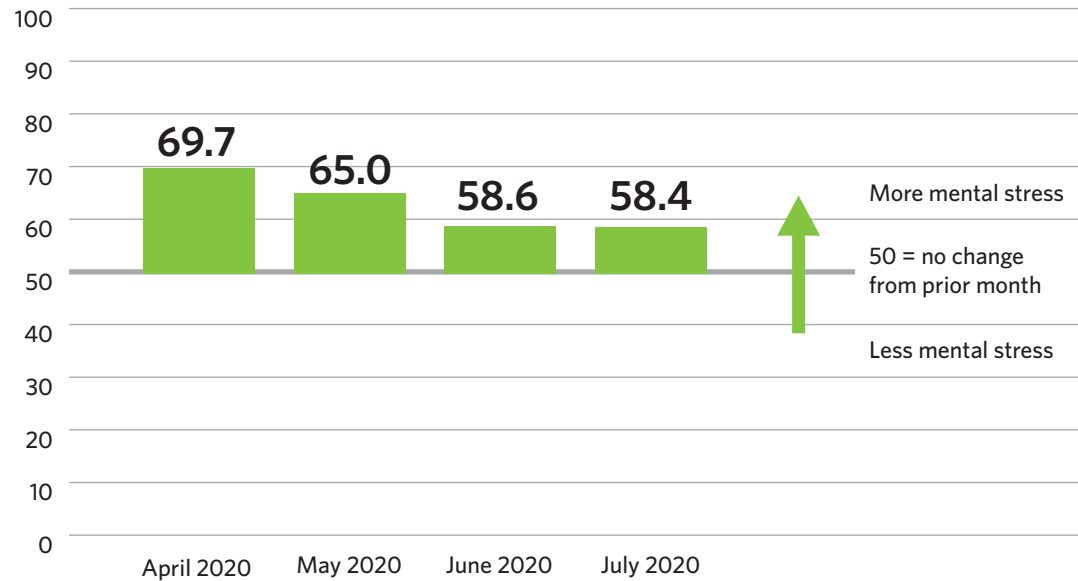
The Mental Stress Change (MStressChg) score is a measure of the level of reported mental stress, compared to the prior month.

MStress Chg

Current month July 2020	58.4
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June 2020	58.6
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The Mental Stress Change score for July 2020 is 58.4. This reflects an increase in mental stress compared to the prior month. The steepness of the increase has, however, been declining month-over-month. The current score indicates that 25 per cent of the population is experiencing more mental stress compared to the prior month, with 9 per cent experiencing less. An increase in the Mental Stress Change score in the last four months, when compared to the benchmark, indicates a significant accumulation of strain in the population.

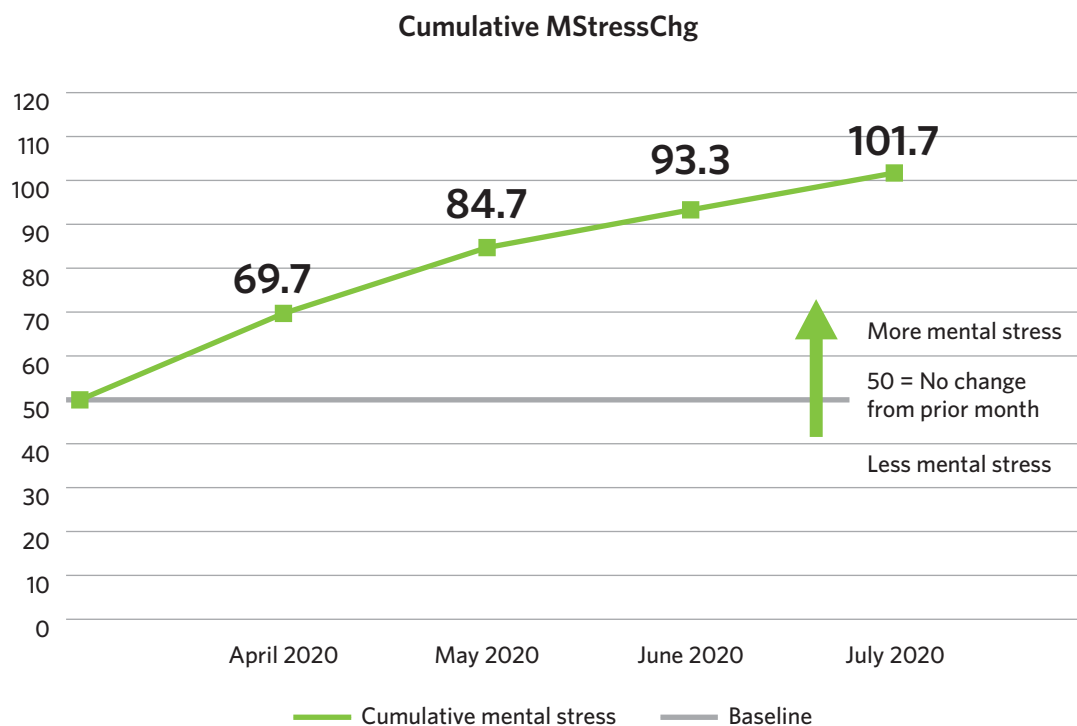




The Mental Stress Change (cumulative)

The Mental Stress Change Score (MStressChg) is a measure of the level of reported mental stress compared to the prior month. The change is rooted against a value of 50 implying no net mental stress change from the previous month, while values above 50 indicate a net increase in mental stress and values below 50 indicate a net decrease in mental stress.

The cumulative mental stress score is shown in the graph below:





Employment status	July	June
Employed (no change in hours/salary)	56.9	56.7
Employed (fewer hours compared to last month)	61.4	62.6
Employed (reduced salary compared to last month)	64.4	63.7
Not currently employed	57.8	56.2
Age group	July	June
Age 20-29	62.7	59.9
Age 30-39	61.6	61.5
Age 40-49	58.1	61.4
Age 50-59	57.4	56.8
Age 60-69	54.7	52.6
Number of children	July	June
No children in household	57.1	56.5
1 child	60.2	59.8
2 children	62.1	65.3
3 children or more	58.5	62.9

Numbers highlighted in **orange** are the most negative scores in the group.

Numbers highlighted in **green** are the least negative scores in the group.

Available upon request:

Specific cross-correlational and custom analyses

Region	July	June
England	58.4	58.4
Northern Ireland	57.6	58.3
Scotland	59.7	58.7
Wales	57.3	62.0
Gender	July	June
Male	58.3	58.0
Female	58.5	59.2
Income	July	June
Household income <£15K/annum	57.6	59.4
£15K to <£30K/annum	59.9	59.4
£30K to <£60K	58.7	59.0
£60K to <£100K	58.2	57.8
£100K and over	53.2	53.1
Number of adults in household	July	June
One adult in household	59.8	59.3
2 adults	58.0	58.2
3 adults	60.4	60.0
4 adults	58.1	56.8
5 adults or more	45.5	55.3

Racial identification	July
Black	52.2
East Asian	62.1
South Asian	55.0
White	58.6
Mixed (Other)	58.3
Prefer not to answer	50.0
Other*	62.8

* Included in this category are Pacific Islander and Mixed (Black and other) as the minimum threshold for reporting was not met for each group.

Employer size	July
Self-employed/sole proprietor	58.3
2-50 employees	56.6
51-100 employees	61.6
101-500 employees	58.9
501-1,000 employees	57.8
1,001-5,000 employees	60.6
5,001-10,000 employees	56.4
More than 10,000 employees	57.6



The Mental Stress Change (industry)

The mental health of individuals across industries can differ immensely depending upon market and societal conditions. The most favourable mental stress changes are observed in Other services (except Public Administration) (53.6), Real Estate, Rental and Leasing (54.7), and Information and Cultural Industries (55.8). The least favourable mental stress changes are found in Manufacturing (61), Wholesale Trade (60.9), and Retail Trade (60.5).

Mental Stress changes from the last two months are shown in the table below:

Industry	July 2020 MStress Chg	June 2020 MStress Chg
Other services (except Public Administration)	53.6	48.4
Other	54.6	59.6
Real Estate, Rental and Leasing	54.7	56.8
Information and Cultural Industries	55.8	52.1
Health Care and Social Assistance	56.6	59.0
Arts, Entertainment and Recreation	57.0	63.5
Finance and Insurance	57.4	53.6
Administrative and Support services	57.7	57.4
Transportation and Warehousing	58.3	61.2
Public Administration	58.5	60.1
Educational Services	58.5	59.0
Food Services	59.4	62.8
Professional, Scientific and Technical Services	59.6	60.4
Construction	59.6	60.2
Retail Trade	60.5	57.4
Wholesale Trade	60.9	61.5
Manufacturing	61.0	58.3

Impact of the COVID-19 pandemic on relationships

The effect of the COVID-19 pandemic has been widespread. Social distancing and isolation have led people to crave human interaction and in some cases, has had an impact on relationships, both personal and professional.

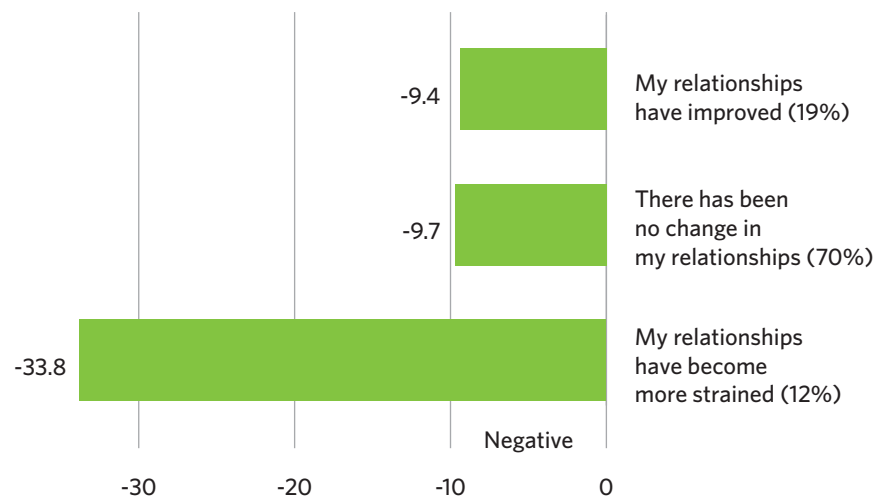
Nineteen per cent feel there has been an improvement in their personal relationships and 12 per cent feel that their personal relationships have become more strained. The lowest mental health score is observed among individuals who feel that their personal relationships have become more strained (-33.8), while those reporting improvements have a mental health score of -9.4 and those reporting no change have a mental health score of -9.7.

Individuals identifying as South Asian have the greatest likelihood of noting an improvement in personal relationships (44 per cent).

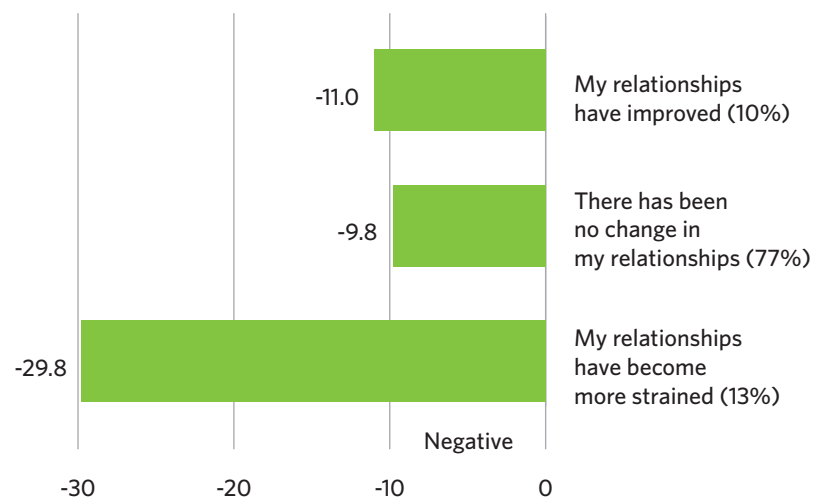
With respect to the workplace, the worst mental health scores are among the 13 per cent reporting increased strain in their workplace relationships (-29.8) while 10 per cent reported an improvement in their workplace relationships. The best mental health score (-9.8) is among those who feel that there has been no change in their workplace relationships.

Individuals identifying as South Asian had the greatest likelihood of noting an improvement in personal relationships (24 per cent).

Personal relationship changes and MHI



Workplace relationship changes and MHI





Racism and Mental Health

Mental health trends by race

From April to July 2020, Mental health scores improved for only two racial groups, Black (5.1 point increase) and White (1.3 point increase). Decreases were seen in all other racial groups with the largest decreases being for East Asians (3.1 point decline), South Asians (0.9 point decline), and Black (2.0 point decline).

Considering May to June 2020, a decline in mental health scores was seen for all racial groups but White (1.4 point increase). The June data coincides with the height of awareness of the death of Black American, George Floyd, and the ensuing response. From June to July 2020, there was improvement in the mental health scores of those who identify as Black (5.1 point increase) and South Asian (1.0 point increase) and modest decreases for other groups but for East Asians whose mental health scores decline 3.5 points.

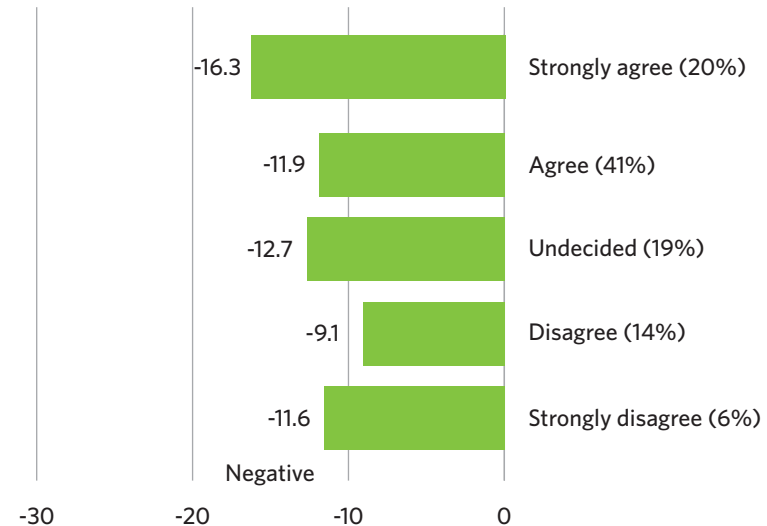
Racism in the United Kingdom and in the workplace

Sixty-one per cent of individuals believe that racism is a problem in the United Kingdom. The highest mental health scores are among individuals who do not perceive racism to be a problem in their country.

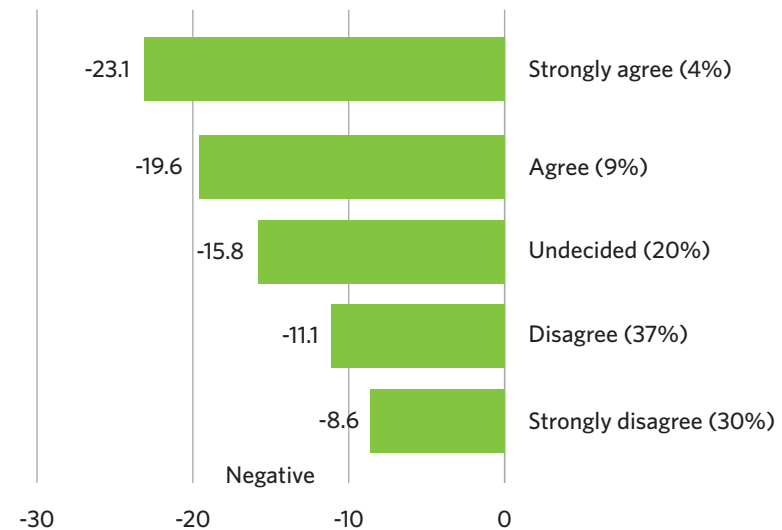
13 per cent of respondents believe that racism is a problem in their workplace and 20 per cent are undecided. The highest mental health score is among individuals who do not perceive racism to be a problem in their workplace.

Employers with between 2-50 employees are most likely to not perceive racism to be problem in their workplace (79 per cent).

Racism is a problem in my country: MHI scores



Racism is a problem in my workplace: MHI scores





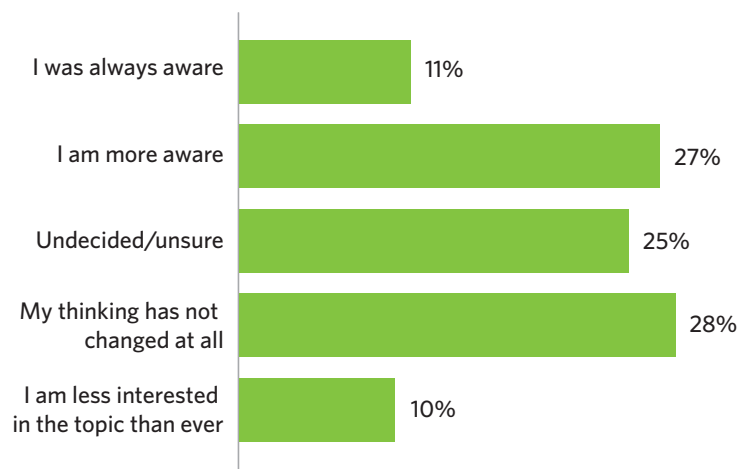
Awareness of systemic racism

Respondents were asked how likely they feel that systemic racism will decrease in the United Kingdom as a result of heightened awareness related to the death of Black American, George Floyd. Twenty-eight per cent of respondents feel that systemic racism is likely to decrease in the United Kingdom, while 36 per cent are unsure, and 35 per cent feel that systemic racism is unlikely to decrease. In the workplace, 19 feel it likely that systemic racism will decrease, 37 per cent are unsure, and 44 per cent feel that it is unlikely that systemic racism will decrease.

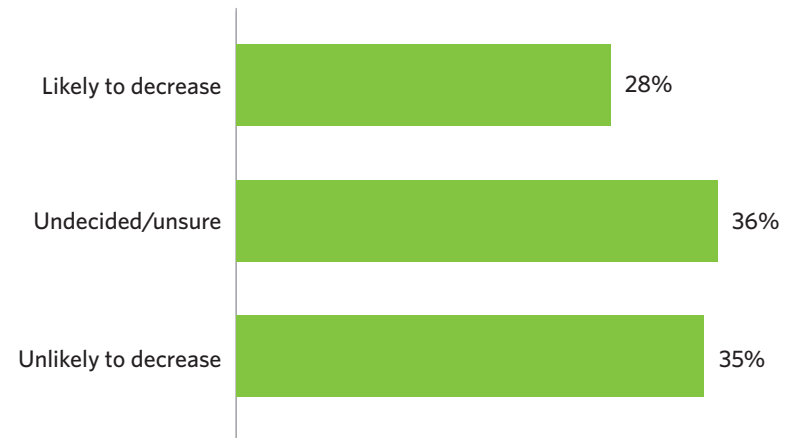
Changes in thinking about systemic racism

Twenty-seven per cent of respondents report an increased awareness of systemic racism over the past month while 28 per cent of individuals report that their thinking has not changed and 10 per cent indicate that they are less interested in the topic of systemic racism than before.

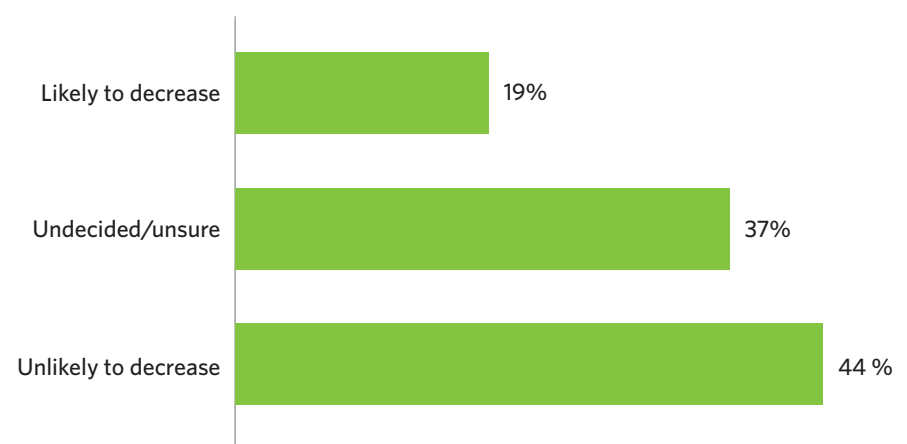
How much your thinking regarding systemic racism changed over the past month?



Will systemic racism decrease in your country as a result of heightened awareness related to Geoge Floyd?



Will systemic racism decrease in your workplace as a result of heightened awareness related to Geoge Floyd?



Implications

The current scores for The Mental Health Index™ are a clear warning regarding the mental health impact of race relations and the pandemic. The Index shows a significant decrease in the mental health in the United Kingdom. We also see a significant increase in mental stress compared to the prior month and a definitive link to issues related to the COVID-19 pandemic. While the physical health risk of COVID-19 is the focus of much attention, the mental health impact requires similar attention and action. Well after the risk of infection reduces, the mental health impact may remain. This has implications for the quality of life of individuals, the stability of families, the risk of health and disability costs for organizations as well as the level of participation in the economy, which is a concern for government, given its impact on the speed of economic recovery.

To address this situation, action is required on at least three levels:

1. **Individuals** need to attend to the impact of the pandemic on their mental health. While some strain would be expected as a result of such a massive change, feeling overwhelmed and unable to cope, or feeling stuck and unable to adapt, are clear warning signs requiring support from a trusted confidant or a counselling professional.
2. **Businesses** need to attend to the risk among employees. The Mental Health Index™ measures the mental health risk and status of the working population. The current scores suggest a risk to the longer-term wellbeing of employees, which may impact business productivity, health costs and disability absence. Business would do well to increase the focus on mental health through communication that increases the awareness of mental health warning signs, campaigns to reduce the stigma of seeking mental health support, and the promotion of health plans and public resources.
3. **Governments** need to attend to the mental health of the population. A population under strain is less likely to participate fully in the economy. The current focus on health and safety needs to expand to include a significant focus on mental health. This should include clear messages regarding coping strategies and the promotion of public resources.

The Mental Health Index™ is published monthly, and measures trends over time.

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