



MENTAL HEALTH AT WORK RESEARCH

One in 5 people take time off work due to mental health and 92% of employees feel that mental health is a very important issue, while an alarming 48% of employees feel their workplace is a mentally unsafe place to work. ShareTree conducted research in workplaces regarding Promotion, Prevention and Early Intervention (PPEI) for Mental Health Support and the effects of Emotional Pulse technology. (February 2022)

Leadership

Mental Health Support Transparency



70%

of Leaders in workplaces report having low or no transparency about their team's mental health

86%

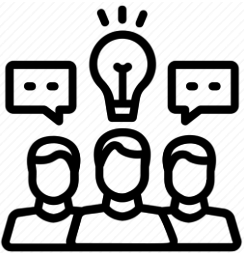
more transparency reported by Emotional Pulse Leaders

100%

Emotional Pulse Leaders report significantly improved transparency for who to support

Promotion

Team Mental Health Awareness



Promotion is fostering individual and team awareness as a community approach to support which eliminates damaging stigma and shame.

81%

of Emotional Pulse users said they felt more aware and had greater influence over their emotional state

88%

of Emotional Pulse users said they were more aware of their own state compared to the team

Promotion

Daily Emotional Awareness



49%

of people in the workplaces don't notice their daily emotional state

61%

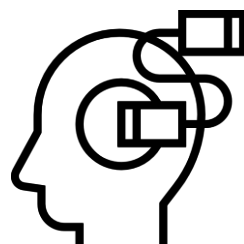
higher daily emotional awareness reported by Emotional Pulse users

85%

of Emotional Pulse users said it increased their emotional awareness

Promotion

Invited Timely Support



71%

of people in the workplaces need support in times of distress within a week

26%

more immediate invitations for support when Emotional Pulse users are distressed

70%

of Emotional Pulse users said it's easier & quicker to notice when they should reach out for support



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Prevention

Check-in Frequency



56%

of people in the workplaces said check-ins rarely or never occurred

83%

higher check-in frequency reported by Emotional Pulse workplaces

81%

of Emotional Pulse users said it increased check-ins from their organisation and support network

Prevention

Feeling Connected and Supported



44%

of people in the workplaces said they feel alone & unsupported when in distress

19%

higher connection and support reported by Emotional Pulse workplaces

73%

of Emotional Pulse users said they felt less alone & more connected when in states of distress

Early Intervention

Accessing Support in Times of Need



42%

of people in the workplaces said it was difficult to access support when needed

116%

increase reported by Emotional Pulse users in making access to support very easy

77%

of Emotional Pulse users said they felt more supported in times of challenge

Early Intervention

Quality of Skilled Support



53%

of people in the workplaces said they don't have access to skilled support

26%

more access to skilled support in times of need reported by Emotional Pulse users

62%

of Emotional Pulse users said access to higher quality skilled support was noticeably improved

Mental health issues in the workplace are reduced through Promotion, Prevention and Early Intervention (PPEI). Emotional Pulse is a cutting-edge technology and certified training solution that builds motional awareness, transparency, capability and trusted connections between people, leaders, skilled first responders and professional support through technology, training, reporting and artificial intelligence. [Click here to learn more](#)