



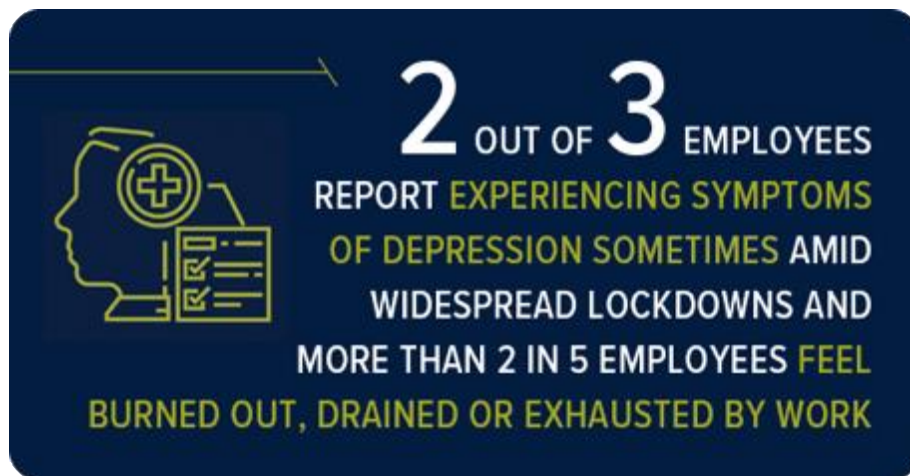
SHRM COVID-19 Research

Mental Health of U.S. Workforce Under Severe Strain

The COVID-19 pandemic has put unprecedented strain on workers' mental health, according to [new research](#) by the Society for Human Resource Management (SHRM). The research finds that a majority of employees are experiencing symptoms of depression, but very few are receiving care.

Key Research Findings:

Workforce Under Stress



Few Receiving Care

37% OF EMPLOYEES **HAVEN'T**
DONE ANYTHING TO COPE WITH
DEPRESSION-RELATED SYMPTOMS
AND ONLY 7 PERCENT HAVE **REACHED**
OUT TO A MENTAL HEALTH PROFESSIONAL



How Policymakers Can Help

Policymakers can increase access to telehealth services by:

- **ALLOWING FOR TELEHEALTH TO BE OFFERED AS A STANDALONE BENEFIT**, enabling employers to offer this type of coverage to all employees, including part-time workers
- **ELIMINATING STATE BARRIERS TO TELEHEALTH** (such as video-only rules and requirements that patients have a prior relationship with the physician)
- **PERMIT LICENSED PROVIDERS TO SEE PATIENTS VIA TELEHEALTH ACROSS STATE LINES**

Find all of SHRM's COVID-19 resources [here](#).

Contact: Governmentaffairs@shrm.org

advocacy.shrm.org

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