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

2 OUT OF 3 EMPLOYEES REPORT EXPERIENCING SYMPTOMS OF DEPRESSION SOME TIMES AMID WIDESPREAD LOCKDOWNS AND MORE THAN 2 IN 5 EMPLOYEES FEEL BURNED OUT, DRAINED OR EXHAUSTED BY WORK
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

SHRM, the Society for Human Resource Management, creates better workplaces where employers and employees thrive together. As the voice of all things work, workers and the workplace, SHRM is the foremost expert, convener and thought leader on issues impacting today’s evolving workplaces. With 300,000+ HR and business executive members in 165 countries, SHRM impacts the lives of more than 115 million workers and families globally. Learn more at SHRM.org and on Twitter @shrm.