

In Canada, COVID-19 shifts views on mental health in the workplace

INSIGHT 1

Employees feel their mental health is suffering due to COVID-19

50% report their mental health has been negatively affected

INSIGHT 2

Employers are taking action to support mental health



of employers have added mental health resources, waived fees, and/or opened a dialogue around workplace mental health

INSIGHT 3

Employees are more open to remote forms of mental healthcare

Open to virtual care

62% today vs. **40%** in October 2019¹

INSIGHT 4

Young employees are the most negatively impacted

52% aged 18-34 vs. **37%** aged 65 and older

Teladoc Health meets the demand for mental health needs²



80% year-over-year increase in contracted new members

61% of all cases are ages 39 and under

Read more and learn how virtual care is meeting a growing need for access to mental healthcare.

TeladocHealth.com/mental-health-Canada
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