

The State of Mental Health

National Survey of Millennials and Gen Z

1.27.21



Taking the pulse of
Anxious America.

A woman with long blonde hair is lying in bed, looking thoughtful. She has her hand on her head. The background is a striped pillow and a patterned blanket. The overall mood is contemplative and serene.

Project Healthy Minds is a non-profit confronting one of the defining issues of our generation: the mental health crisis.

State of Mental Health

Survey Methodology

1056

Respondents

27

Questions

18-34

Young Adults in the US

+/- 3.041%

Margin of Error

Fielded 11/15/20 via SurveyMonkey Audience

Key Findings

Key Findings

- **Near universal feelings of anxiety: Nearly all (96%) of respondents 18-34 report experiencing some level of anxiety in their lives today**, with almost half (48%) saying they experience feeling anxiety frequently or all the time.
- **Work and financial security are the primary drivers of anxiety for young people** – even more so than the pandemic itself – with 40% citing work/financial security as the primary sources of anxiety.
- **Prioritizing employee mental health is the next big issue for employers** – 2-in-3 young people take their mental health into consideration when evaluating an employer or job opportunity. But only 26% of respondents say their employers have implemented programs to support mental health during the pandemic.
- **38% of respondents 18 to 34 say their mental health has worsened since this time last year.**
 - **This is even more acute for women:** One-third of young women report their current mental health as only fair or poor and are significantly more likely than men to indicate their mental health worsened over the last year.
 - **The LGBTQ community is being hit hard** with over two-thirds of respondents rating their mental health as fair or poor and a majority – 53% – indicating their mental health has worsened over the last year.

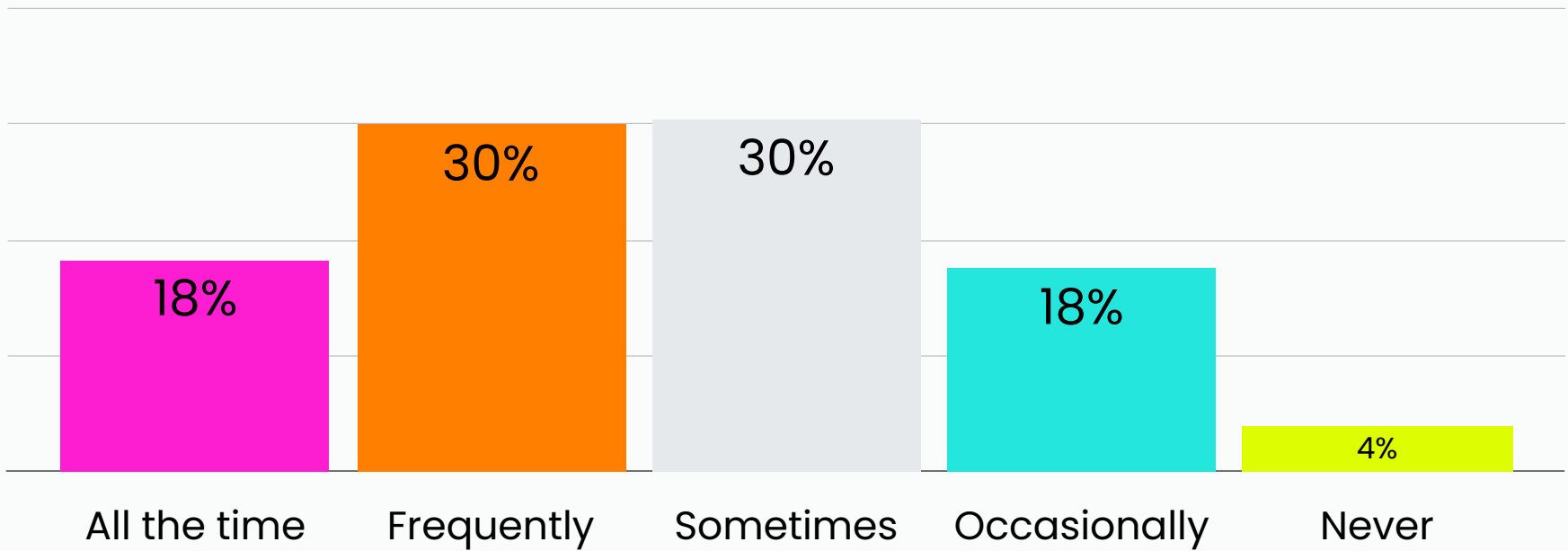
Key Findings

Feelings of anxiety are near-universal:

96% report experiencing at least some anxiety

48% experience it at least frequently

Respond to the following statement: I experience anxiety.



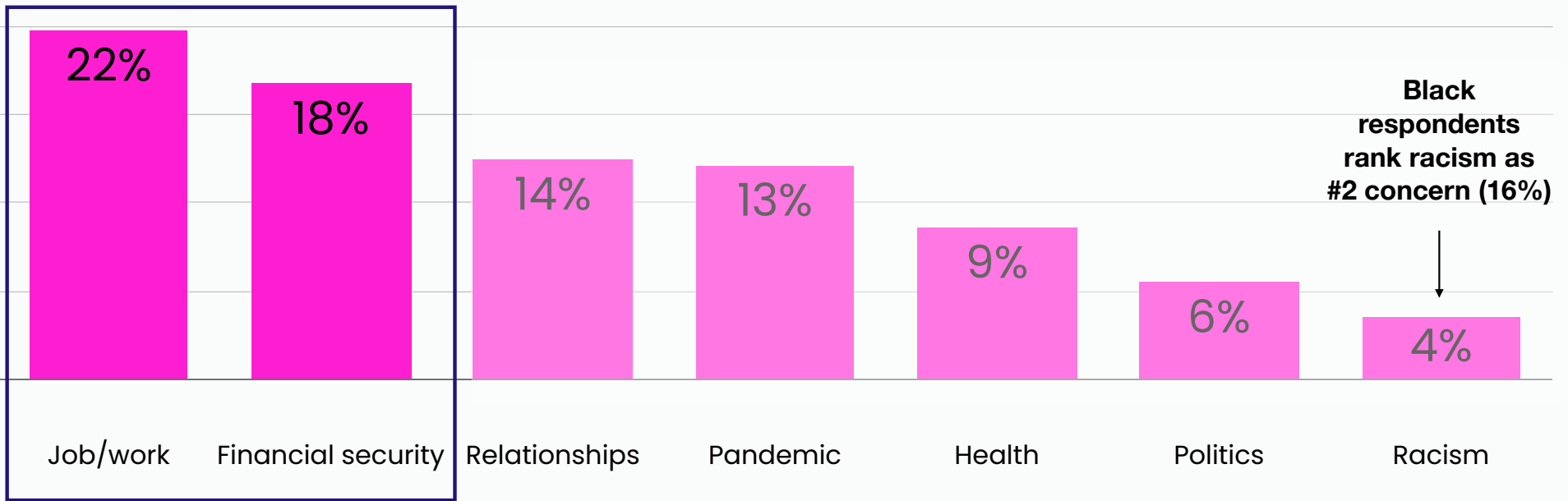
Key Findings

What's driving widespread feelings of anxiety?

Work and finances are top sources of anxiety

40% say work/financial security cause most anxiety / 13% say pandemic is top driver

What is your PRIMARY source of your anxiety?

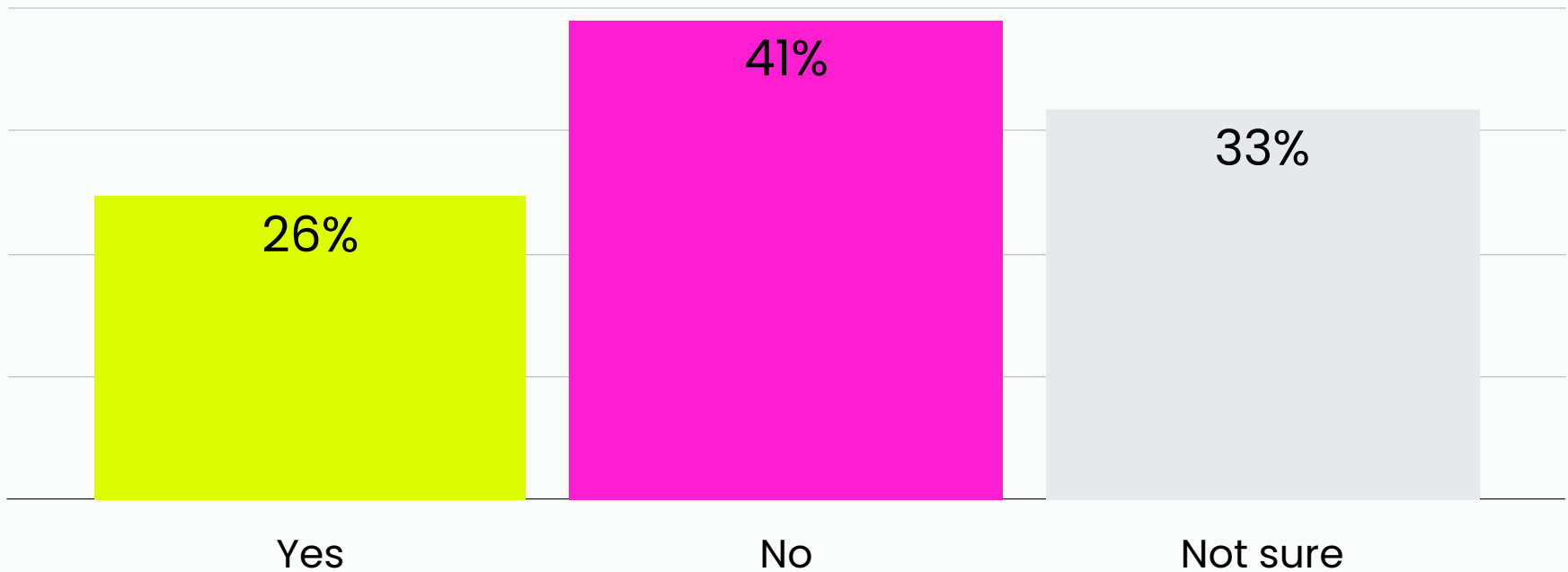


Key Findings

How are employers responding?

Only 26% say employers have implemented programs to support mental health during the pandemic

Has your employer implemented new programs or offerings designed to support mental health since the pandemic began?

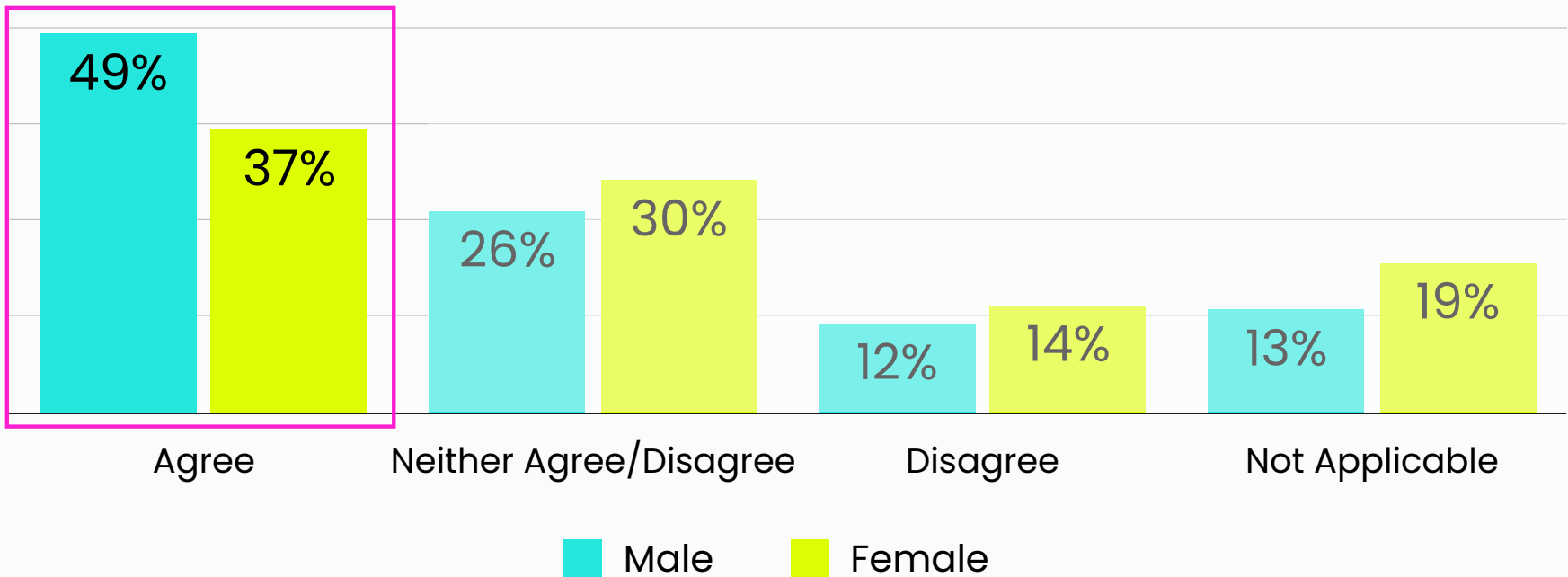


Key Findings

Women feel less supported by employers:

37% of women agree their employers support their mental health vs. 49% of men

Respond to the following statement: My employer (company, management, etc.) is supportive of my mental health.



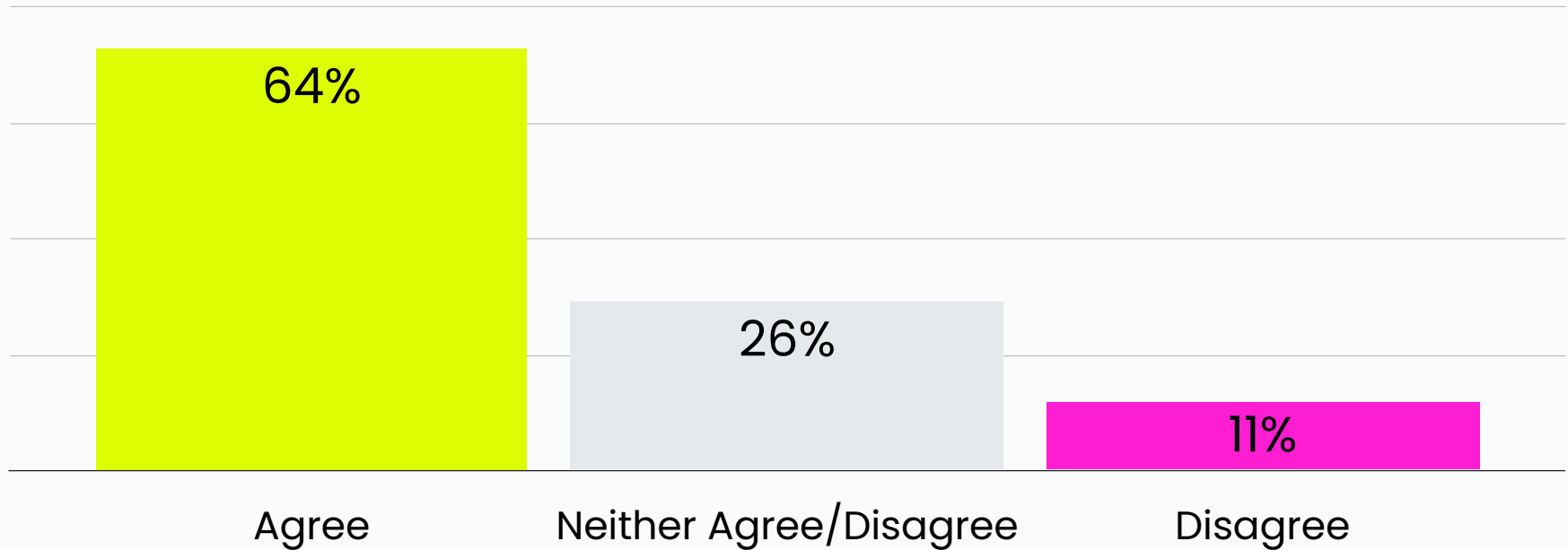
Key Findings

Prioritizing mental health is the next big issue for employers:

2 in 3 consider mental health when evaluating jobs / employers

Companies that fail to prioritize mental health will face hiring challenges

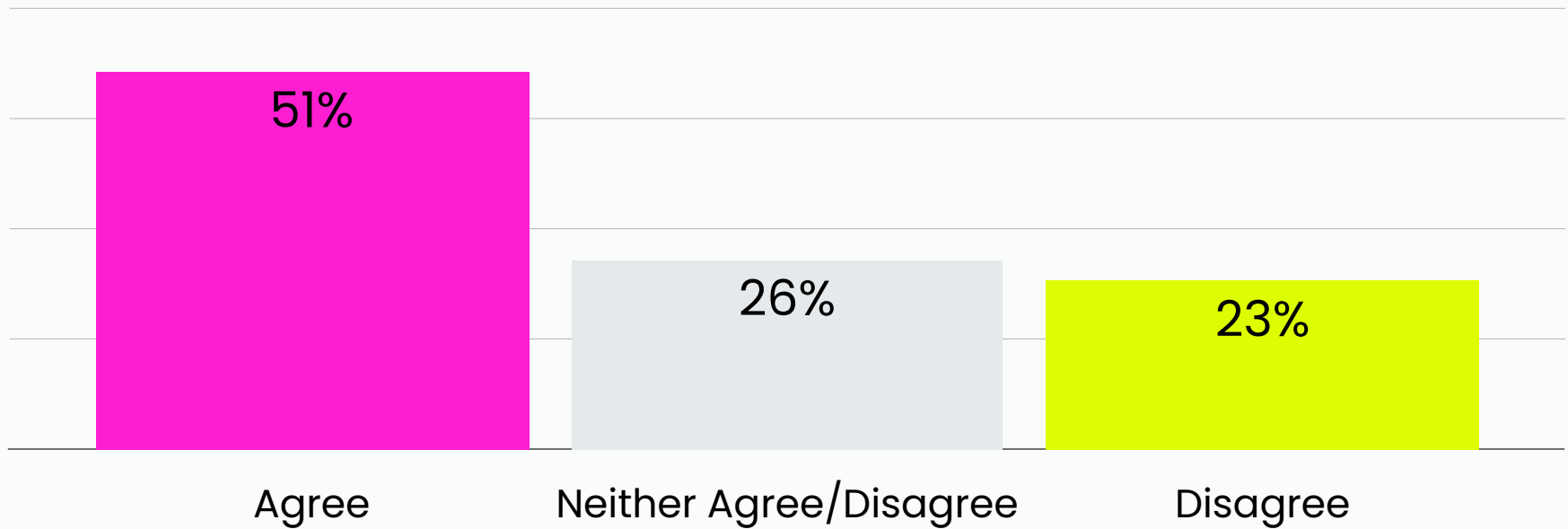
Respond to the following statement: I take my mental health into account when considering a job and/or employer.



Key Findings

Majority are concerned about the state of their mental health

Respond to the following statement: I am concerned about the state of my mental health.

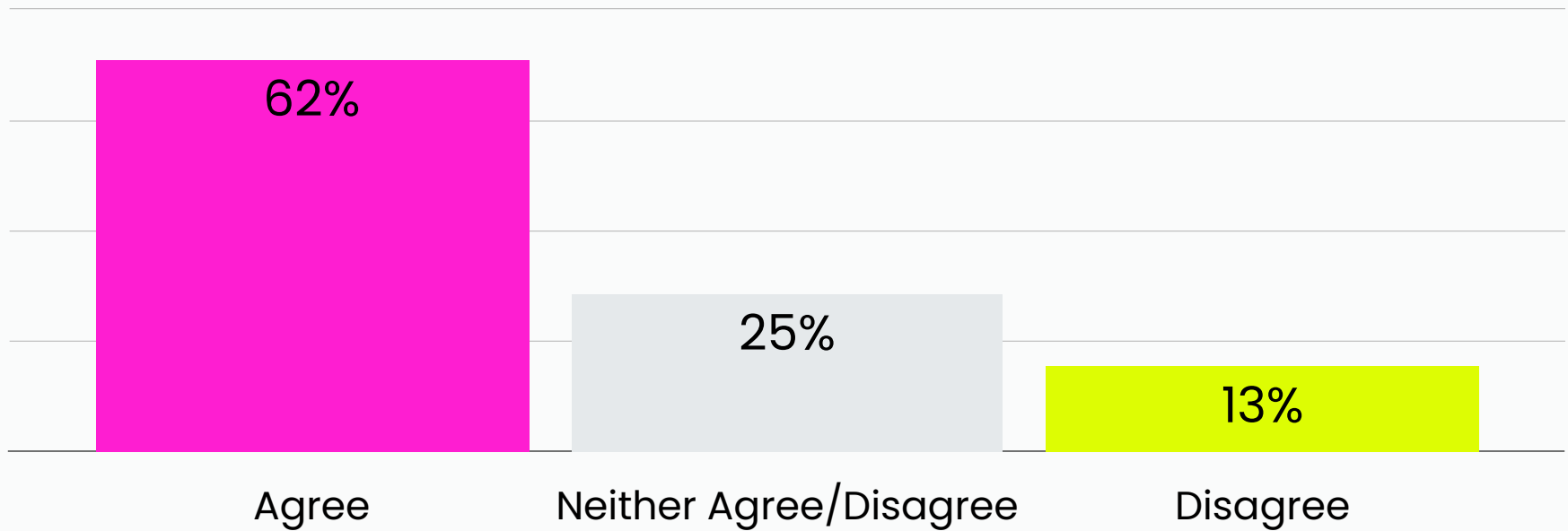


Key Findings

Concern over friends mental health weighs heavily:

62% are concerned about the mental health of their friends

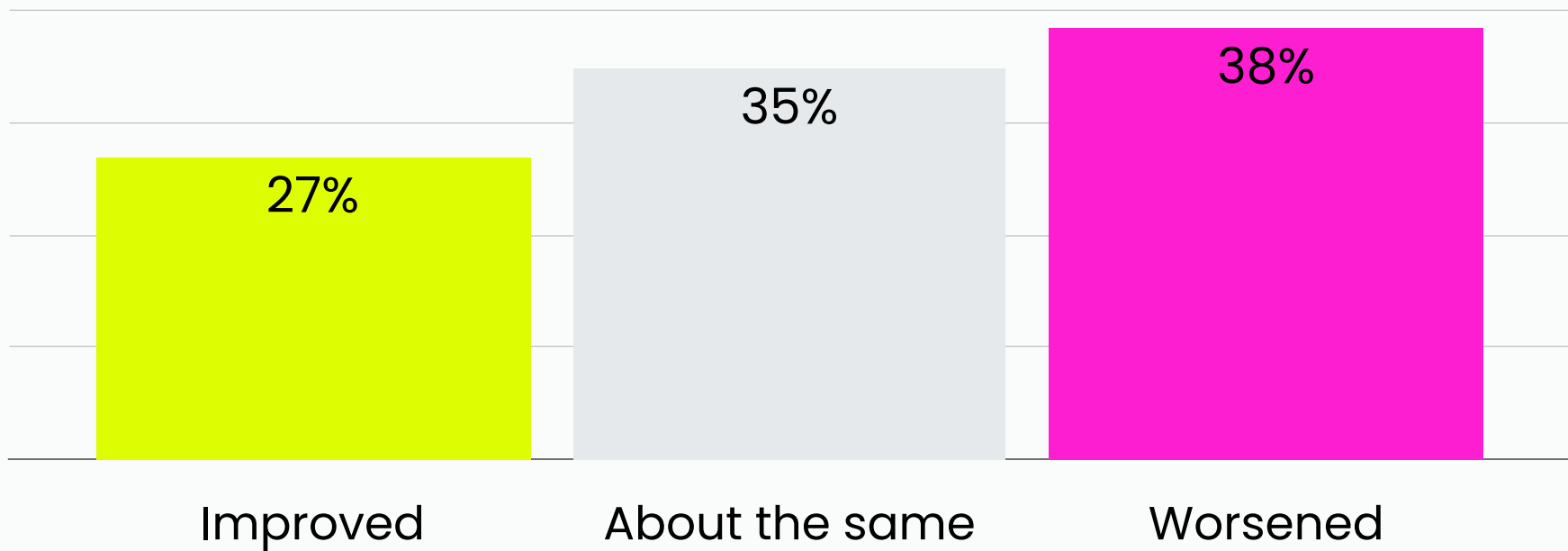
Respond to the following statement: I am concerned about the mental health of my friends.



Key Findings

38% say their mental health has worsened compared with this time last year

How has the state of your mental health changed compared with this time last year?

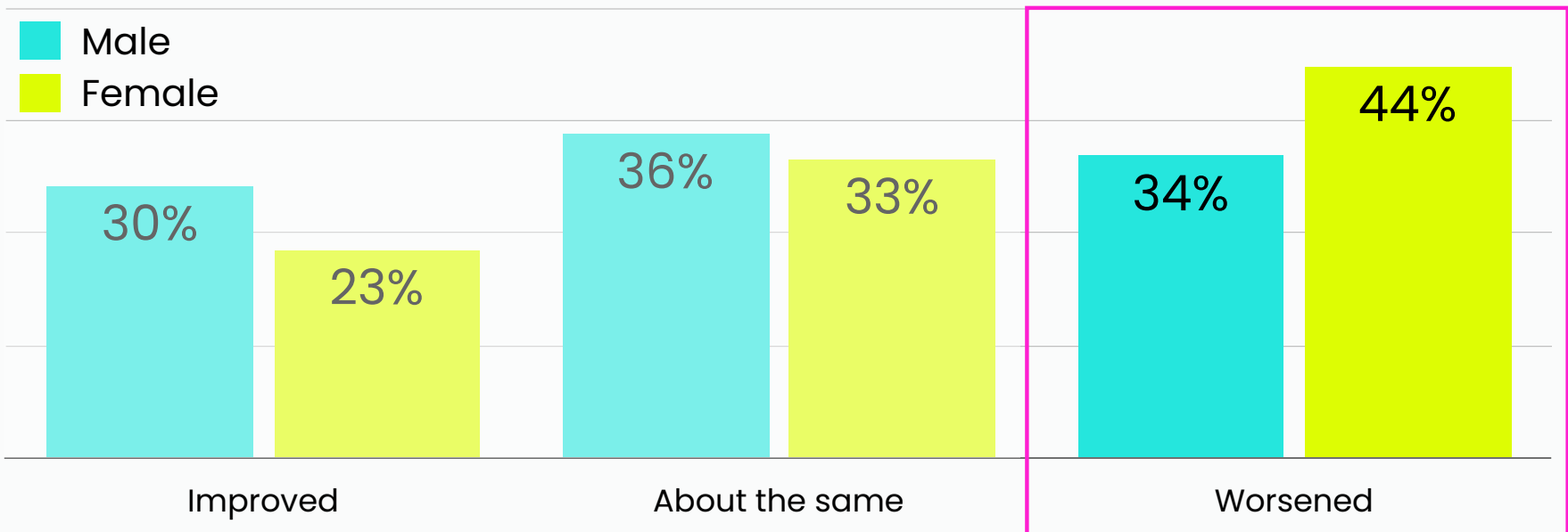


Key Findings

Women report more acute mental health challenges:

44% of women report their mental health has worsened in the last year

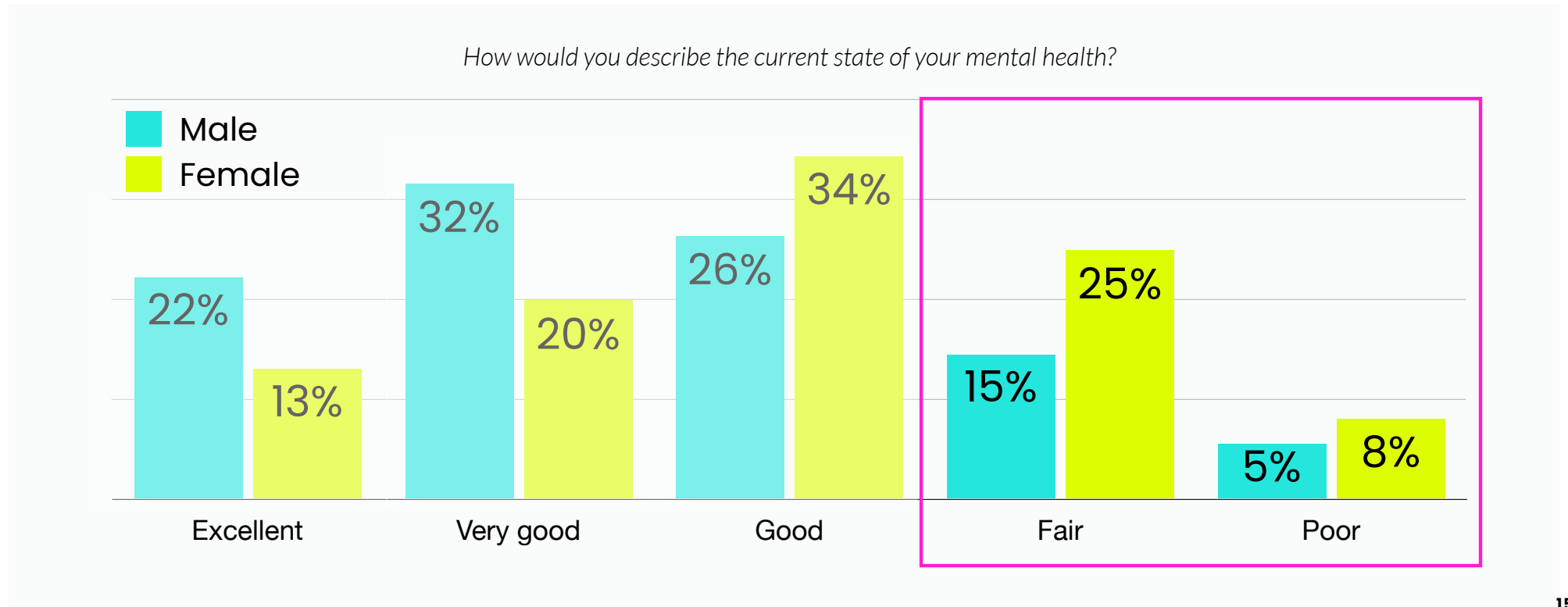
How has the state of your mental health changed compared with this time last year?



Key Findings

1 in 3 women rate their mental health as fair or poor

Women report their mental health more negatively than men across every category

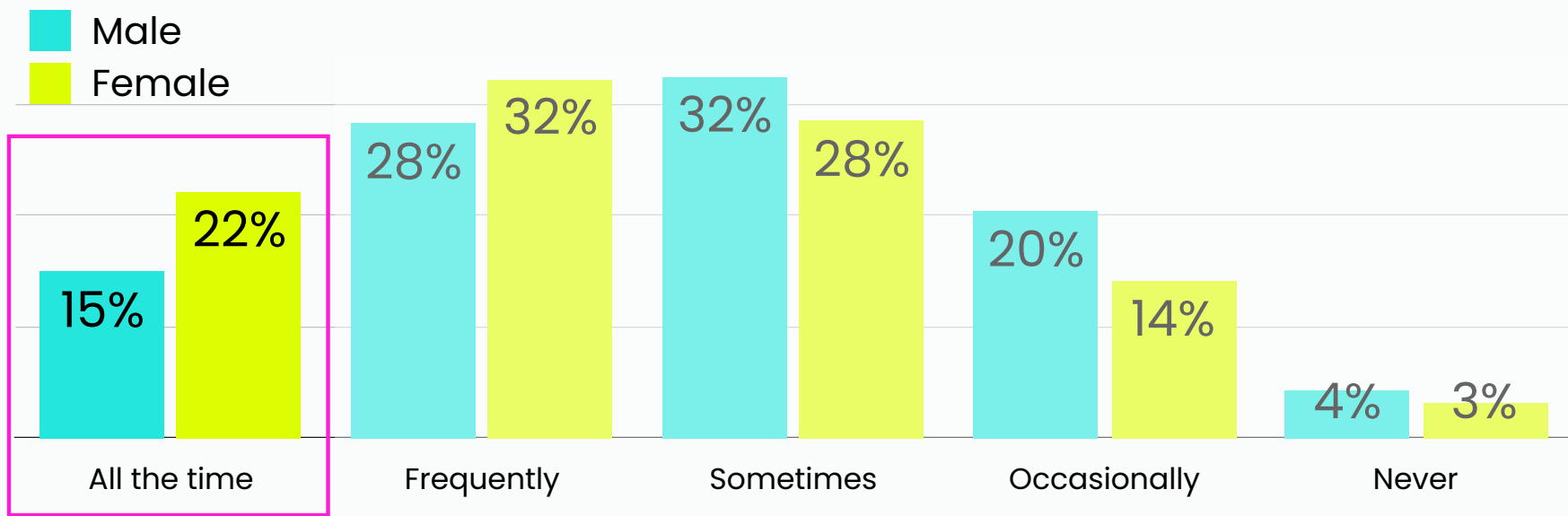


Key Findings

Women report feeling anxiety more frequently

22% of women report feeling anxious all the time

Respond to the following statement: *I experience anxiety.*

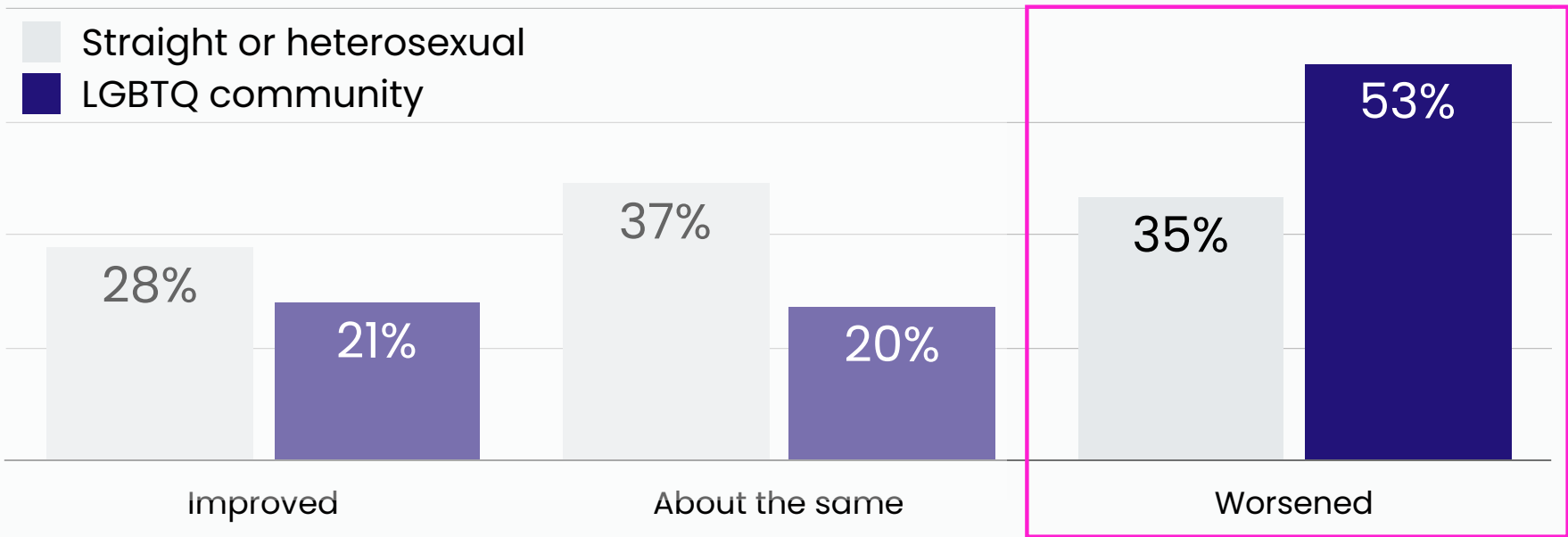


Key Findings

The LGBTQ community is hit even harder by the mental health crisis:

53% of people identifying with the LGBTQ community report their mental health has worsened in the last year

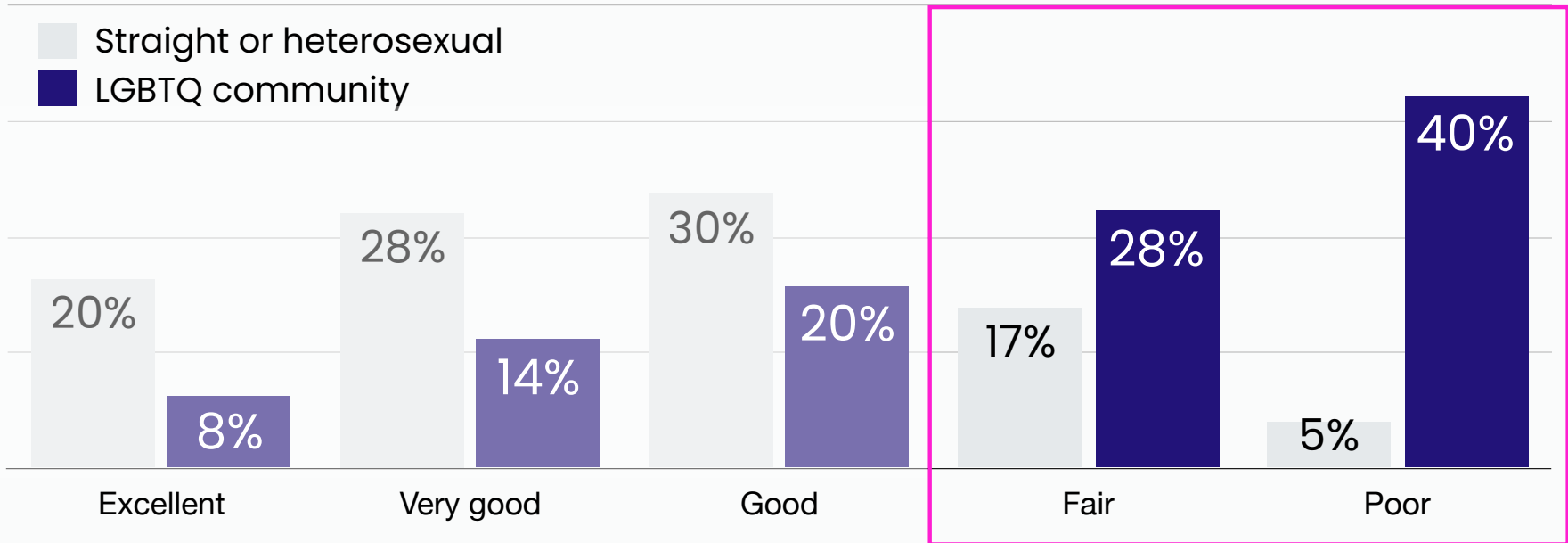
How has the state of your mental health changed compared with this time last year?



Key Findings

2 in 3 who identify with the LGBTQ community rate their mental health as fair or poor

How would you describe the current state of your mental health?

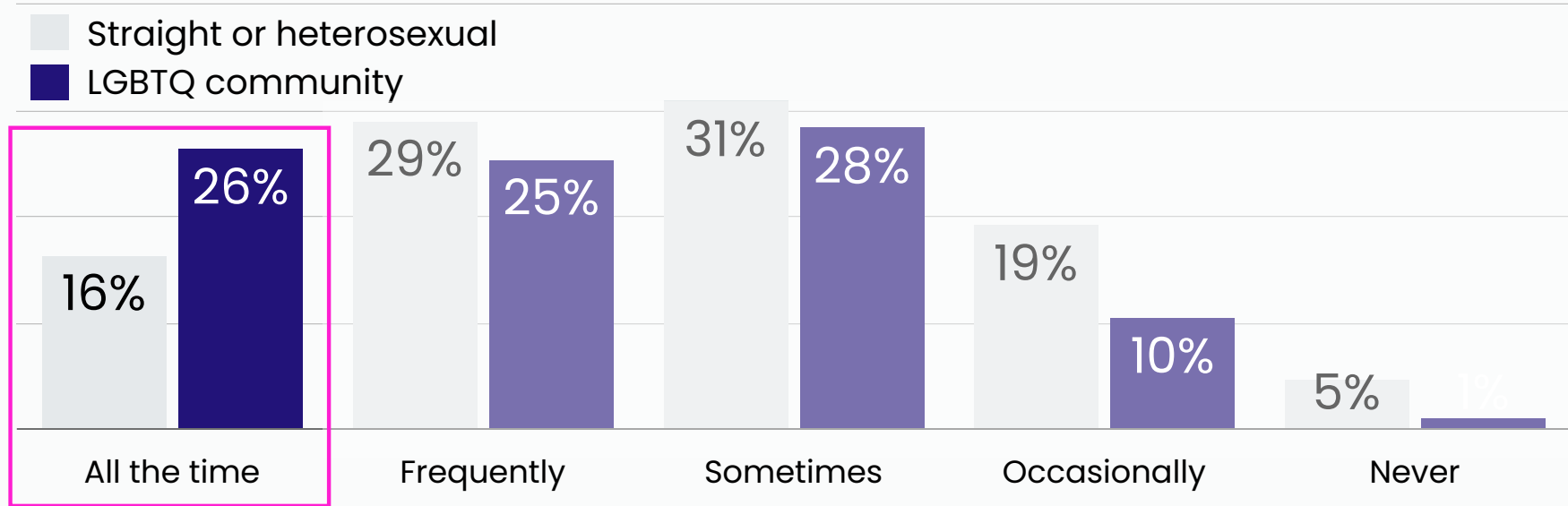


Key Findings

People who identify with the LGBTQ community report more frequent feelings of anxiety

26% report feeling anxious all the time vs. 16% of straight/heterosexual respondents

Respond to the following statement: I experience anxiety.



Additional Findings

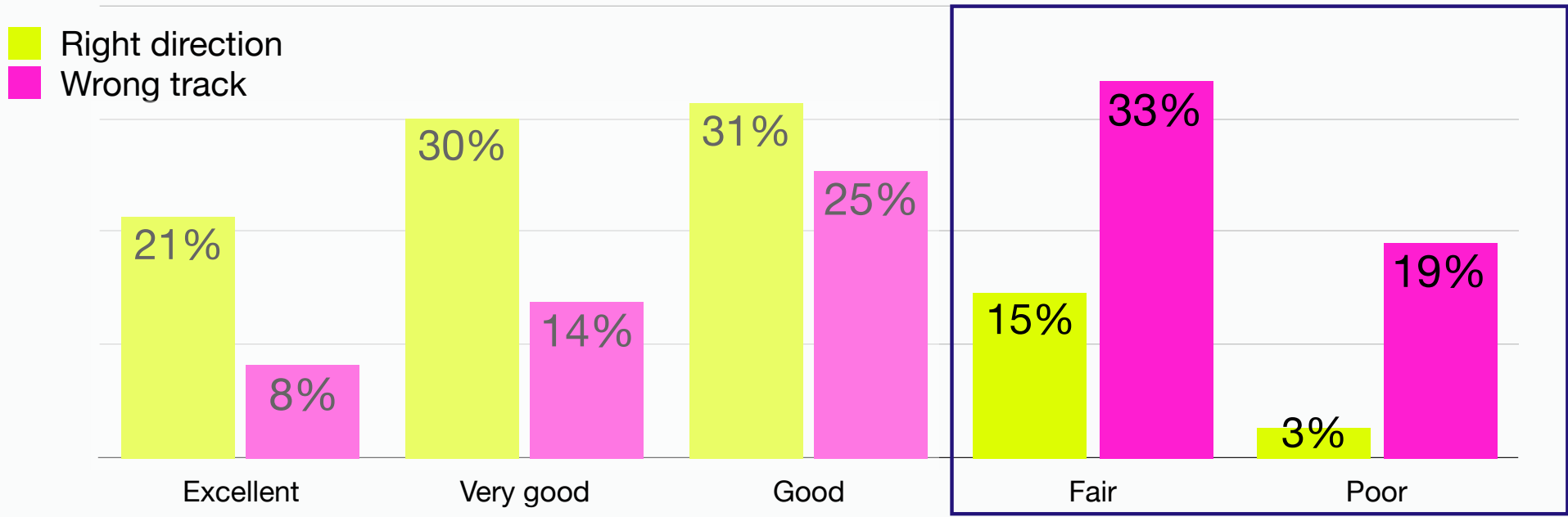


Mental Health *X The Moment*

Mental health and general outlook are linked:

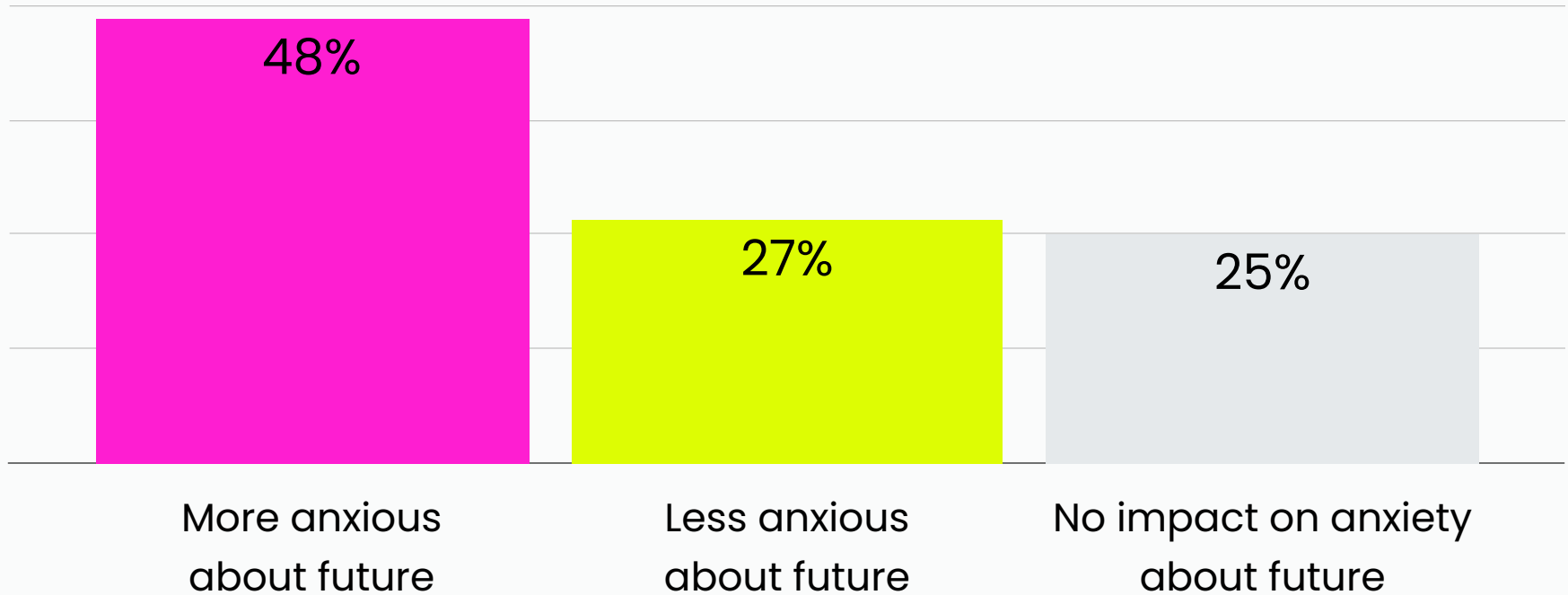
Majority on “wrong track” report only fair or poor mental health

Do you think things in your life are headed in the right direction, or have they gotten off on the wrong track?



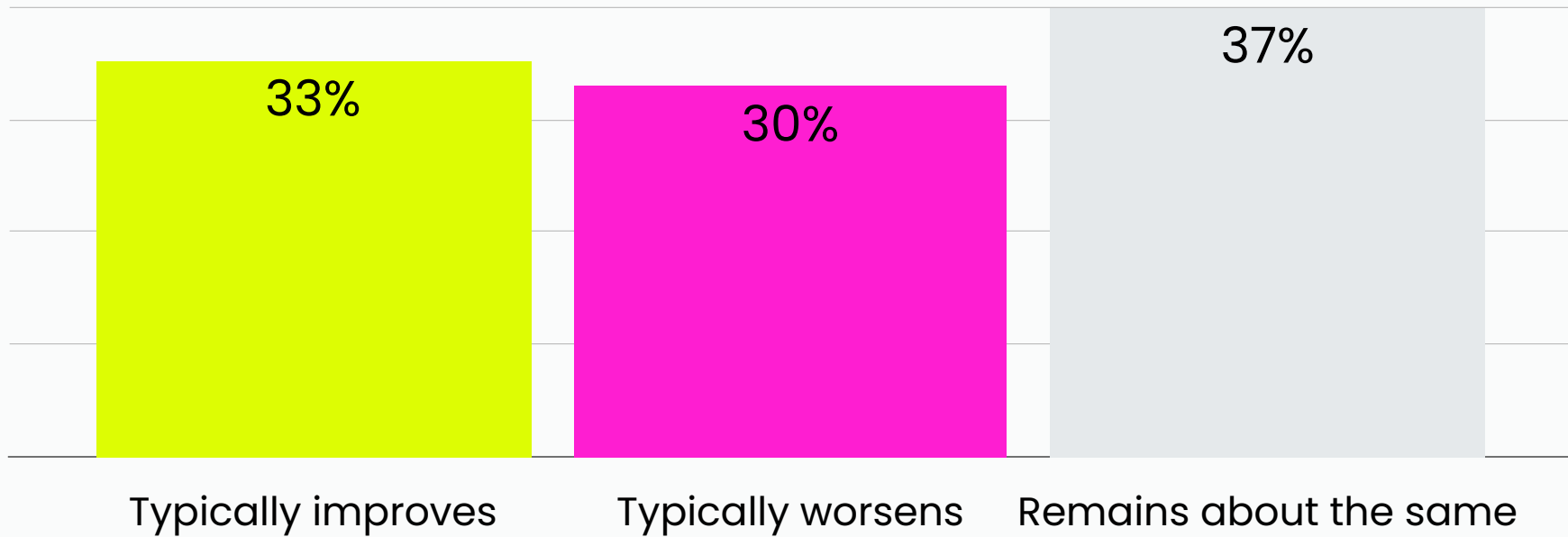
Nearly 1 in 2 feel anxious about the possibility of new COVID-19 lockdowns and restrictions

How does news about the possibility of new COVID-19 lockdowns and restrictions change your mental health outlook?



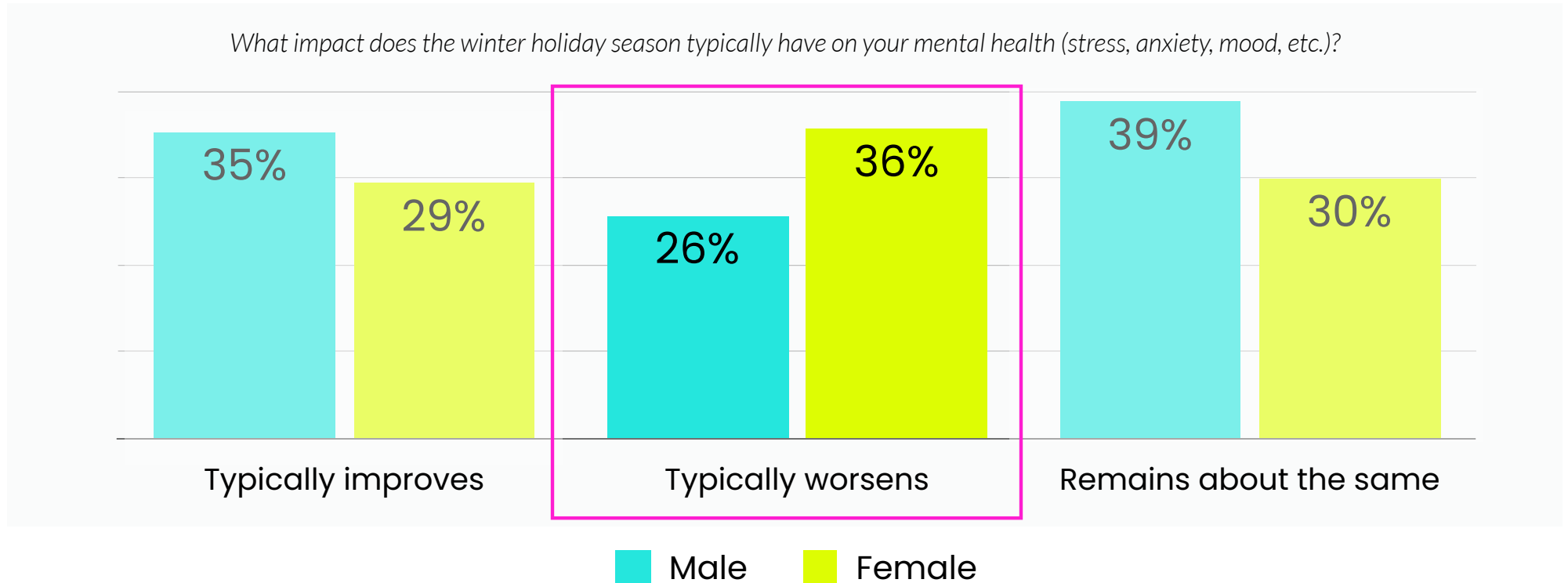
Mixed feelings about the winter holiday season: 33% typically see mental health improve / 30% typically worsens

What impact does the winter holiday season typically have on your mental health (stress, anxiety, mood, etc.)?



Women are more likely to say the winter holiday season negatively impacts their mental health than men

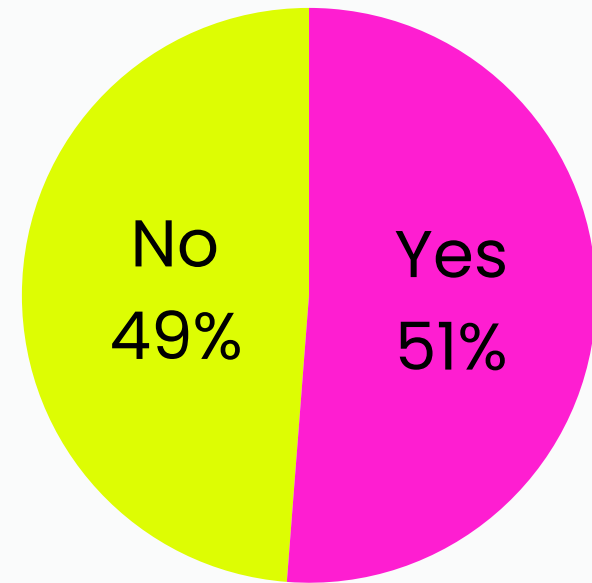
36% of women say mental health worsens vs. 26% of men



What's Keeping People From Finding Help

A person wearing a denim jacket is shown from the chest down, with their hands clasped in their lap. The background is dark and out of focus, suggesting an indoor setting. The overall mood is somber and contemplative.

Majority say pandemic has made it more difficult to get mental health services and support



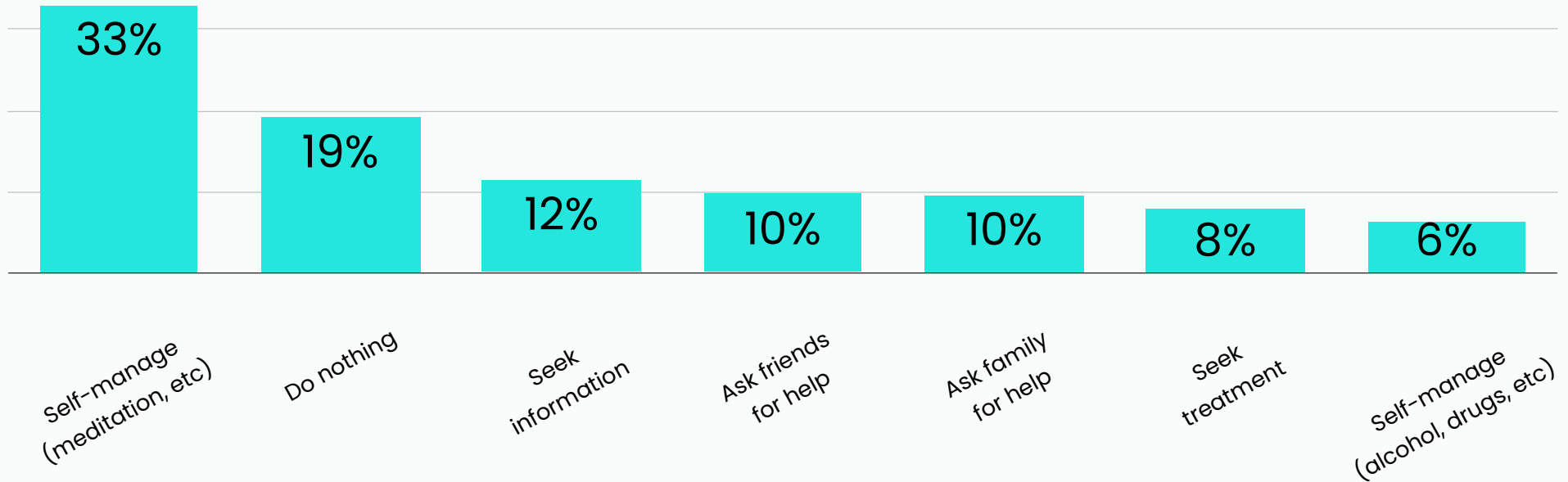
Has the pandemic made it more difficult to get mental health services or support?

1 in 5 would do nothing if they felt anxious or depressed

33% would self manage with meditation and similar practices

Only 8% would seek treatment as first step

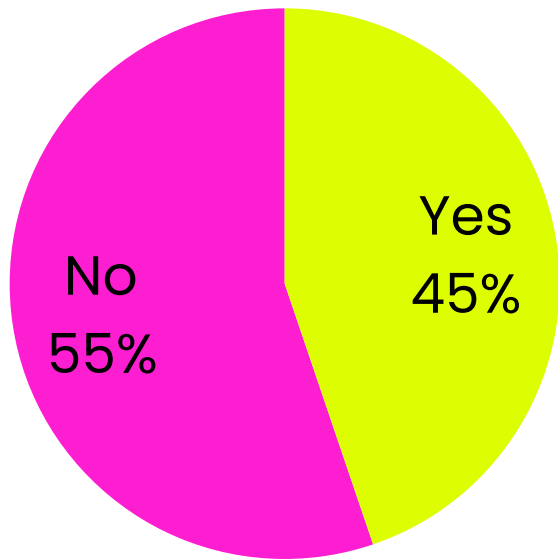
If you were feeling anxious or depressed, what is the first step you would take?



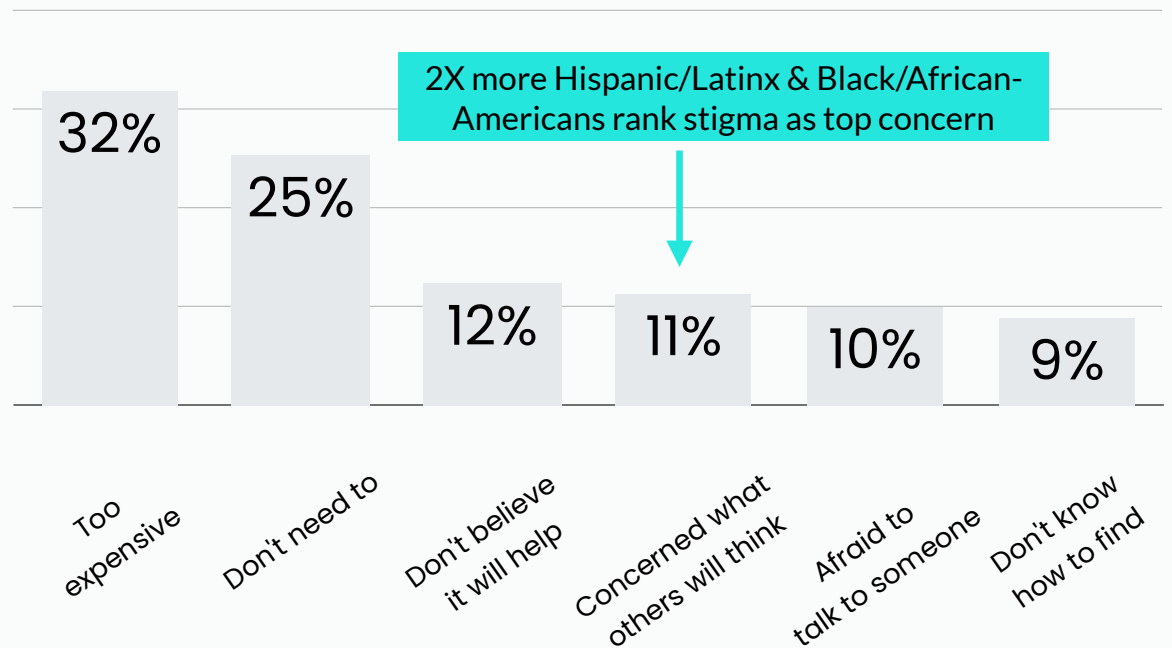
Majority have never met with a therapist

Cost is the primary barrier: 32% say therapy is "too expensive"
21% are concerned about stigma or afraid to talk to someone

Have you ever met with a therapist?



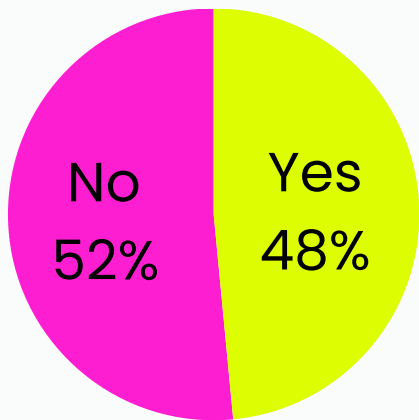
If not, which of the following reasons best describes why you have not worked with a therapist?



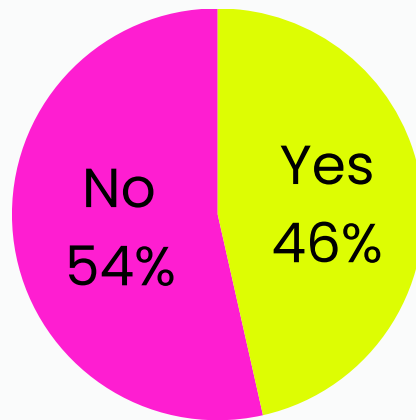
Minority groups less likely to have visited a therapist:

Only 27% of Asian respondents have seen therapist

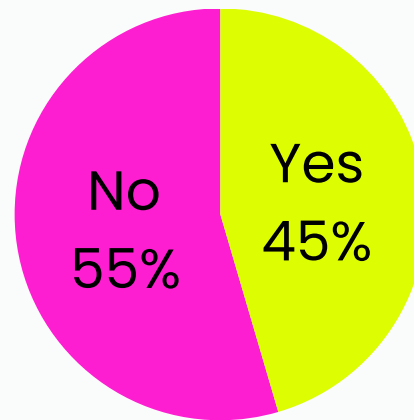
Have you ever met with a therapist?



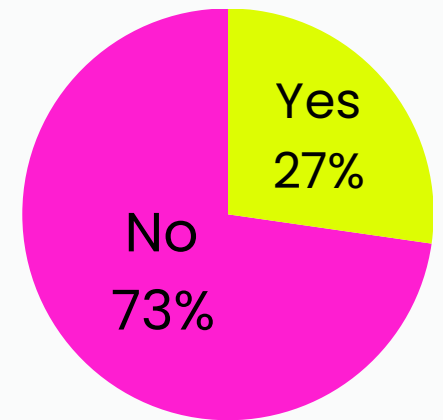
Non-Hispanic White



Hispanic or Latinx

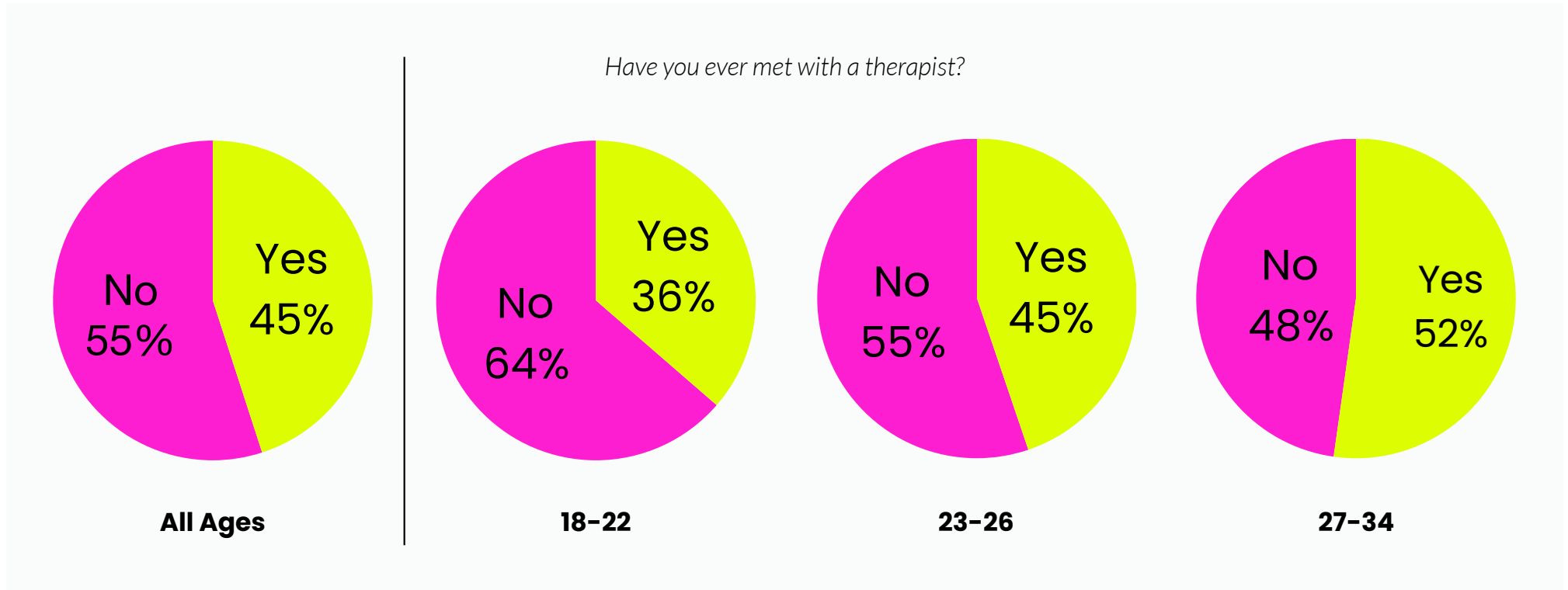


Black or African-American



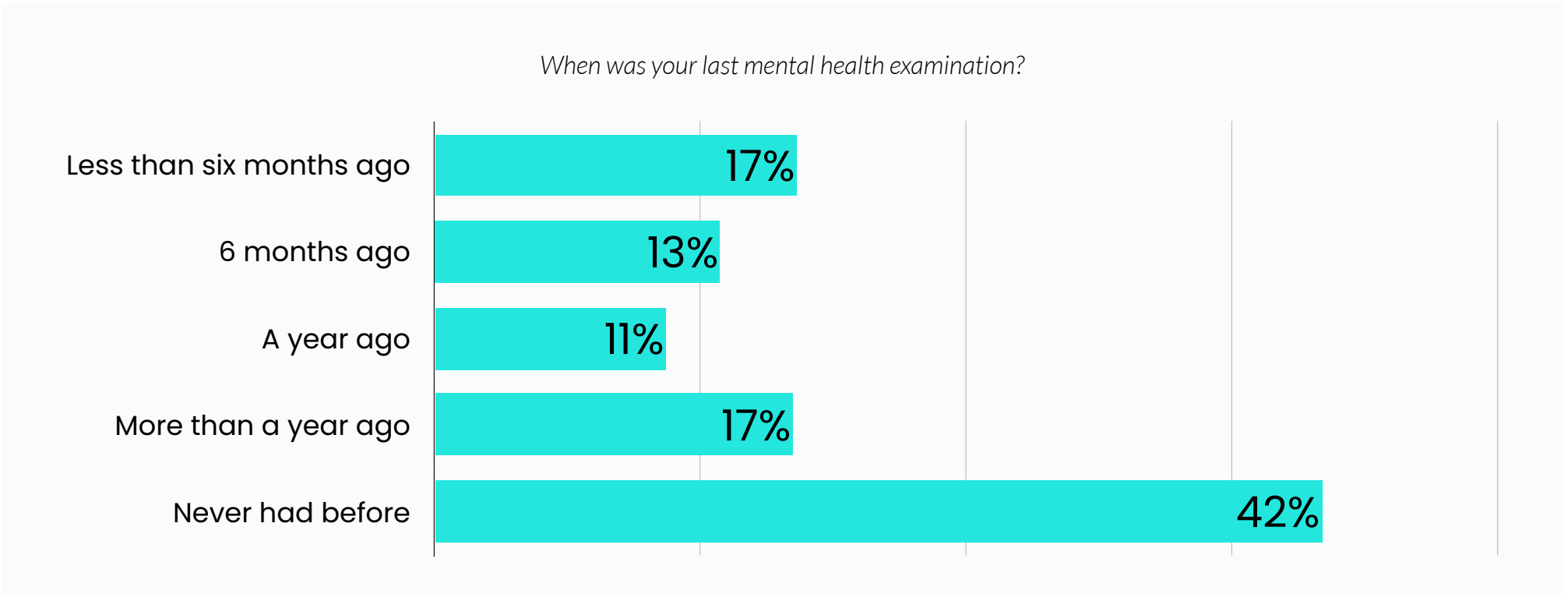
Asian

Millennials more likely to have visited a therapist than Gen Z-ers



42% have never had a mental health examination

Those who have have done so recently – 41% had an examination within last year



Thank you!

Learn more at projecthealthyminds.com

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