

So how do *you* really feel?

The state of mental wellbeing in the communication profession

We're stronger together

The purpose of this global study is to provide insight into how communication and public relations professionals are feeling about their mental wellbeing – to identify the barriers to improving it and gain insights that employers, leaders, and our profession's associations can use to help ease the pressure.

Who participated?



788

communication and public relations professionals from 40 countries



79%

identify as female



69%

specialise in corporate communication



69%

work in-house and 30% in an agency



30

industries represented



58%

specialise in internal communication



14 years

is the average time spent in the communication profession



59%

belong to a professional communication association



52%

specialise in public relations

How are communication and public relations professionals feeling?

COVID-19 has changed our job landscapes and permanently shifted the way we work. And, with the separation between home and work shrinking, an increase in workload, and the stress over our health and our families, it's not surprising communication and public relations professionals are **stressed, anxious, and frustrated**.

66%

of communication and public relations professionals said their mental wellbeing has declined since the start of the pandemic.

48%

of communication and public relations professionals have considered leaving the profession because of their mental wellbeing.

1 in 3

communication and public relations professionals said they can't take leave from their work to support their mental wellbeing.

20%

of communication and public relations professionals don't feel comfortable talking to anyone about their mental wellbeing.

46%

of communication and public relations professionals feel optimistic about their mental wellbeing.

Organisations need to listen more closely to what their employees want and need when it comes to mental wellbeing support.

73%

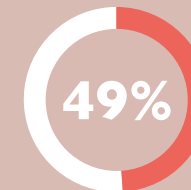
of communication and public relations professionals believe their organisation should do more to support mental wellbeing in the workplace.

There is a gap between what organisations offer to support their employees' mental wellbeing, versus what employees actually want.

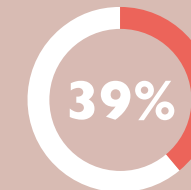


of communication and public relations professionals said they wanted access to an Employee Assistance Program (the most common form of support provided).

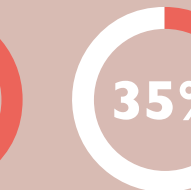
What they said they wanted:



additional leave to maintain their mental wellbeing



wellbeing initiatives such as massages and meditation classes



mental wellbeing check-ins

1 in 10

organisations are seen to offer no mental wellbeing support to their employees.