Mental health and hybrid working what you need to know

Our shiny, new handbook is here! It's

loaded with insight, not to mention HR, psychology and workplace-based wisdom. Before you jump in, here's a data-driven snapshot of what's in store.

GET THE HANDBOOK



WFH is here to stay

Much more than a temporary plaster to combat a global health crisis, remote work continues to grow in prevalence and popularity.

9%

worked from home full time, in 2019

22%

are likely to do so, post-Covid

37%

of employers say they'll adopt a hybrid approach (up from 18%, pre-pandemic)

A recent survey found three-quarters of workers crave a mix of office-based and remote work - so any employer that insists on a whole-company return to HQ will do so against strong opinion.

The homeworking revolution was slightly overstated

Even at the pandemic's height, more people attended their usual, physical workplace than not.

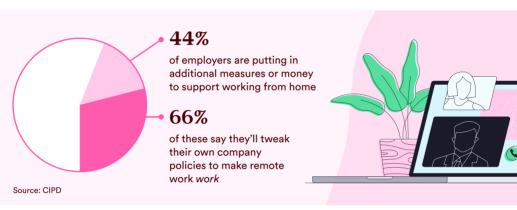
of the UK workforce did some work from 46.6%

had done so by April 2020, once lockdown home, in 2019 restrictions were in place

It's a big leap, but suggests the sweeping decrees about Covid as a great leveller - a nation baking banana bread, bingeing Tiger King, and WFH as one - were misguided.

Organisations are organising

If there's one, billboard-sized hint that the future is flexible, it's companies investing time and budget to prepare for a hybrid structure.



Though less than half of firms are specifically pumping cash into a hybrid model, a swell of momentum will likely see more follow (&/or follow suit without the spend).

reject - or reinforce inequality

Hybrid working can

spring, working mums carried a heavier burden than dads.

During the initial lockdown last

3.5 hours

O' <2 hours

>2 hours

the average time women, and men, spent on childcare each day

2.5 hours

and men, committed to homeschooling

how long women,

30+

course of a year, via these small-but-mighty differences

the number of workdays

women could lose, over the

further rocket amid Covid, it's a company's duty to make sure hybrid working empowers - not excludes - employees.

With other marginalised sectors of society also seeing unfairness

a scar on our physical health

The virus will leave

from Earth tomorrow, its wreckage would live on in our workplaces.

Even if SARS-CoV-2 vanished

million

1.1

were experiencing

long Covid

962,000

March 2021

UK people had

long Covid in

symptoms in June

vital organisations offer support to staff who struggle with the rigours of a physical office or, in some cases, working at all.

The dip is encouraging, though it's

support staff mental health Zoom chatter will never truly replace an office-based chinwag, but there are

You can harness digital platforms to

instances where technology can improve upon the old working order.



of Unmind users report

higher confidence,

awareness and

92%

understanding of mental health

76%

feel in a better place to support the wellbeing of mental wellness, at those around them work, or in their

report an improvement in

relationships

88%

Even better, Unmind users can access the right care, at the right time, without having to approach their line manager or EAP – a known barrier to treatment.

For further guidance

GET THE HANDBOOK

To find out more about launching a proactive and preventative workplace

mental health strategy with Unmind, get in touch today.

