

Mental health and hybrid working – what you need to know

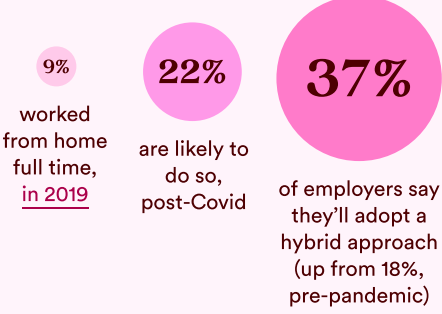
Our shiny, new handbook is here! It's loaded with insight, not to mention HR, psychology and workplace-based wisdom. Before you jump in, here's a data-driven snapshot of what's in store.

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WFH is here to stay

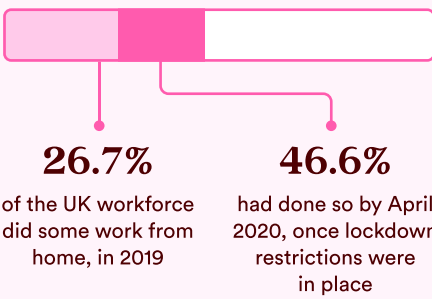
Much more than a temporary plaster to combat a global health crisis, remote work continues to grow in prevalence and popularity.



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

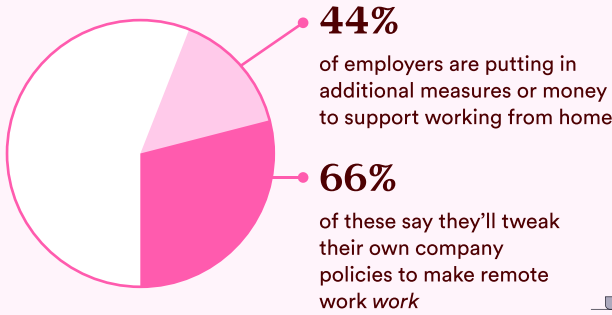
Even at the pandemic's height, more people attended their usual, physical workplace than not.



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.



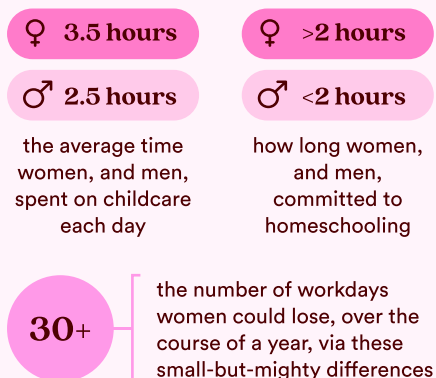
Source: CIPD



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).

Hybrid working can reject – or reinforce – inequality

During the initial lockdown last spring, [working mums carried a heavier burden than dads](#).

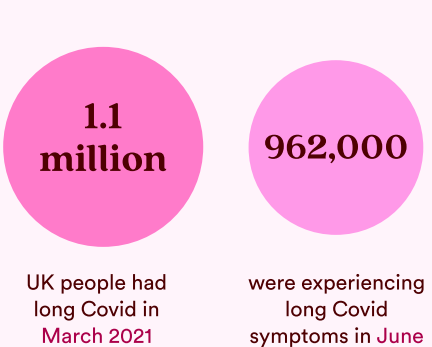


30+ the number of workdays women could lose, over the course of a year, via these small-but-mighty differences

With [other marginalised sectors of society](#) also seeing unfairness further rocket amid Covid, it's a company's duty to make sure hybrid working empowers – not excludes – employees.

The virus will leave a scar on our physical health

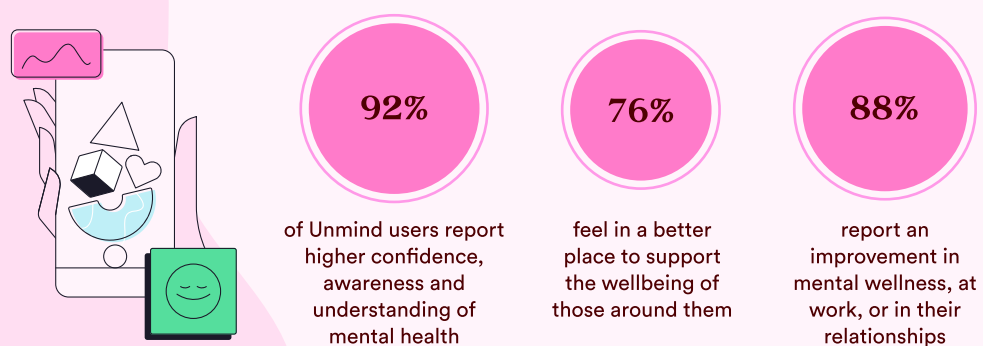
Even if SARS-CoV-2 vanished from Earth tomorrow, its wreckage would live on in our workplaces.



The dip is encouraging, though it's vital organisations offer support to staff who struggle with the rigours of a physical office or, in some cases, working at all.

You can harness digital platforms to support staff mental health

Zoom chatter will never truly replace an office-based chinwag, but there are instances where technology can improve upon the old working order.



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.

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For further guidance

To find out more about launching a proactive and preventative workplace mental health strategy with Unmind, [get in touch today](#).