

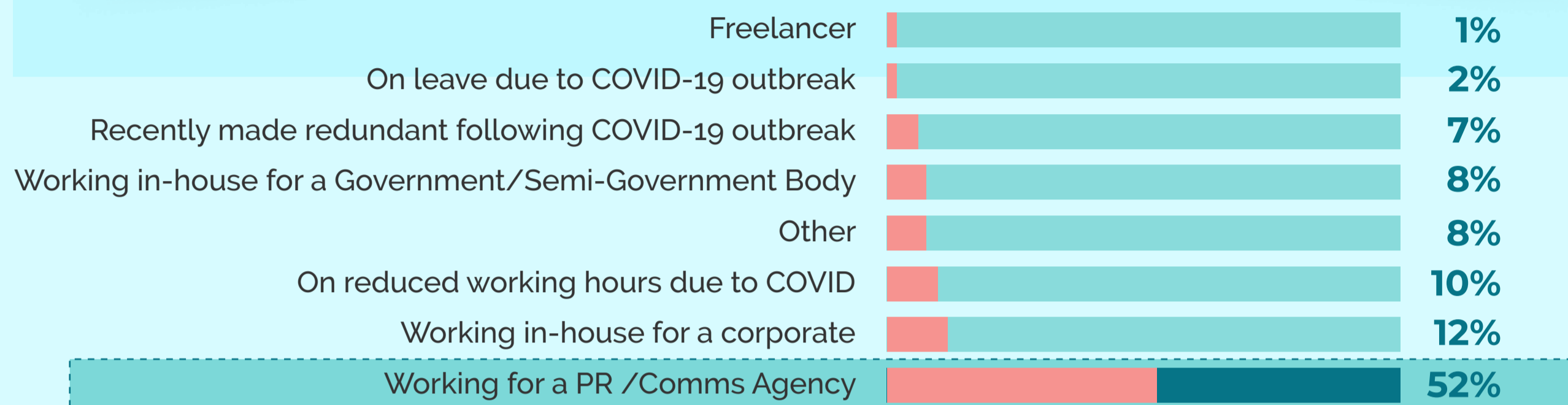
# COVID-19 MENTAL HEALTH IMPACT ON MIDDLE EAST PR PROFESSIONALS



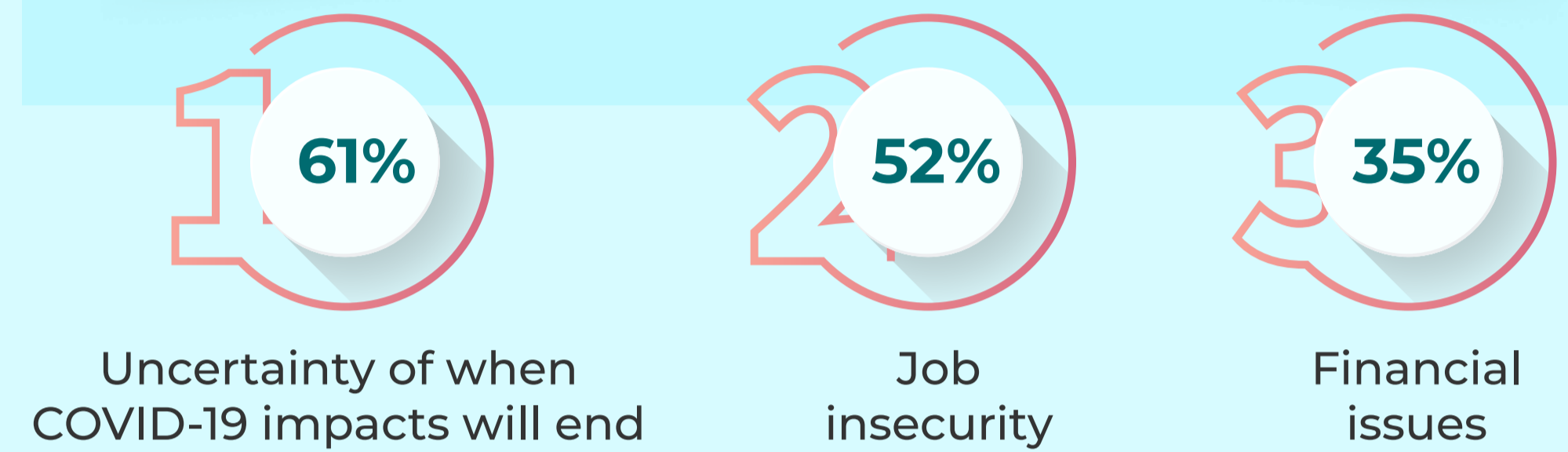
MAY 2020



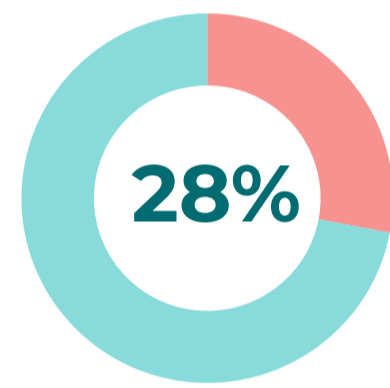
## Employment status of respondents



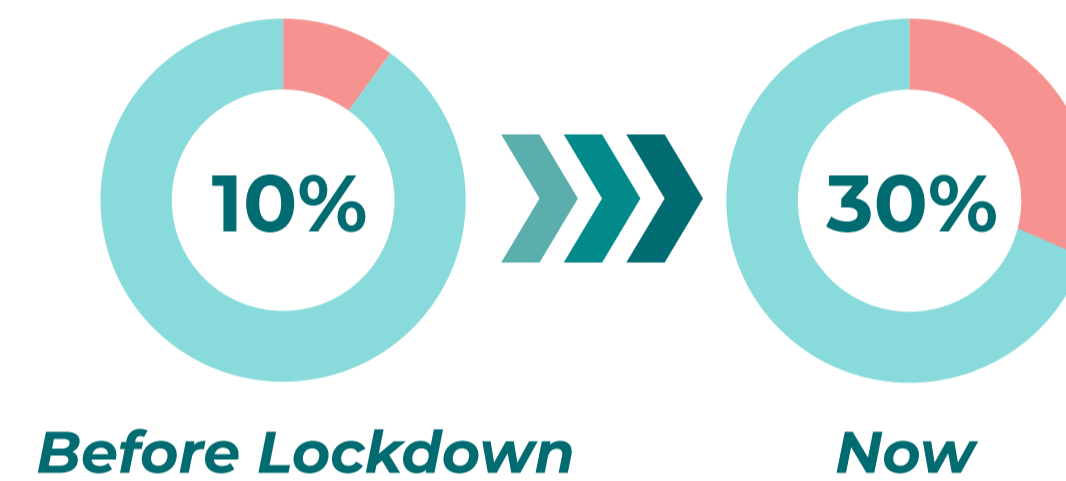
## Top 3 reasons why respondents currently feel stressed or anxious



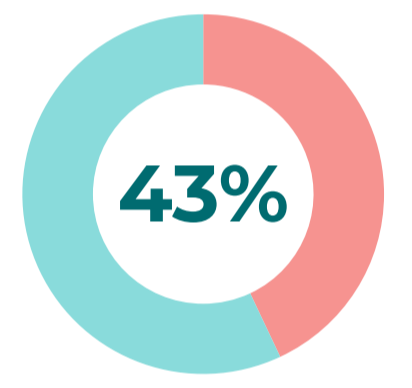
% of respondents who were diagnosed with a mental health condition or suffered from mental health issues before COVID 19



% of respondents who felt **'very stressed'** before the lockdown started vs now



% of respondents who said their mental health **"often"** interfered with their ability to complete work-related tasks during COVID-19



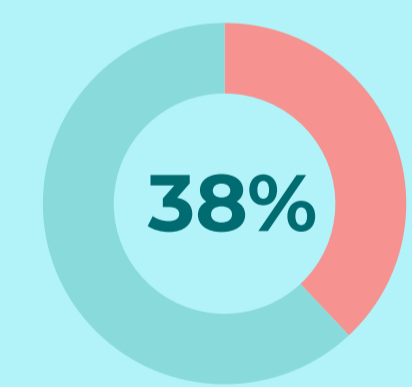
## Top 3 challenges faced by respondents during lockdown period?



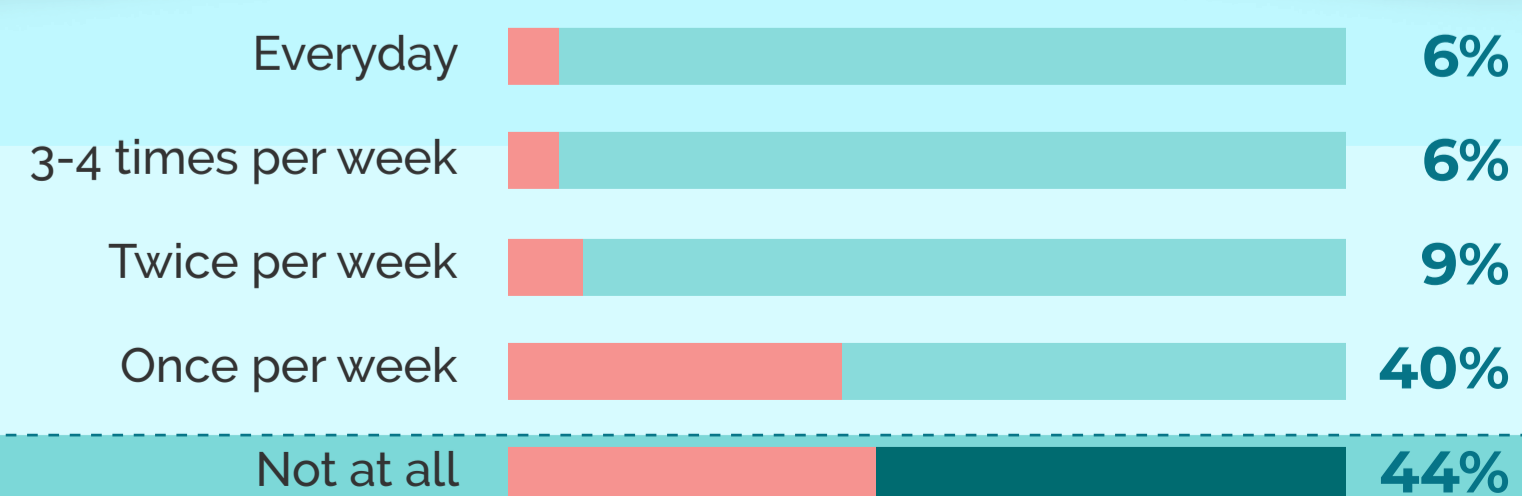
## % of organisations who currently have wellness programmes



% of respondents who don't feel **well supported** with their health and wellbeing at work?



## Frequency of workplace checking in on respondents' mental wellbeing



## Top 3 mental wellness programmes respondents would like to see in their organisation

