



# The State of Faculty and Staff Mental Health

## Employees Are Struggling



6 in 10

identified mental health issues such as **stress, anxiety, or depression**

### Top Overall Stressors

-  Personal Life
-  Financial Concerns
-  Mental Health Issues
-  Career Issues



8 in 10

felt the **same level or more** stressed/anxious than this time last year

## Job Pressure is Increasing



3 in 4


believe supporting students' mental health is a **job expectation**



5 in 10

have considered leaving their job because of **burnout, increased workload, and stress**

### Top Workplace Stressors

-  Workload
-  Fatigue/Burnout
-  Workplace Politics
-  Student Demands/Needs

## How to Provide Support

### Top Coping Mechanisms

-  Talking With Family & Friends
-  Exercising
-  Getting Outdoors
-  Talking With Colleagues



3 in 4

say more mental health support **would improve** their job satisfaction

### Top Resources Desired Yet Not Currently Offered



Peer-to-peer support



Virtual counseling/therapy

*In December 2023, TimelyCare surveyed 528 faculty and staff at two-year and four-year public and private colleges and universities.*