

Mental Health

Crisis in the Media:

Stats and Trends

01

KEY STATS ON MENTAL HEALTH IN MEDIA

- **70%** of media professionals report experiencing burnout
 - **77%** of workers experience work-related stress, with **57%** showing signs of burnout
 - **69%** of journalists report elevated anxiety, **46%** suffer from depression
 - **82.2%** of journalists in a COVID-19 study showed significant psychological distress
- **Female journalists** report higher anxiety and PTSD than male journalists
 - **Younger professionals** (under 30) report higher anxiety
 - **Journalists** covering conflict or sensitive issues face more trauma

02

MENTAL HEALTH BY DEMOGRAPHICS

03

THE IMPACT OF COVID-19 ON MEDIA PROFESSIONALS

- **2020 study:** Elevated mental health issues among journalists during the pandemic
- The pandemic exacerbated burnout, especially for journalists covering public health

- Burnout leads to lower job performance, absenteeism, and higher turnover rates

04

THE COST OF IGNORING MENTAL HEALTH

Goal: Showcase the prevalence of mental health issues in the media industry, focusing on key statistics and demographic breakdowns.



Support Systems for Mental Health: What's Available and What's Missing

01

CURRENT MENTAL HEALTH SUPPORT IN NEWSROOMS

- **59%** of workers report their employer regularly shares info about mental health resources
- **77%** of employees are satisfied with their employer's mental health support
- **43%** of workers have access to mental health coverage through employer-provided insurance

- **55%** of workers believe their employer overestimates the mental health support provided
- **43%** fear disclosure of mental health conditions may hurt their career
- Only **12%** report having access to on-site mental health professionals

02

WHAT EMPLOYEES REALLY NEED

- Provide clearer role descriptions, **empathetic leadership**, and **mental health training** for managers
- **Normalize** seeking help for mental health issues
- Ensure access to **therapy** and **counseling resources**

03

HOW EMPLOYERS CAN IMPROVE MENTAL HEALTH SUPPORT

- Encourage **breaks, time off**, and **wellness initiatives**
- Train leaders to **prioritize mental health** and lead by example

04

BUILDING A MENTAL HEALTH-FRIENDLY CULTURE

Goal: Highlight the importance of support systems, growing awareness of mental health needs, and the gap in available resources.



Burnout and Career Decisions: How Mental Health Affects New Journalists

01

BURNOUT AND CAREER ENTRY

- **70%** of media and creative industry professionals report burnout (higher than other sectors)
- **33%** of employees in media plan to change jobs due to poor mental health support

- **57%** of employees dissatisfied with mental health support plan to leave their jobs
- Burnout and mental health issues lead to **reduced job performance, motivation, and career satisfaction**

02

THE LINK BETWEEN MENTAL HEALTH AND JOB SATISFACTION

03

THE IMPACT ON NEW JOURNALISTS

- **Younger professionals** (under 30) report higher anxiety and are more likely to leave the industry
- Journalists in **conflict zones** and high-stress roles experience mental health issues earlier in their careers

- Incorporating better mental health training and support can **reduce burnout** and **improve retention** in the media industry
- Encourage a culture of **transparency** and **openness** around mental health

04

THE NEED FOR CHANGE

Goal: Illustrate how mental health issues, like burnout, are affecting new professionals entering the media industry and shaping their career paths.

