

# 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

## 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

## 04

### THE COST OF IGNORING MENTAL HEALTH

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

**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

## 02

### HOW EMPLOYERS CAN IMPROVE MENTAL HEALTH SUPPORT

- 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

- 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

## 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.**

