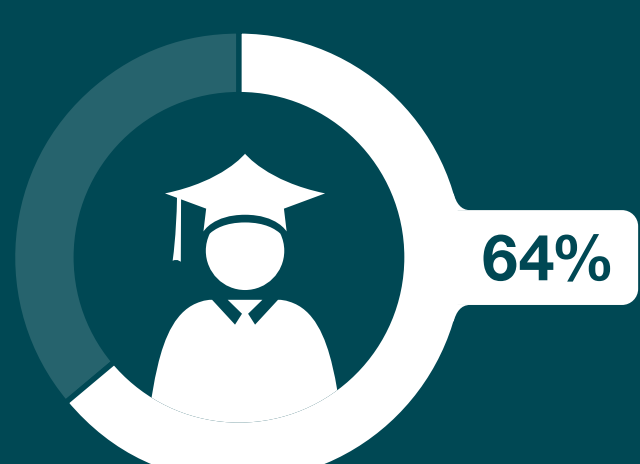




More than two thirds of job-seeking students and graduates say they are not completely mentally healthy



64% of students and graduates believe disclosing a past or current mental health issue will **hinder** their chances of securing a first job



83% are more likely to apply to an employer who is open about its commitment to mental health at recruitment stage



62% of students and graduates are concerned about the **impact** a career in financial, legal and professional services will have on their **mental health**



69% of students and graduates would **not** describe themselves as **completely fit** and healthy from a **mental health** perspective

The most common mental health issues for students and graduates include:

58% anxiety

48% depression

33% panic attack

The most common mental health issues experienced by students and graduates include **anxiety (58%), depression (48%)** and **panic attacks (33%)**. **18%** of respondents also stated they have **self-harmed**.



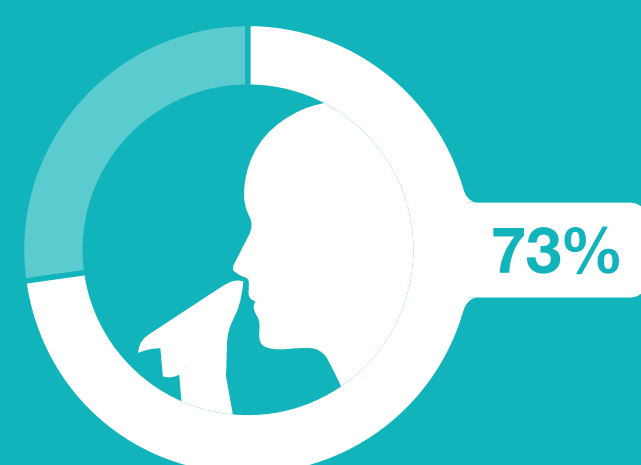
36% have sought **professional help** from GP, counsellor or psychiatrists



41% would try to **avoid ever disclosing** that they lived with a long-term mental health issue



Only **40%** would feel comfortable discussing mental health concerns with their **manager**



Compared to **73%** who would be comfortable talking about **physical health issues** (such as flu, diabetes and back pain)

Common concerns for early careers job seekers include:

74% meeting the expectations of new employers

78% cost of living in a big city

62% the impact on their mental health

The CMHA is a not for profit alliance of organisations which work together to eradicate the stigma of mental health in the workplace, improve mental health literacy and identify practical steps that businesses can take to create healthy workplaces where employees flourish.

<http://citymha.org.uk/>



The research was conducted by Censuwide, with 519 UK Graduates/students aged 18 - 26 (studying at degree level or above) who want to work within the Banking, Asset management, Insurance, Law, Regulations, Accountancy, Consulting, Fintech and the Civil service. Responses were also recorded for those hoping to work in professional or financial services within Marketing, Advertising and PR and Human relations sectors. The data was collected between 12.09.2018 - 18.09.2018. Censuwide abide by and employ members of the Market Research Society which is based on the ESOMAR principles.