

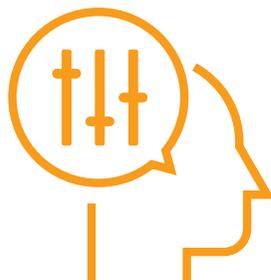
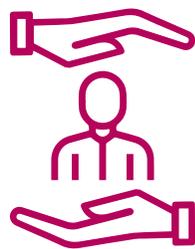
What are early career jobseekers thinking?

76%  have experienced **poor mental health**, such as anxiety, depression or suicidal thoughts

Mental Health Stigma

72% think telling a prospective employer about a **current mental health** issue would hurt their chances of getting the job

68% are **not aware** of any mental health or wellbeing support offered by employers they are applying to

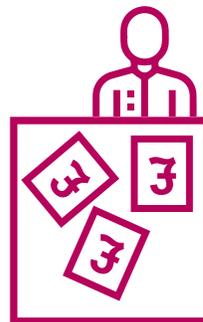


31% would feel comfortable **asking for adjustments** to the recruitment process on mental health grounds

Common Concerns

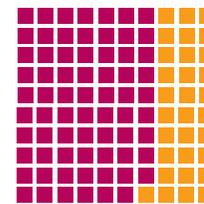
70% are concerned about **managing the recruitment process** at the same time as their studies

84% are concerned about **managing their finances** once they start a job, including debt and budget management



75% are worried about **leaving behind a support network** of friends/family to start a new job

Unhealthy Perfectionism



69% feel a failure as a person if they **do not meet their goals**

71% react to small mistakes with a lot of **self-criticism**



57% say they **work for longer hours** than others to get something perfect

Seeking a Supportive Culture



91% are more likely to apply to an employer that shows a **commitment to supporting** the mental health and wellbeing of employees

61% would be more comfortable to talk about mental health during recruitment/induction if an **employer shared information on mental health** support available

40% would be more comfortable to talk about mental health during recruitment/induction if an **employer had external accreditation** of its commitment to positive mental health

The CMHA commissioned a survey of 502 people, aged 17 – 27, who are planning to apply for a school leaver, apprentice or graduate job in the legal, professional or financial services sectors. The research was conducted by Censuswide, which abides by and employs members of the Market Research Society which is based on the ESOMAR principles.