

Have the COVID-19 workplace changes affected people's mental health?

New research launched today in response to COVID-19 reveals that recent workplace changes have had a major impact on Australia's mental health.

Based on data collected through the Relationships Australia monthly survey, the research demonstrates the extensive mental health effects caused by changes to the nature of work, the working environment and people's workload.

"This research reveals that people from all aspects of the Australian workforce are feeling the effects of the COVID-19 workplace restrictions and changes" said Relationships Australia National Executive Officer, Nick Tebbey.

"We are seeing that those who relied on their workplace for social stimulation are more affected by these changes."

"Furthermore, those who had relatively good mental health prior to the pandemic are reporting greater changes to their mental health" Mr Tebbey says.

"This means that our respondents who have been living with mental health problems for some time are reporting less changes as a result of these restrictions."

"While the mental health outcomes from the pandemic have varied in severity, the impacts have been widespread. 87% of respondents reported a significant change to their workplace since the crisis began. 63% agreed these changes have had an impact on their mental health.

"These changes have impacted industries differently. Yet across every industry, workers agreed that there have been significant changes to their workplace which have affected their mental health," Mr Tebbey said.

"There was an overall trend demonstrating that workplace changes had a direct impact on respondents' mental health. However, it is worth noting that in some industries, in particular some of those most affected by workplace changes, the respondents in this survey reported lower rates of mental ill-health," Mr Tebbey said. If you would like to find out more, read the full report [here](#).

This survey is part of a series. If you would like to sign up to our mailing list to hear about the others, you can do so [here](#).

Relationships Australia has adapted all services and is providing ongoing support across Australia.

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