



Why organisations must support the mental health of working parents.

The events of the past years have been immensely challenging for parents and gave rise to added complexity and stress. The Mental Health Index by TELUS Health found that, since April 2020, working parents have consistently lower mental health scores than non-parents, including lower scores in anxiety, depression, isolation, and financial risk. The impact of mental health on work productivity is also greater for parents compared to non-parents.

In Australia, parents with children 18 years of age and under make up for roughly a third of the workforce with 75.6% of mothers that are employed, reaching 90.4% for fathers. Accordingly, understanding the specific issues and needs of parents is necessary to adequately support this large subset of working Australians.

The mental health of parents is significantly strained.

Parents of adult children as well as those under 18 years of age are concerned about the mental, social, and financial wellbeing of their children. Coupled with work accountabilities and unyielding change, the result is distress, evident by the mental health scores of parents. According to a study by TELUS Health:

- More than two in five working parents believe the pandemic has impacted their ongoing mental health.
- Parents are more likely to report suffering from symptoms of burnout than non-parents.
- More than half of parents end their workday feeling mentally and/or physically exhausted, 45% find it increasingly more difficult to be motivated at work, and more than one-third have difficulty concentrating on their work.
- Parents are 86% more likely than non-parents to believe they have an alcohol disorder.

Parents, the largest group of working caregivers, is a group requiring decidedly special attention. The ability to sustain productivity under the weight of personal and work demands is a matter of concern for all employers.

The workplace experience through the lens of parents.

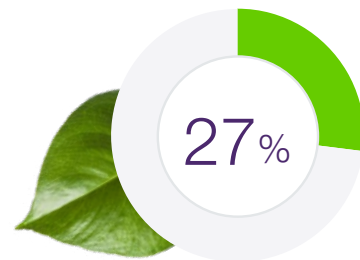
Parents experience the workplace differently than other groups.

- Working parents are 35% more likely than non-parents to be concerned their career options would be limited if they had a mental health issue and their workplace was aware.
- More than one-quarter of working parents are unable to disconnect from work after usual working hours.
- Working parents need support for their wellbeing and attach great importance to it. Nearly one-quarter (23%) of parents cite the benefits and services offered to support health and wellbeing as the reason for staying with an organisation.

Organisations have a decisive role to play and are uniquely positioned to support employees with familial responsibilities.



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cite benefits and services to support health as the main reason for staying with an organisation.

Impact of the pandemic on children.

Parents are concerned about the impact of the COVID-19 pandemic on the mental, social, and academic wellbeing of their children. While the extent of school closures was heterogeneous across Australia, growing evidence indicates that disruption during the 2020 and 2021 academic years will have lasting detrimental effects on youth. The consequence of which is even greater for children from marginalised communities.

In many instances, lockdown measures exacerbated existing mental health issues or gave rise to new conditions, including among children, who are showing higher incidences of anxiety and depressive symptoms. Alarming, parents reporting a negative impact on their children also report poorer mental health, which in turn will make it more difficult to support their children. Children of parent(s) with poor mental health are four times more likely to have poor general health and twice as likely to have mental, behavioural, or developmental disorders. The duality of the crisis requires a multi-faceted approach that addresses the risks and needs of parents as vital members of the workforce.



What can leaders and organisations do about it?



Offer flexibility where possible.

Parents report that the most important actions taken by their employer/manager in supporting their mental health are flexibility and empathy. Building on existing flexible workplace practices, working parents may require additional flexibility to meet job demands as well as attend to their family's needs. Empathy and regular communication are essential and will build trust and appreciation for both employees and employers.



Promote and enhance family-oriented support programmes.

Consider organisational programmes and services through the lens of working parents. Do your programmes support caregivers and those being cared for? Reinforce the breadth of support available. Communicate clearly and often. TELUS Health [Employee Assistance Programme](#) provides access to safe, confidential resources to manage stressful circumstances and personal issues. Around-the-clock access to professional support is a tremendous asset for working parents navigating the demands of life. This benefit demonstrates an investment in the emotional, social, physical, and financial wellbeing of working parents and is fundamental to optimal workplace performance.



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