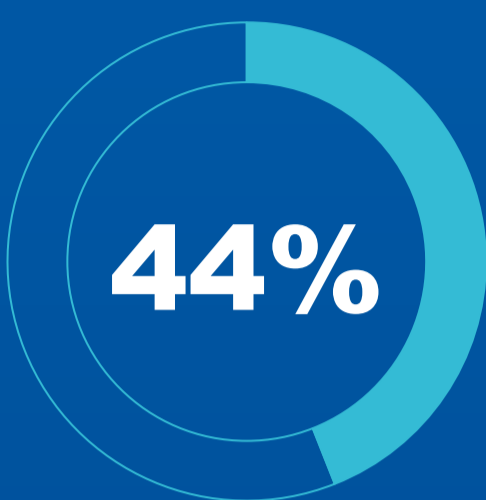


# MENTAL HEALTH & WELL-BEING

CANDIDATE PULSE  
SOUTH AFRICA



Michael Page surveyed 333 job applicants in South Africa to understand their feelings about mental health and well-being in 2021. If you want to talk to us about how this might affect your recruitment plans for the next 12 months, [contact us](#) today to talk to a consultant.



of job applicants think that companies' well-being/mental health initiatives will impact or define their job search in the future

## TO RECOVER FROM THE DIFFICULT TIMES, CANDIDATES WANT COMPANIES TO:

- 1st** | **54%** Be more open/flexible regarding work arrangements
- 2nd** | **52%** Create some wellbeing initiatives
- 3rd** | **46%** Improve communication with managers to better control time and task planning

## THIS IS HOW CANDIDATES FEEL TODAY



## SINCE THE COVID-19 CRISIS STARTED, CANDIDATES HAVE FACED THE FOLLOWING SITUATIONS



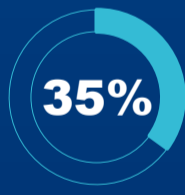
## WHEN IT COMES TO MENTAL HEALTH AT WORK, SURVEYED JOB APPLICANTS AGREE TO THE FOLLOWING STATEMENTS:



I feel under more pressure during these times



I feel that my work-life balance has worsened

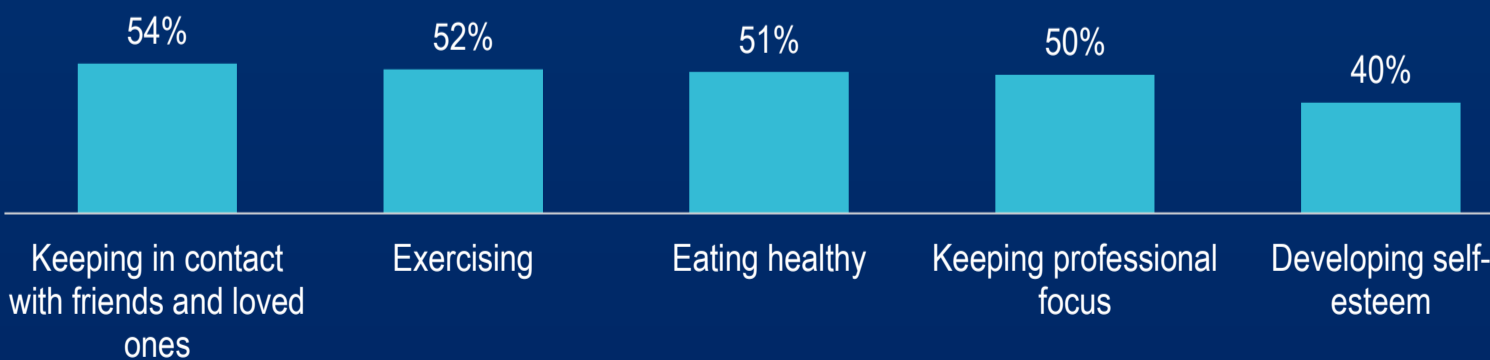


I feel I get less credit for my work

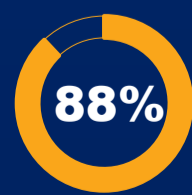


I feel that my manager is neglecting my mental health

## TOP 5 AREAS JOB APPLICANTS HAVE PAID EXTRA ATTENTION TO IN ORDER TO MAINTAIN GOOD MENTAL HEALTH OR TO REDUCE ANY ASSOCIATED RISKS:



## HOW CONFIDENT DO JOB APPLICANTS FEEL DISCUSSING THEIR MENTAL HEALTH WITH THE FOLLOWING PEOPLE/DEPARTMENTS?



Doctor or mental health professional



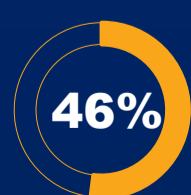
Partner, relatives or family members



Friends



Manager



HR department