

# Emotional Wellbeing

Identify and manage stress and behavioural health issues across the workforce



## What do Malaysian employers think?

Employees' emotional wellbeing is one of the top priorities for employers over the next three years



Emotional wellbeing  
**95%**



Physical wellbeing  
**97%**



Social wellbeing  
**70%**



Financial wellbeing  
**59%**

## Top two emotional wellbeing actions that employers are planning or considering in the next two years

**69%**

Measure the stress of workforce and leading causes

**58%**

Implement or redesign employee assistance programme

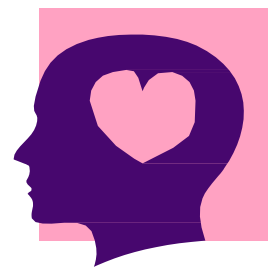
## Specific actions already taken to improve emotional wellbeing



**47%**  
Campaigns to remove stigma around mental health



**42%**  
Provide grief counselling



**36%**  
Offer programmes to support chronic mental health conditions

## How successful are they?



**41%**

of employers think that their efforts to provide appropriate mental health support to employees and their dependents in a timely manner have been effective