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discuss their mental health, a survey revealed.

**Jason Bramwell** • May. 27, 2023



A [recent survey](#) of nearly 5,200 professionals found that accountants are among the least comfortable having a discussion about their mental health with their supervisors.

Fishbowl, a virtual watercooler of sorts for workers from a variety of industries, asked its users in March to answer “yes” or “no” to the following question: Would

you feel comfortable discussing your own mental health needs and challenges with

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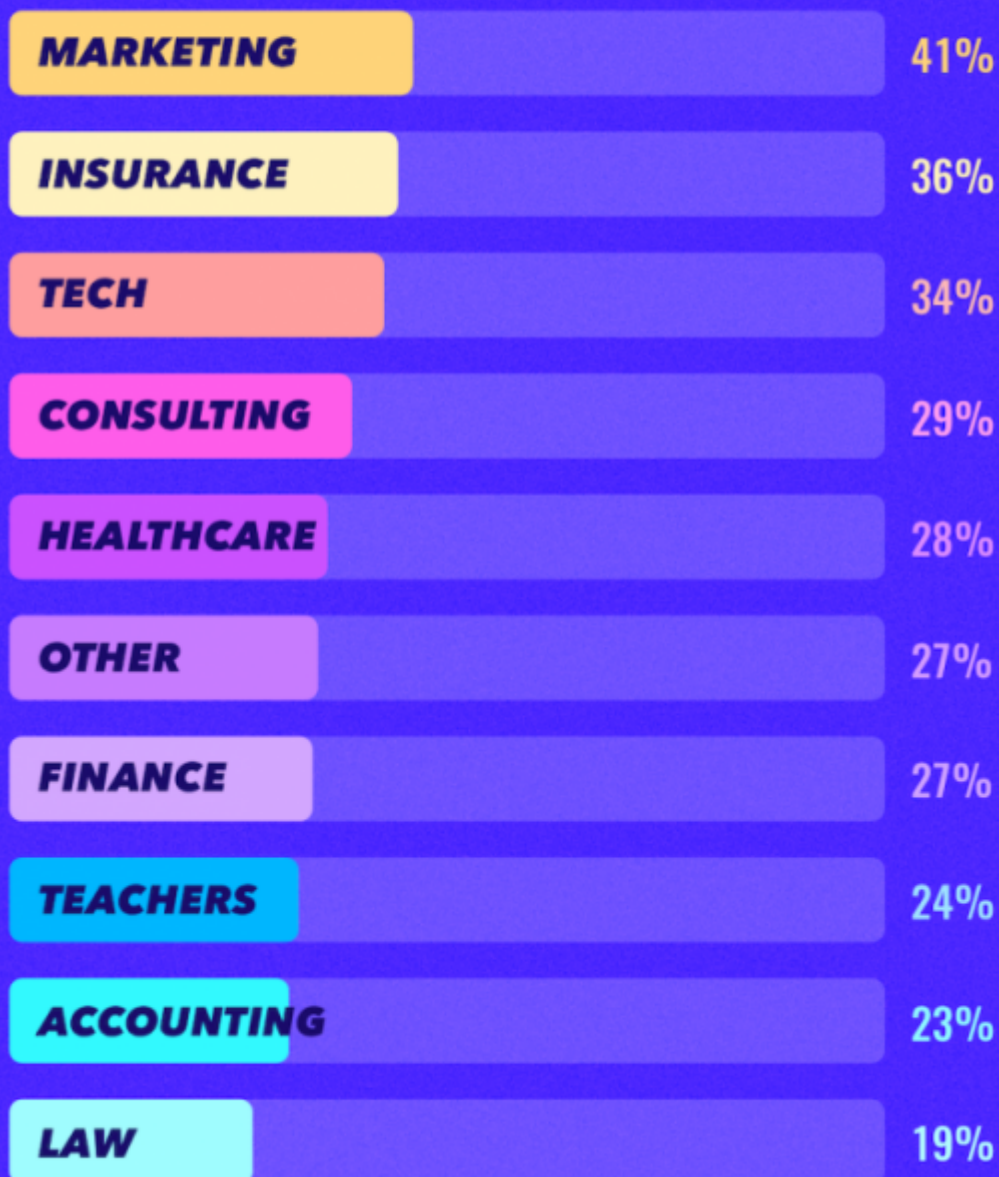
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only 23% of professionals answering “yes” to Fishbowl’s question. The least comfortable industry is law with just 19% of professionals saying they would discuss mental health with their manager.

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### INDUSTRIES WHO VOTED "YES"



\* Insights from anonymous Fishbowl Surveys

The grind of working in public accounting—and the detrimental effects it can have on a CPA's mental wellbeing—are often discussed on online forums like Fishbowl,

where accounting professionals have asked their peers how they have dealt with

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that continues to be important.”

Hackard said people crave three things: see me, include me, and invest in me.

“Health and wellness hit each one of those. Seeing, including, and investing in people play into the benefits a company offers and helps people interact.”

She also said firms should think of mental health and wellbeing as just another topic that happens to be highly relevant to the entire accounting profession.

“People at all levels increasingly are understanding the importance of mental health and wellbeing to workplace performance,” Hackard said. “I don’t believe our profession will let this slip off the radar screen.”

Overall, 71% of the professionals who responded to the Fishbowl survey said they’d feel uncomfortable talking to their managers about mental health. Men and women feel similarly about mental health conversations at work. Just 30% of women and 27% of men said they’d feel comfortable discussing mental health issues with their boss.

“We hope that this data will serve as a catalyst for employers to create a more supportive work environment that promotes open communication about mental health issues,” Fishbowl said in a press release. “By prioritizing employee well-being and breaking down the stigma surrounding mental health, employers can foster a more productive and engaged workforce.”

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