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Assistance

Anxiety now tops depression, stress, partner or relationship issues, family issues, addiction, and grief, among other subjects that people seek help coping with.

Isaac M. O'Bannon • Mar. 27, 2024



ComPsych Corporation, the world's largest provider of mental health services and *GuidanceResources for Life*, has recorded a dramatic increase in anxiety among

American workers in 2023. These findings are based on a representative sample

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reason,” said Dr. Richard A. Chaifetz, Founder, CEO and Chairman of ComPsych.

“From the pandemic to ongoing conflicts in Gaza and Ukraine, civil unrest, an unpredictable economy and increasingly polarized political rhetoric surrounding elections, there is a persistent underlying feeling of apprehension and worry.”

“For business leaders, there is an imperative to help employees cope with these feelings,” Dr. Chaifetz continued. “Companies who invest in resources for employees ultimately benefit by attracting and retaining a healthier and more productive workforce, allowing both employees and companies to thrive.”

ComPsych Corporation, under its the GuidanceResources brand, offers mental health resources for employers, with client businesses employing 163 million individuals, including 40 percent of Fortune 500 firms.

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