

# Workplace Mental Health at a Crossroads: Workforce Well-being Expert Sounds Alarm Ahead of National Public Health Week.

*New Research Reveals Dangerous Gaps in Corporate Mental Health Strategies - Expert Calls for Immediate Action.*

BEAVERTON, OR, UNITED STATES, April 7, 2025 /EINPresswire.com/ -- As National Public Health

Week (April 7-13) begins, explosive new research from America's leading health organizations reveals a workplace mental health emergency:



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*Sonji Young*

- **American Psychological Association**: 84% of employees now report "toxic stress" symptoms at work (2025 Crisis Report)
- **Psychology Today**: Depression-related absenteeism has tripled since pandemic (March 2025 Brief)
- **Global Institute for Well-being**: 76% of remote

workers meet criteria for burnout (Q1 2025 Findings)

"This is the corporate equivalent of a Category 5 hurricane making landfall," declares Sonji Young, workplace well-being strategist. "We're seeing mental health claims spike 300% in sectors from tech to healthcare. Any CEO not holding emergency meetings about this right now is acting with negligence."

## **EMERGENCY FINDINGS:**

- **The "Always-On" Epidemic**: 68% of employees check work messages after midnight (APA)
- **The Loyalty Collapse**: 54% of Gen Z workers plan to quit due to mental health concerns (Global Institute)
- **The Leadership Blindspot**: Only 9% of executives can accurately gauge workforce distress levels (Psychology Today)

"We've crossed the invisible threshold from chronic problem to acute crisis," says Sonji Young. "The data shows we have exactly 6-9 months to implement structural changes before seeing mass attrition events that could crater entire industries."

**\*\*[Young suggests the following URGENT ACTION ITEMS:](#)\*\***

- **\*\*Real-time mental health pulse monitoring\*\***
- **\*\*Mandatory psychological safety training for all managers\*\***
- **\*\*Overhaul of hybrid work policies by June 2025\*\***
- **\*\*On-site clinical specialists in workplaces over 500 employees\*\***

**\*\*"What terrifies me most isn't the current numbers - it's the acceleration,"\*\*** Sonji Young adds. **\*\*"At this trajectory, by 2026 we'll see 40% of the workforce medically impacted. This isn't HR's problem anymore - this requires serious mobilization from boards and C-suites."\*\***

**\*\*MEDIA AVAILABILITY:\*\***

Sonji Young can provide:

- The 5-minute diagnostic any company can use to gauge crisis level
- Case studies of organizations that successfully reversed the trend
- Blueprint for 30/60/90-day emergency response plans

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