

# From Connection to Isolation: Social Media's Paradox for Mental Wellbeing



**Recorded Date:** May 16

**Time:** 9:00am – 10am PST

**Speaker:** Headversity

Many employees have said they have struggled at work due to anxiety, with 80% saying they would consider quitting their current position for a job that focuses more on employee mental health. Mental health is now a total workplace issue, and companies are looking for ways to build a strategy that permeates through the entire organization. This session examines the mental health brand shift, how employers are moving towards prevention, and the benefits an upstream, preventative strategy can bring organizations.