



# Mental Health in the Workplace: Flexibility is Key in Supporting Female Employees

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In a bylined article published in HR Dive, **Emily Litzinger** and **Raeann Burgo** discuss how employers can focus on employee well-being as they return to the office. Emily and Raeann explain that women, in particular, were at risk of burnout during the pandemic as traditional role delineations blurred. “In turn, one in four women and one in three mothers have reported thinking about downshifting their careers or leaving the workforce. To retain employees, particularly female employees, and recruit female talent, employers must proactively place workers and their mental wellness at the center of business strategies.” Emily and Raeann suggest that employers offer more flexible schedules, provide mental health resources, regularly communicate the availability of those resources and track how employees are responding.

To read the article visit [HR Dive](#).

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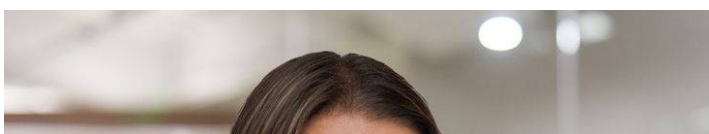


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