



# Lawyers Talk to SHRM About Mental Health in the Workplace

News

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In an interview with *SHRM*, **Emily Litzinger** and **Raeann Burgo** discuss the findings of the firm's survey on mental health in the workplace and they offer some best practices for handling the surge of employees struggling with mental health conditions.

The survey results—which were published May 18, 2022—show that employers are fielding more requests for accommodations and dealing with increased absenteeism. "We are seeing an increase of employees requesting remote work or a hybrid schedule to accommodate their anxiety and depression," said Emily. And Raeann adds that "reasonable accommodations are almost always inexpensive fixes that get your workers on the right track and lead them to be more productive than they otherwise would have been." Emily and Raeann go on to offer effective steps employers can take to address the mental health struggles of their employees.

To read the article visit [SHRM](#) (subscription required).

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