



**Mintago**

Mental Health & Financial Wellbeing

2022 UK Research

**The majority of UK
adults claim that their
finances are their
greatest source of
stress**

Financial worries cause significant stress and loss of productivity amongst UK adults



32%

struggle with day-to-day tasks due to financial concerns



43%

have lost sleep due to financial concerns



62%

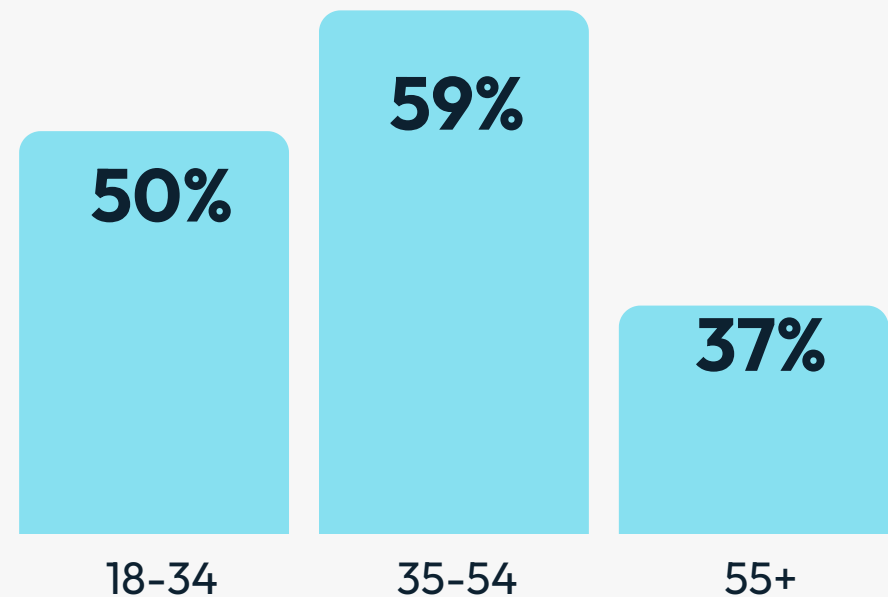
claim their financial situation
has deteriorated since the
beginning of 2022

Employees want help with managing their finances



of employees want more help managing their finances but don't know where to find it

'Do you feel comfortable discussing personal issues (e.g mental health or financial worries) with your employer?'





22%

Have temporarily paused
workplace pension
contributions

Employee wages have generally not increased despite **inflation**



68%

of employees have not seen a wage increase from their employer in line with inflation



37%

want to ask their employer for a wage increase but are unsure how to



82%

are not financially prepared if their employment status were to suddenly change



27%

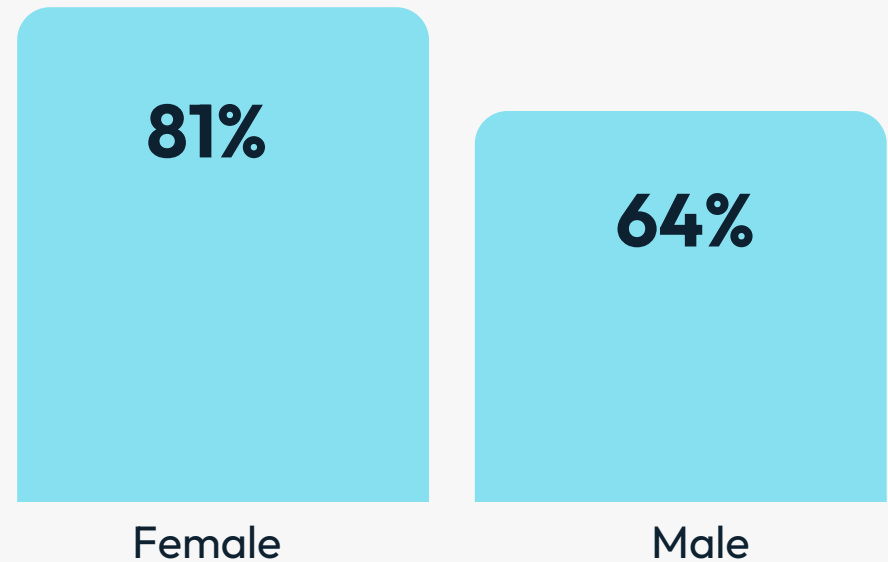
of employees have asked
their employer for a pay
rise within the last 6 months

Long term goals are not prioritised in favour of immediate financial commitments

72%

of UK adults are prioritising immediate financial commitments such as mortgage repayments and utility bills over long term financial goals

this approach is highest amongst women



77% of UK adults worry
that they will **not be**
able to retire at all

A large number of people worry about their financial situation deteriorating further



70%

of UK adults worry about their future financial situation getting worse



49%

of UK adults have conducted a thorough audit of their financial situation



49%

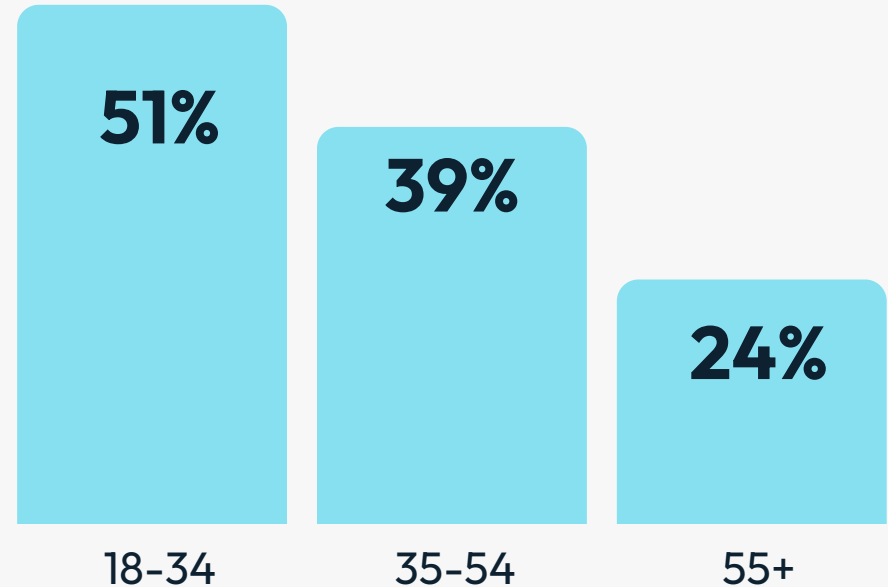
of UK adults say that their
monthly outgoings have at
least doubled since the
start of 2022

Younger people are more inclined to talk to others about money worries

62%

of UK adults limit the number of times they meet up with friends per month because they are worried about spending too much money

'Have you spoken to friends, relatives or colleagues about your money worries?'



Most people do not seek **professional advice or guidance** when it comes to **their financial situation**



23%

have spoken to a debt charity or sought other forms of free online support to help manage financial concerns



20%

have spoken to their mortgage or loan provider about potential repayment holidays or interest-only payment options

The market research was carried out between 25th and 27th May 2022 among 1,024 UK adults via an online survey by independent market research agency Censuswide.

Censuswide is a member of the Market Research Society (MRS) Company Partner Service, whose code of conduct and quality commitment it strictly adheres to. Its MRS membership means that it adheres to strict guidelines regarding all phases of research, including research design and data collection; communicating with respondents; conducting fieldwork; analysis and reporting; data storage.

The 1,024 UK adults are all aged 18 and over and in full time employment.

Thank you

The logo for Mintago, featuring the word "Mintago" in a dark blue, sans-serif font. The letter "i" is stylized with a small orange dot above it and a light blue triangle pointing upwards from the left side of the stem.