

Gen Z And Mental Health

Clayton Davis, MA, LPC
Behavioral Clinical Account Manager,
NY/NJ



Gen Z Highlights

Born between **1997 to 2012**

Projected to be **30% of workforce by 2030**

Value vocational **learning** and **career growth** more than prior generations

Increased expectations around **diversity and inclusive** environments



Source: Pew Research "On the Cusp of Adulthood" 2020.



Gen Z Experience

Ongoing **Military Conflicts** and 9/11 Attack

Active shooter drills in school

2008 Recession (80% of U.S. lost 20% of assets)

Half of Gen Z homes had a **pay cut or job loss** in 2020

Internet, cell phones and social media since birth



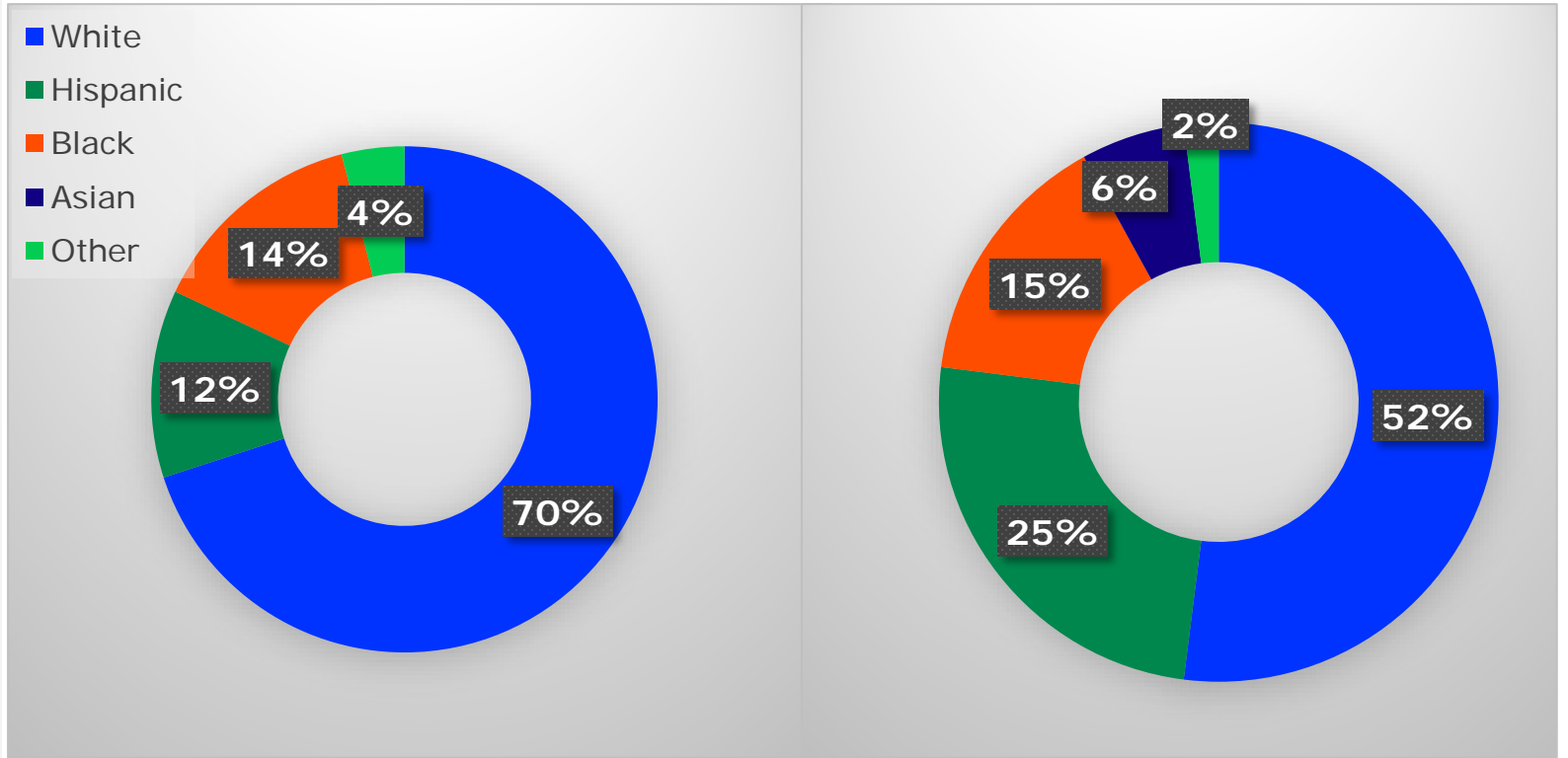
Source: Pew Research "On the Cusp of Adulthood" 2020



Gen Z Diversity

More **diversity** than any prior generation

Are **five times** more likely to identify as LGBTQ+ than Gen X



Gen X in 1987

Gen Z in 2019



Sources: Pew Research "Social Trends" 2020 (Note: 1987 Pew Research CPS survey did not break out Asian population); Washington Post "Adults Identifying LGBT" 2022.

Gen Z Mental Health Trends

Focusing on holistic health

Individual & complex

Better results

Health outcomes & higher productivity



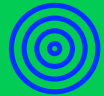
2018

Loneliness Epidemic

Released Cigna's Loneliness Index.

Half of U.S. adults were lonely.

Gen Z is the loneliest generation.



2020

Strengthening Resiliency

Fielded the Cigna Resilience Index.

Resilience was at risk for 3 in 5 Americans.

Young Adults (18-23) scored as the least resilient age group.



2023

Vitality

Partnered with Morning Consult and Dr. Richard Ryan.

Created the Evernorth Vitality Index.

Gen Z had the lowest average scores for vitality.

Gen Z Mental Health Trends

2x more likely to battle depression than older age groups



1 in 3 knows a person that was sexually assaulted



1 in 5 knows someone who died by suicide



3X more likely to cite self harm or suicidal thoughts



Trivia Question

Which generation has the highest rate of reporting they need therapy, but did not access it within the prior 4 weeks?

1. Baby Boomers
2. Gen X
3. Millennials
4. Gen Z



Source: CDC Pulse Survey "Mental Health Care Household Pulse Survey: 2022



Trivia Question

Which generation has the highest rate of reporting they need therapy, but did not access it within the prior 4 weeks?

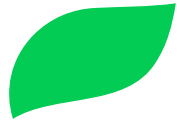
1. Baby Boomers
2. Gen X
3. Millenials
4. Gen Z



Source: CDC Pulse Survey "Mental Health Care Household Pulse Survey: 2022



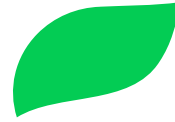
Gen Z Barriers to Treatment



Awareness

Cost concerns

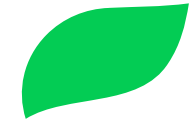
Social media as a research tool



Connection

Lack of diversity

Seeking connection and some see virtual therapy as impersonal



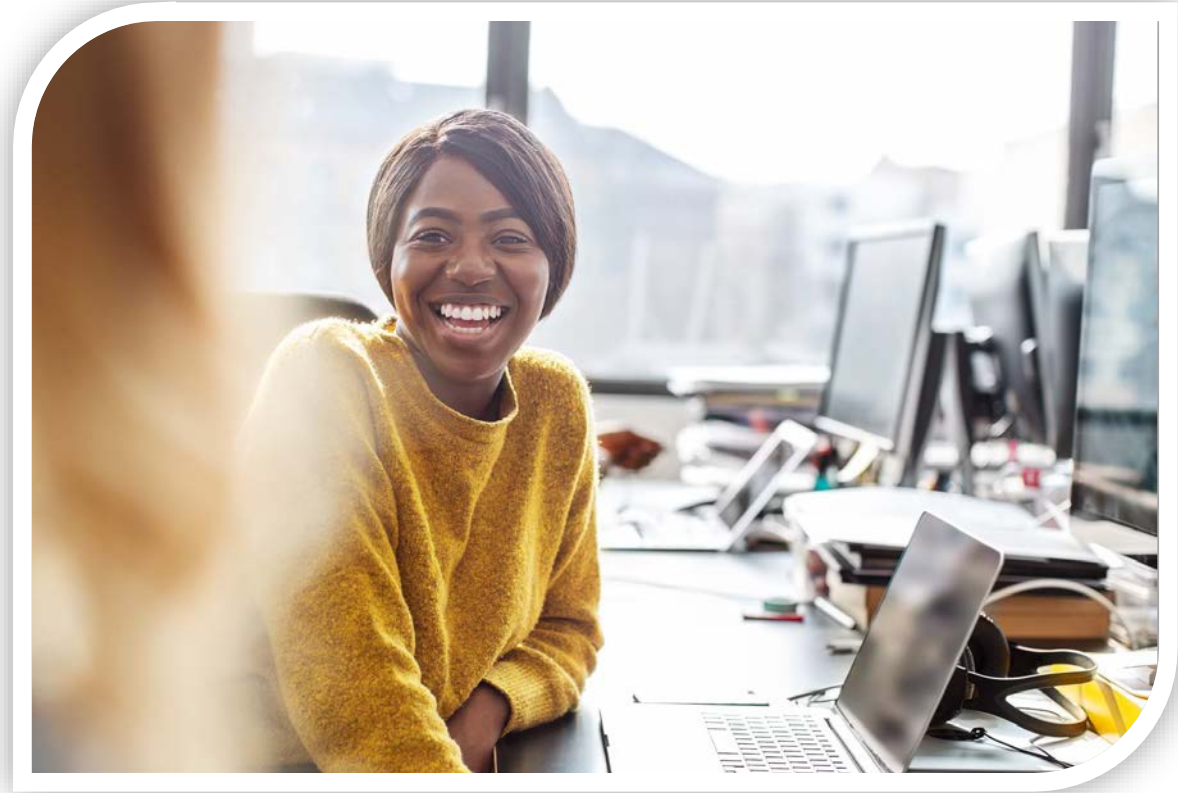
Treatment Delay

Waits until issue has become acute

Becomes frustrated with wait time for treatment

Actions

- ❑ **Become familiar with the range of behavioral resources available**
- ❑ **Educate yourself on the latest behavioral tools, such as the virtual mental health options**
- ❑ **Have an open and nonjudgemental discussion around mental health, even if there are no signs**
- ❑ **Approach mental health needs in the same manner as physical health to normalize and destigmatize accessing tools**
- ❑ **Role model healthy mental health practices**
- ❑ **Research therapist options for matching**



All Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group. © 2023 Cigna Healthcare. Some content provided under license.

