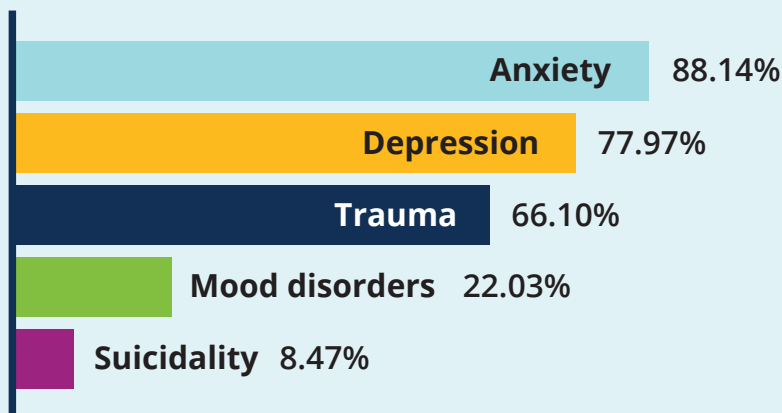


Practical insights from mental health practitioners

We reached out to mental health practitioners across the country to get some insight into the types of concerns they were seeing most and how we could best work together to combat the mental health crisis. We appreciated their insight into their real-life challenges and what they expect from us to support them. Here's what they told us:



What are the top three areas where your clients are struggling most?

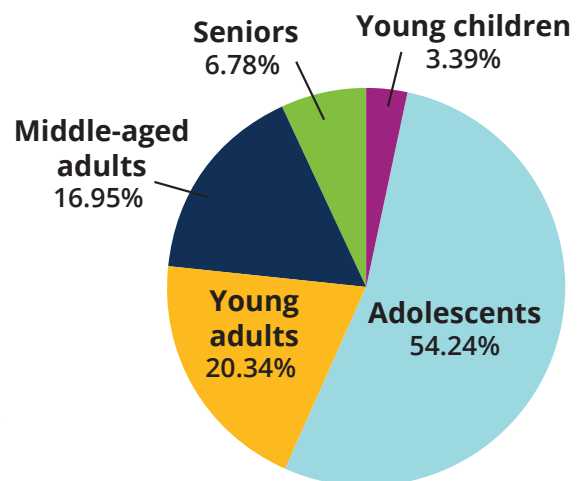


Mental health concerns are as unique as the individuals facing them, and we wanted to understand which ones our practitioners are seeing most so we can tailor our resources to support those needs. Not surprisingly, **anxiety, depression, and trauma** were the top three responses.



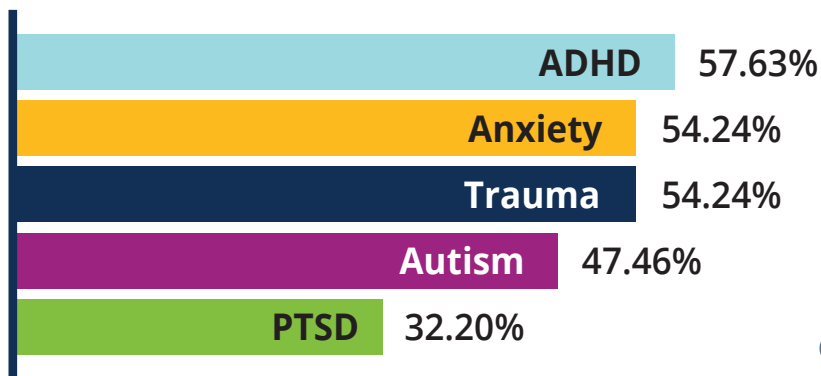
Which age groups are struggling the most with their mental health?

Mental health concerns do not discriminate, and more people than ever before are seeking help for themselves or a loved one. When asked which age group has been most affected, **more than half the practitioners who responded indicated that the group struggling the most with their mental health is adolescents.**



What are the top five topics you would like to see discussed in the future?

The top five topics that interested the practitioners that responded were **ADHD, anxiety, trauma, autism, and PTSD.**



What three topics would you like to learn more about?

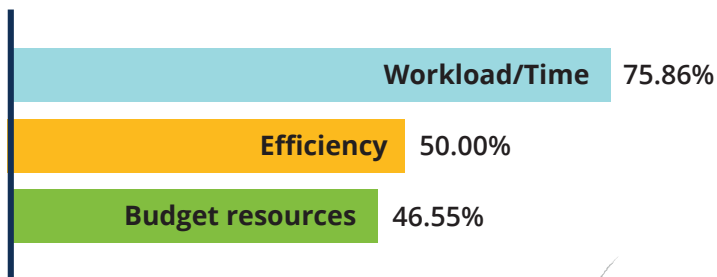


Staying abreast of the latest research on mental health and having the best resources to address each concern is paramount. A large majority of our respondents indicated how important it is for them to **stay up to date on the latest mental health research.** About half would like to **learn how other practitioners are addressing pertinent topics** and **which Pearson assessments can help them address the mental health crisis.**



What are your three biggest challenges?

An overwhelming majority of the practitioners' biggest reported challenges followed a consistent theme — time and money. The three biggest challenges practitioners face are their **workload, improving their efficiency, and staying on top of their budget for the year.**



Thank you to all who participated! Your feedback was invaluable in assessing how best to support you.

Does this information align with what you're observing in your practice? For more information, reach out to our [product experts](#) for guidance on the resources that best suit your needs or visit our [mental health resource center](#).

