

TELUS Mental Health Index.

South Korea | Q2 2026

TELUS Health

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What you need to know: Q2 2026.



Despite a second consecutive increase in the overall mental health score, more than two in five workers remain at high mental health risk, with depression and isolation continuing their trend as the lowest sub-scores.

- At 57.9, the mental health of workers improved by one point from the first quarter of 2026
- 44 per cent of workers have a high mental health risk, 44 per cent have a moderate mental health risk, and 12 per cent have a low mental health risk
- All mental health sub-scores, apart from financial risk, have improved compared to the previous quarter
- Depression has been the lowest mental health sub-score for over a year
- 46 per cent report feeling depressed; 43 per cent of workers feel isolated; and 41 per cent of workers report feeling anxious
- 32 per cent of workers lack emergency savings to cover basic needs
- 29 per cent of workers report that their mental health is negatively affecting work productivity
- Mental health scores have improved in all regions compared to the first quarter
- Managers continue to score higher than non-managers, and labourers score lower than both service industry and office workers

The data shows a direct, measurable link between how workers feel about their finances and their mental health.

- 70 per cent of workers feel worried or anxious about their finances at least some of the time
- 32 per cent of workers always or often feel anxious about money; this group has the lowest mental health scores, at least 34 points lower than those never feeling anxious about money and 12 points lower than the national average
- 38 per cent of workers who are not in a good financial position score more than 18 points lower on the Mental Health Index than their financially secure peers, and more than nine points lower than the national average

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Financial health is negatively impacting productivity, with younger workers, managers, and parents disproportionately affected.

- 21 per cent of workers report financial stress has negatively impacted their work productivity; this group scores 18 points lower on the Mental Health Index than workers reporting no productivity impact, and 11 points lower than the national average
- Workers without emergency savings are two and a half times more likely to say their productivity has suffered
- Workers under 40 are twice as likely as those over 50 to report a negative productivity impact due to financial stress
- Parents and managers are 50 per cent more likely than their counterparts to report the same
- Four per cent of workers have missed work entirely due to financial stress; this group's mental health score is 12 points lower than the national average

Lack of retirement savings and cost of living are the top drivers of financial anxiety.

- 33 per cent of workers cite a lack of retirement savings as the biggest driver of their financial anxiety, ahead of the cost of living (23 per cent) and lack of emergency savings (16 per cent)
- The most reported impacts of financial stress are anxiety (38 per cent), sleep disruption (22 per cent), strained personal relationships (19 per cent), and reduced motivation or engagement (19 per cent)
- Workers over 50 are 60 per cent more likely than workers under 40 to cite retirement savings as their top concern

There's a gap between the benefits employers provide and employees' understanding of them. Employees want help navigating retirement and savings programs, and most don't understand how they work.

- 75 per cent of workers contributing to a workplace retirement or savings program don't have a strong understanding of how it works
- Workers who don't understand their workplace retirement or savings program at all have a mental health score nearly 19 points below those who understand it well
- 72 per cent of workers want employer-provided resources or support for retirement, pensions, or savings, the most requested categories of support

Two in five workers are financially supporting or caring for adult children or aging parents.

- 23 per cent of workers provide financial support or care to aging parents, 18 per cent to adult children, and four per cent to other family members (excluding dependents under 18 and their spouse/partner)
- 28 per cent of workers report a negative impact on their finances
- 27 per cent report a negative impact on their mental health
- 21 per cent report reduced work hours or income, 16 per cent report strained family relationships, 16 per cent report reduced productivity, and 11 per cent report an impact on career options

Trust in leadership is fragile, and its impact on mental health is clear.

- 43 per cent of workers believe their employer cares about both their wellbeing and productivity; 37 per cent believe employers care about productivity over wellbeing
- There's a nine-point mental health score gap between workers who believe their employer cares about their wellbeing compared to those who think their employer cares about productivity over wellbeing
- 36 per cent of workers would feel comfortable telling their manager about a mental health issue; 41 per cent would not
- Workers who wouldn't feel comfortable disclosing a mental health issue have a mental health score 11 points lower than those who would

Substance use is affecting performance for many workers, but fear of workplace disclosure and stigma keep them from getting help.

- 36 per cent of workers report being concerned about their substance use in the past 12 months
- 29 per cent of workers would feel comfortable telling their manager if they had a substance use issue, while 46 per cent who wouldn't feel comfortable score nearly 11 points lower on the Mental Health Index
- 29 per cent of workers report reduced quality or accuracy of work, 24 per cent report trouble meeting deadlines, 18 per cent report difficulty concentrating, and 16 per cent report strained relationships with coworkers due to substance use
- Mental health scores for workers reporting work impact due to substance use range from 46.1 to 56.4, at least one point below the national average
- Even among 34 per cent of workers reporting no work impact due to substance use, mental health still lags the national average by nearly four points
- Fear of workplace disclosure (28 per cent), stigma or embarrassment (26 per cent), and not knowing available support (26 per cent) are the top barriers to seeking help for substance issues
- Workers facing financial barriers or stigma have a mental health score 12 points lower than the national average, and 15 points below those reporting no barriers

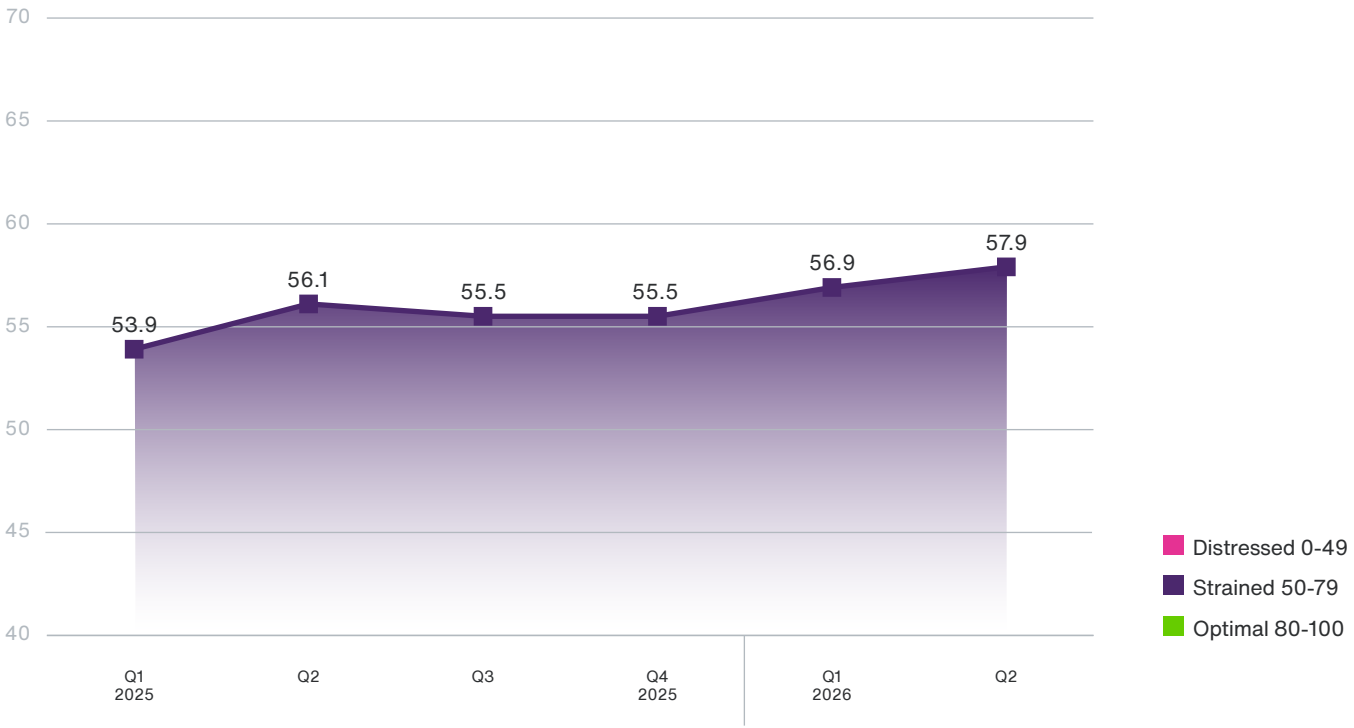


The Mental Health Index.

MHI Current Month Q2 2026	Q1 2026
57.9	56.9

The overall Mental Health Index (MHI) for Q2 2026 is 57.9.

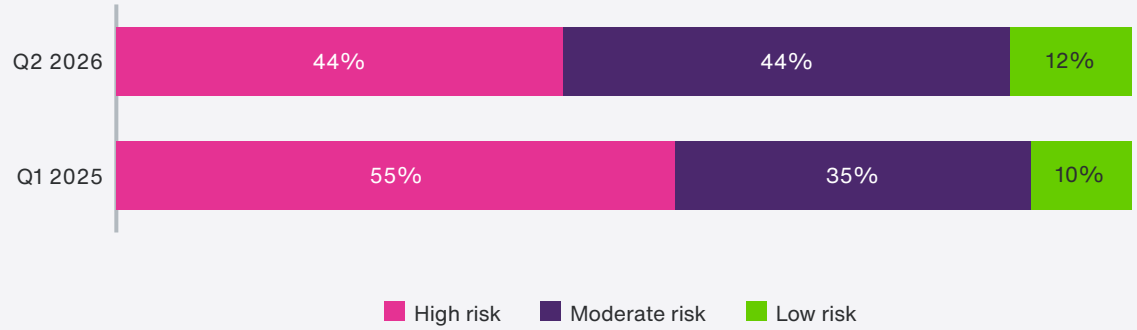
The mental health score of workers in Korea improves for the second consecutive period, yet it remains significantly strained.



Mental health risk.

In Q2 2026, 44 per cent of workers have a high mental health risk, 44 per cent have a moderate mental health risk, and 12 per cent have a low mental health risk. The proportion of workers in the high-risk group has declined by 11 per cent since Q1 2025.





Approximately 30 per cent of workers in the high-risk group report diagnosed anxiety or depression, seven per cent report diagnosed anxiety or depression in the moderate-risk group, and one per cent of workers in the low-risk group report diagnosed anxiety or depression.

Mental Health Index sub-scores.

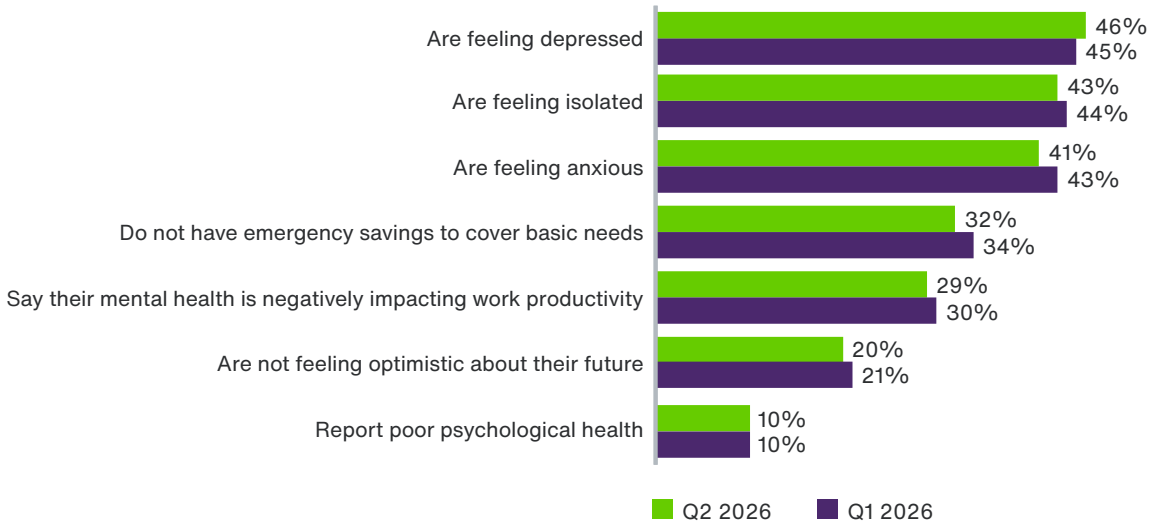
Depression (49.9) continues to be the lowest sub-score since the launch of the Mental Health Index in the first quarter of 2025. Isolation (51.2), anxiety (52.0), optimism (60.8), work productivity (61.5), and financial risk (64.7) follow. General psychological health (70.7) remains the most favourable mental health measure in Q2 2026.

- All mental health sub-scores, apart from financial risk, have improved compared to the previous period

Nearly half (46 per cent) of workers feel depressed, 43 per cent feel isolated, 41 per cent feel anxious, 32 per cent don't have emergency savings for basic needs, 29 per cent say their mental health is negatively impacting work productivity, 20 per cent don't feel optimistic about their future, and 10 per cent of workers cite poor psychological health.

Mental Health Index Sub-scores	Q2 2026	Q1 2026
Depression	49.9	49.3
Isolation	51.2	49.9
Anxiety	52.0	50.5
Optimism	60.8	59.4
Work productivity	61.5	60.5
Financial risk	64.7	64.9
Psychological health	70.7	69.4

Percentage at risk by MHI sub-score

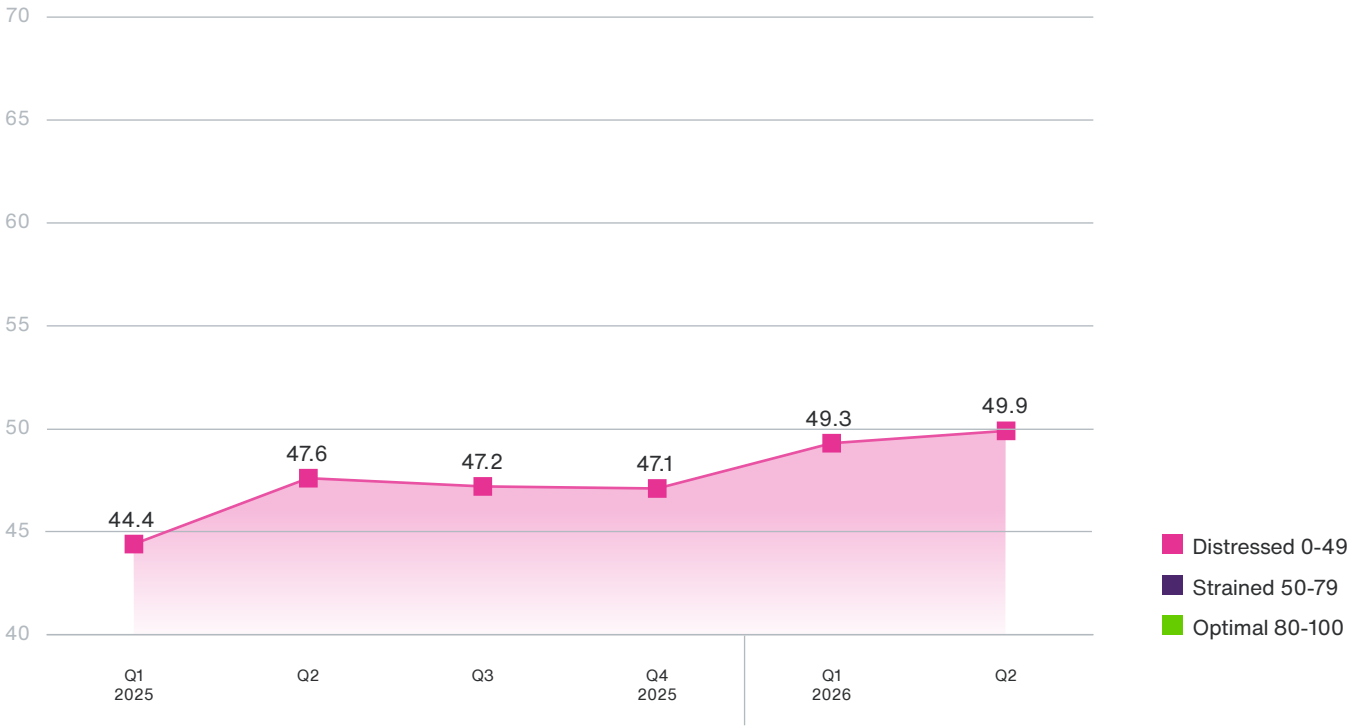


Depression

In the second quarter of 2026, 46 per cent of workers often feel a sense of helplessness.

Depression has been the lowest mental health sub-score since the launch of the Index in January 2025.
Despite an upward trend, nearly half of workers continue to feel depressed, and the sub-score remains the lowest.

Sub-score
Q2 2026
49.9



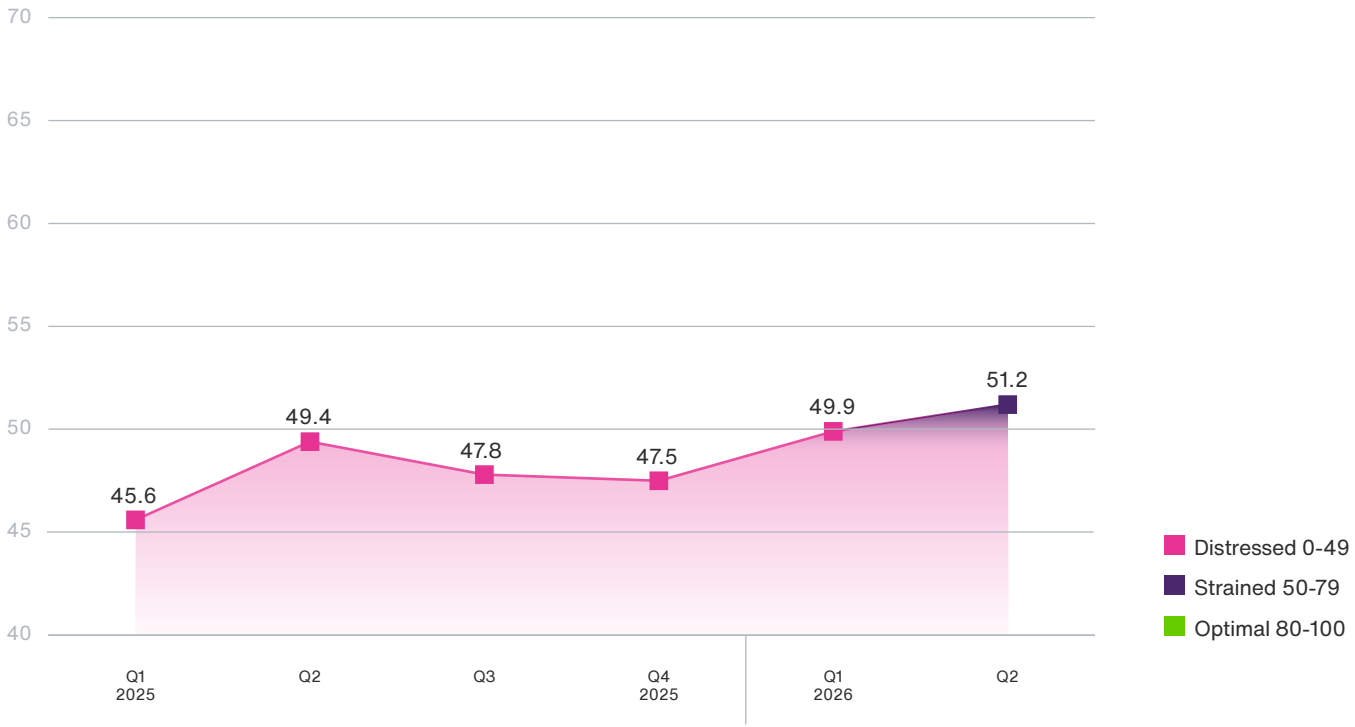
Isolation

In the second quarter of 2026, 43 per cent of workers say they often feel alone.

Following two periods of decline, the isolation sub-score recovered through Q2 2026. Despite this increase, isolation remains the second-lowest mental health sub-score since the launch of the Mental Health Index in January 2025.

Sub-score
Q2 2026

51.2



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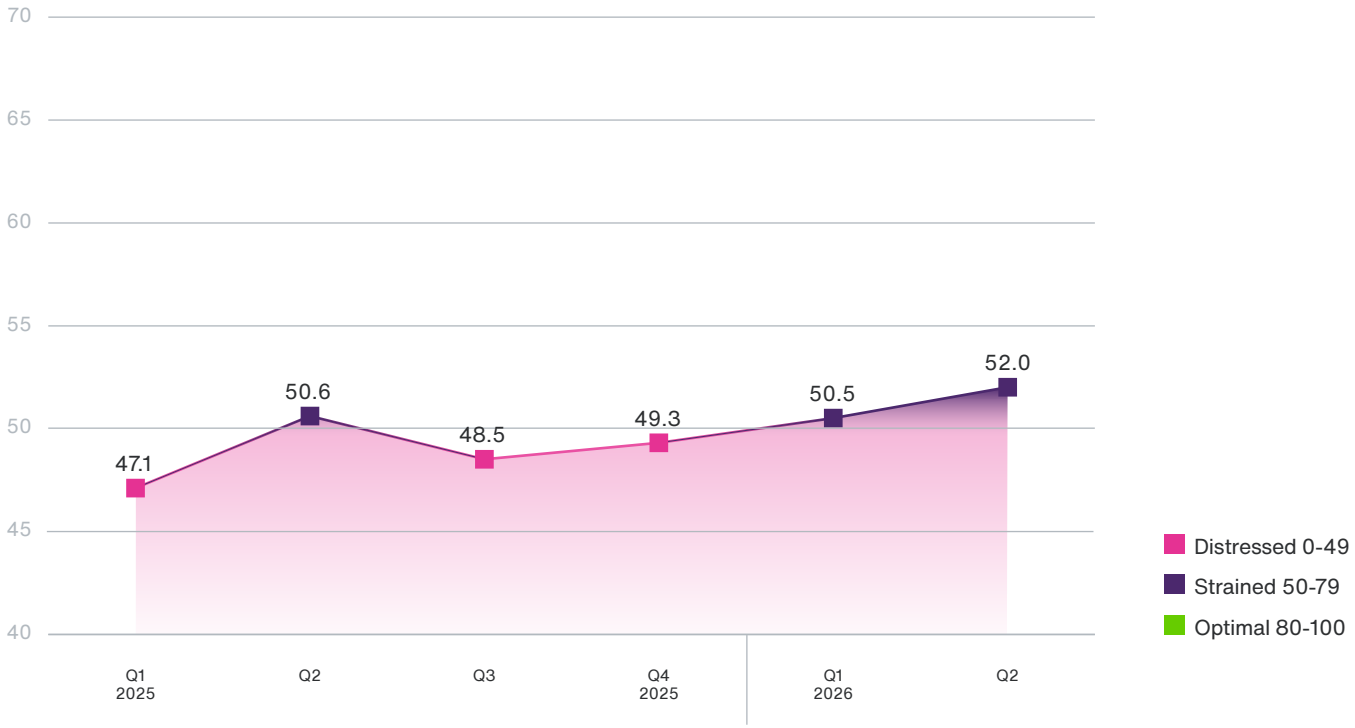
Anxiety

In the second quarter of 2026, 41 per cent of workers report often feeling unsettled and nervous.

Following a sharp decline in Q3 2025, the anxiety sub-score has improved incrementally. At 52.0, the score remains one of the lowest, despite three consecutive improvements.

Sub-score
Q2 2026

52.0



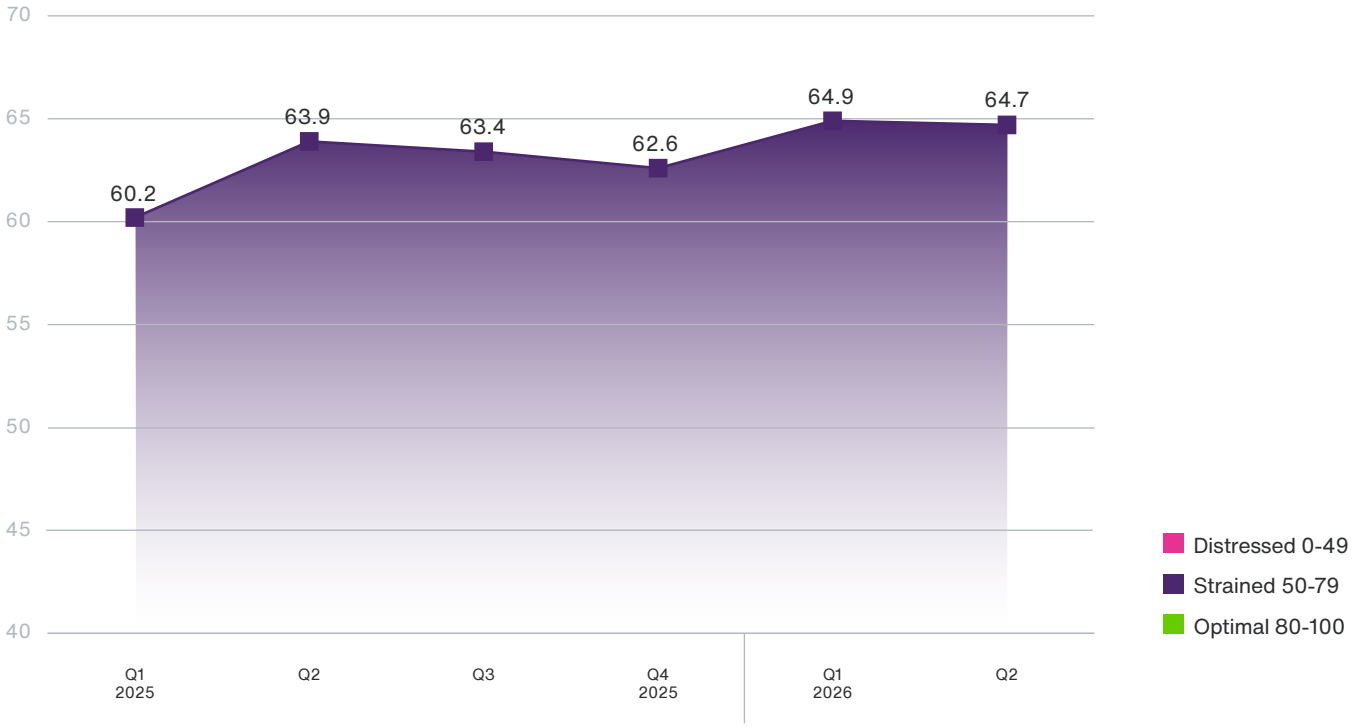
Financial risk

In the second quarter of 2026, 32 per cent of workers lack emergency savings to cover basic needs.

The financial risk sub-score has shown moderate variability since the launch of the MHI, with the score remaining relatively flat in Q2 2026 compared to the previous period.

Sub-score
June 2026

64.7



Mental health by gender and age.

- Since the launch of the MHI, women have had significantly lower mental health scores than men. In Q2 2026, the mental health score for women is 56.0, compared with 59.7 for men
- Since January 2025, mental health scores have improved with age

Mental health by employment status.

- Overall, two per cent of respondents are unemployed[1] and six per cent report reduced hours or reduced salary
- Workers reporting reduced salary compared to the previous month have the lowest mental health score (53.8), followed by workers reporting fewer hours than the last month (53.8), respondents not currently employed (57.1), and workers with no change to salary or hours (58.2)
- Labourers have a lower mental health score (54.1) than service industry (55.4) and office workers (59.4)
- Managers have a higher mental health score (59.4) than non-managers (56.7)
- Respondents working for companies with 5,001-10,000 employees have the highest mental health score (64.9)
- Self-employed/sole proprietors have the lowest mental health score (52.4)



Emergency savings

- Workers without emergency savings continue to experience a lower mental health score (47.3) than the overall group (57.9). Workers with an emergency fund have an average mental health score of 62.9

1 MHI respondents who have been employed in the past six months are included in the poll.

The Mental Health Index by region.

In the second quarter of 2026, the Honam region (62.6) has the highest mental health score, while the Central region (56.1) has the lowest.

- In Q2 2026, mental health scores have improved in all regions compared to Q1 2026
- The Honam region continues to have the highest mental health score



Region	Q2 2026	Q1 2026
Capital Region	57.8	57.7
Central Region	56.1	53.0
Honam Region	62.6	58.2
Yeongnam Region	57.8	55.7

Numbers highlighted in pink are the lowest/worst scores in the group.
Numbers highlighted in green are the highest/best scores in the group.

Employment status	Q2 2026	Q1 2026
Employed (no change in hours/salary)	58.2	57.3
Employed (fewer hours compared to last month)	53.8	53.9
Employed (reduced salary compared to last month)	53.8	49.1
Not currently employed	57.1	56.9

Age group	Q2 2026	Q1 2026
Age 20-29	57.0	52.6
Age 30-39	55.7	53.7
Age 40-49	57.5	56.7
Age 50-59	59.3	59.6
Age 60-69	69.2	68.5

Number of children	Q2 2026	Q1 2026
No children in household	57.8	56.9
1 child	58.3	56.6
2 children	58.1	56.7
3 children or more	56.1	61.1

Gender	Q2 2026	Q1 2026
Men	59.7	58.8
Women	56.0	54.8

Household income/annum	Q2 2026	Q1 2026
< 20,000K won	46.1	49.9
20,000K to < 40,000K won	53.1	53.2
40,000K to < 60,000K won	58.5	55.7
60,000K to < 100,000K won	58.9	58.3
100,000K won and over	63.6	63.7

Employer size	Q2 2026	Q1 2026
Self-employed/sole proprietor	52.4	52.3
2-50 employees	56.9	55.7
51-100 employees	56.7	56.5
101-500 employees	60.4	57.4
501-1,000 employees	57.9	57.1
1,001-5,000 employees	61.0	61.3
5,001-10,000 employees	64.9	63.3
More than 10,000 employees	62.5	65.4

Manager	Q2 2026	Q1 2026
Manager	59.4	58.1
Non-manager	56.7	55.8

Work environment	Q2 2026	Q1 2026
Labour	54.1	54.5
Office/desk	59.4	57.6
Service	55.4	55.9

Numbers highlighted in pink are the lowest/worst scores in the group.
Numbers highlighted in green are the highest/best scores in the group.

The Mental Health Index by industry.

Workers in Accommodation and Food Service Activities have the lowest mental health score (50.3), followed by workers in Media and Telecommunications (50.9), and Agriculture, Forestry and Fishing (51.4).

Workers in Financial and Insurance Activities (65.8), Public Administration and Defense; Compulsory Social Security (65.3), and Professional, Scientific and Technical Activities (63.1) have the highest mental health scores in the second quarter of 2026.



Industry	Q2 2026	Q1 2026	Change
Wholesale and Retail Trade; Repair of Motor Vehicles and Motorcycles	57.6	50.6	7.1
Public Administration and Defense; Compulsory Social Security	65.3	58.7	6.6
Real Estate Activities	59.2	54.7	4.5
Administrative and Support Service Activities	59.2	54.7	4.5
Human Health and Social Work Activities	60.2	56.8	3.4
Professional, Scientific and Technical Activities	63.1	60.0	3.1
Financial and Insurance Activities	65.8	62.9	2.9
Other Service Activities	55.2	53.3	1.9
Construction	61.0	59.4	1.6
Arts, Entertainment and Recreation	58.0	57.2	0.9
Technology	57.4	57.4	0.0
Transportation and Storage	59.4	59.8	-0.4
Information and Communication (excluding media and telecommunications)	55.3	55.8	-0.5
Education	57.7	58.6	-0.9
Manufacturing	57.5	58.9	-1.4
Media and Telecommunications	50.9	53.3	-2.3
Accommodation and Food Service Activities	50.3	54.1	-3.8
Agriculture, Forestry and Fishing	51.4	57.3	-5.9

Financial Health

Perception of financial health.

Fewer than two in five workers report being in a good financial position; an equal proportion report being financially insecure.

- 38 per cent of workers report being in a good financial position; the mental health score of this group (67.1) is nine points higher than the national average (57.9)
- 38 per cent of workers report not being in a good financial position; this group has the lowest mental health score (48.7), more than 18 points lower than workers reporting being in a good financial position (67.1), and more than nine points lower than the national average (57.9)
- Workers with a yearly household income lower than 60,000K won are more than twice as likely as workers with an annual household income greater than 60,000K won to report not being in a good financial position
- Workers without emergency savings are 60 per cent more likely than workers with emergency savings to report not being in a good financial position

I am in a good financial situation/position



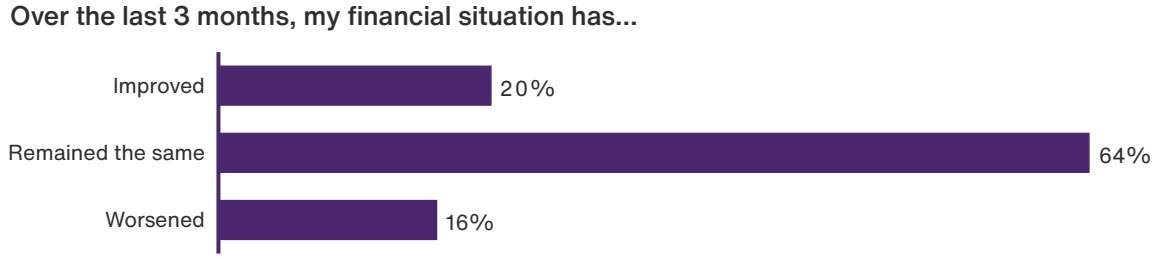
MHI score by “I am in a good financial situation/position”





Nearly two-thirds of workers say their financial situation has remained the same over the last three months; one in six say it's worsened.

- 64 per cent of workers report their financial situation hasn't changed over the last three months; the mental health score of this group (60.0) is two points higher than the national average (57.9)
- The lowest mental health score (43.6) is among 16 per cent of workers reporting their financial situation has worsened over the last three months, more than 19 points lower than workers reporting an improvement (63.0), and over 14 points lower than the national average (57.9)
- Workers without emergency savings are nearly three times as likely as workers with emergency savings to report a worsening of their financial situation over the last three months
- Workers with a yearly household income lower than 60,000K won are nearly three times as likely as workers with an annual household income greater than 60,000K won to report a worsening of their financial situation over the last three months



- The highest mental health score (63.0) is among 20 per cent of workers reporting their financial situation has improved over the last three months, five points higher than the national average (57.9)
- Managers are twice as likely as non-managers to report their financial situation has improved over the last three months
- Parents are 60 per cent more likely than non-parents to report their financial situation has improved over the last three months
- Workers under 40 are 40 per cent more likely than workers over 50 to report their financial situation has improved over the last three months

MHI score by "Over the last 3 months, my financial situation has..."



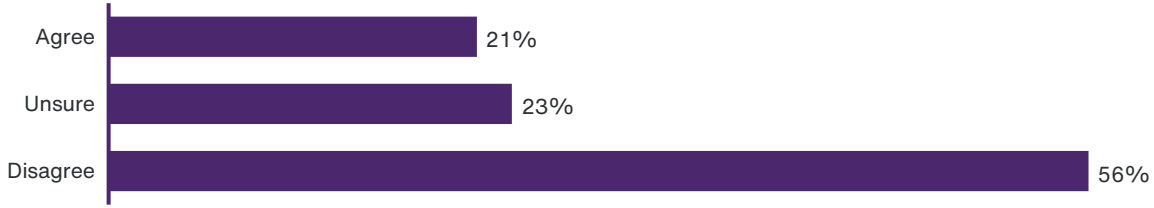




One in five workers reports that their personal financial situation has negatively impacted their productivity at work over the past three months, with younger workers, managers, and parents disproportionately affected.

- 56 per cent of workers say their personal financial situation has not impacted their work productivity; the mental health score of this group (64.6) is nearly seven points higher than the national average (57.9)
- The lowest mental health score (46.4) is among 21 per cent of workers reporting their personal financial situation has negatively impacted their productivity at work over the past three months, more than 18 points lower than workers who disagree (64.6), and over 11 points lower than the national average (57.9)
- Workers under 40 are twice as likely as workers over 50 to report a negative impact on their work productivity over the past three months

My personal financial situation has negatively affected my productivity at work over the past 3 months



- Workers without emergency savings are two and a half times more likely than workers with emergency savings to report a negative impact on their work productivity over the past three months
- Parents are 50 per cent more likely than non-parents to report a negative impact on their work productivity over the past three months
- Managers are 50 per cent more likely than non-managers to report a negative impact on their work productivity over the past three months

MHI score by "My personal financial situation has negatively affected my productivity at work over the past 3 months"

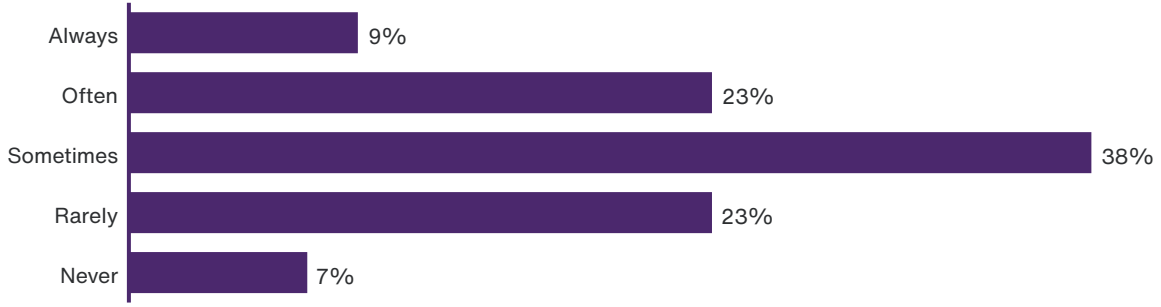


Financial anxiety

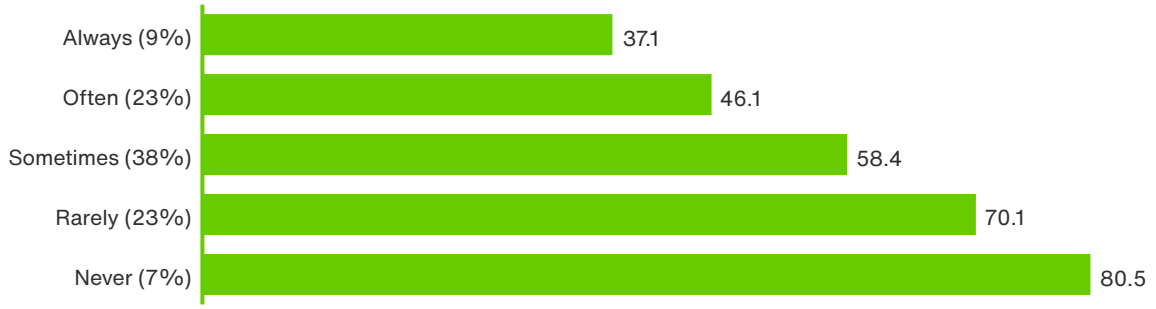
Seven in 10 workers feel worried or anxious about their financial situation; younger workers are more likely to feel this way always or often.

- 30 per cent of workers rarely or never feel worried/anxious about their financial situation; the mental health scores of this group (70.1 and 80.5, respectively) are at least 12 points higher than the national average (57.9)
- One-third (32 per cent) of workers always or often feel worried/anxious about their financial situation; this group has the lowest mental health scores (37.1 and 46.1, respectively), at least 24 points lower than workers who rarely or never feel worried (70.1 and 80.5, respectively), and at least 12 points lower than the national average (57.9)
- Workers under 40 are 40 per cent more likely than workers over 50 to always or often feel worried/anxious about their financial situation
- Workers with a yearly household income lower than 60,000K won are 60 per cent more likely than workers with a yearly household income greater than 60,000K won to always or often feel worried/anxious about their financial situation

How often do you feel worried or anxious about your financial situation?



MHI score by "How often do you feel worried or anxious about your financial situation?"

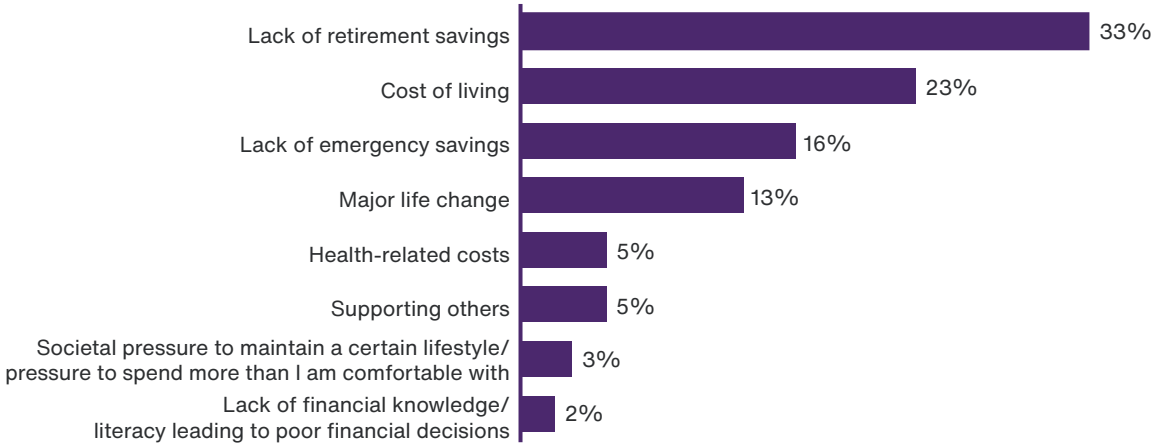


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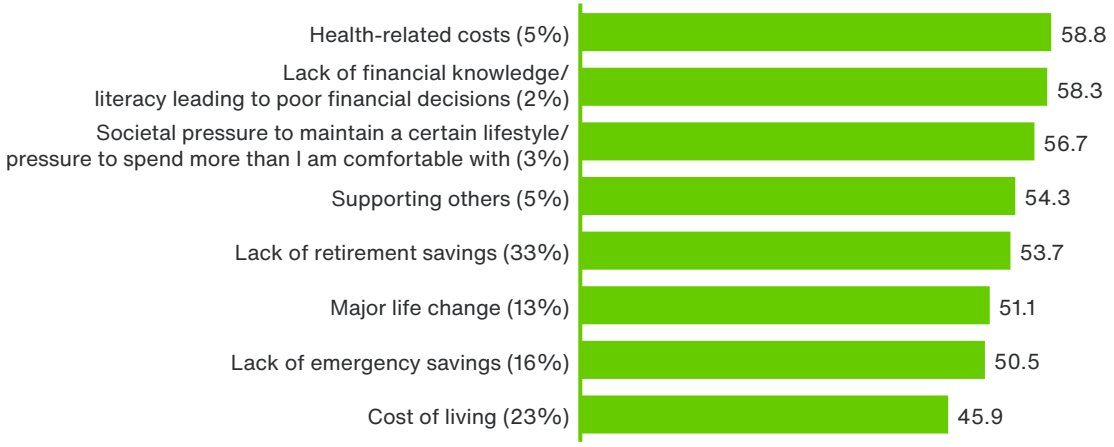
A third of workers identify lack of retirement savings as their leading source of financial anxiety.

- 33 per cent of workers say lack of retirement savings is driving their financial anxiety most, 23 per cent say it's cost of living, and 16 per cent say it's a lack of emergency savings
- The mental health score of 33 per cent reporting lack of retirement savings as the biggest driver of financial anxiety (53.7) is more than four points lower than the national average (57.9)
- Workers over 50 are 60 per cent more likely than workers under 40 to report a lack of retirement savings as the driver of financial anxiety
- The lowest mental health score (45.9) is among 23 per cent of workers reporting cost of living as driving their financial anxiety most, 12 points lower than the national average (57.9)

Which of the following is driving your financial anxiety the most?



MHI score by "Which of the following is driving your financial anxiety the most?"

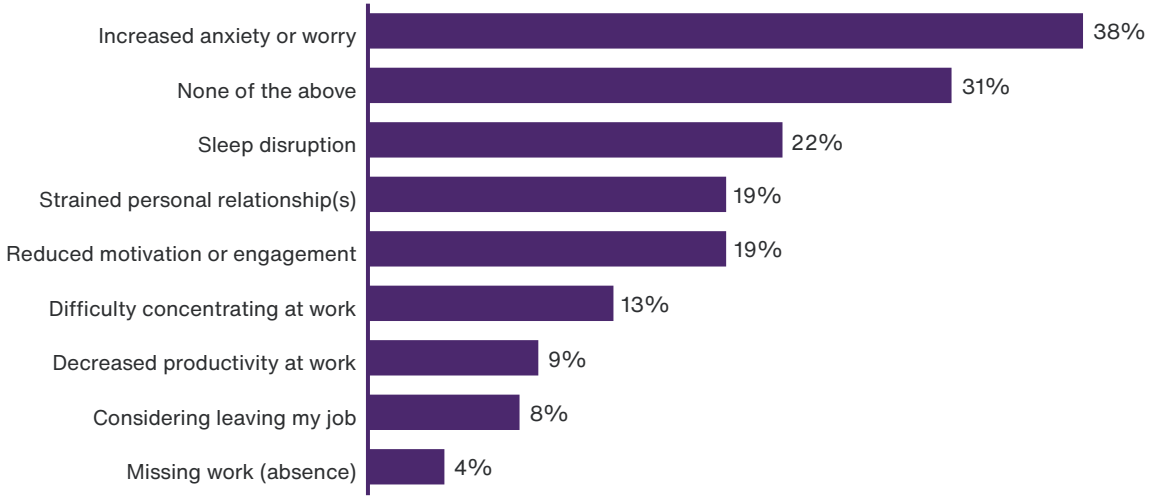


The impact of financial stress.

Anxiety, sleep disruption, lack of motivation, and strained personal relationships are most commonly reported as impacts of financial stress.

- Nearly two in five (38 per cent) workers say they've experienced increased anxiety as a result of financial stress, 22 per cent report sleep disruption, 19 per cent report reduced motivation/engagement, 19 per cent report strained personal relationship(s), and 13 per cent report difficulty concentrating at work due to financial stress
- Mental health scores among workers reporting impacts due to financial stress range from 53.8 (decreased productivity at work) to a low of 45.8 (work absence), at least four points lower than the national average (57.9)

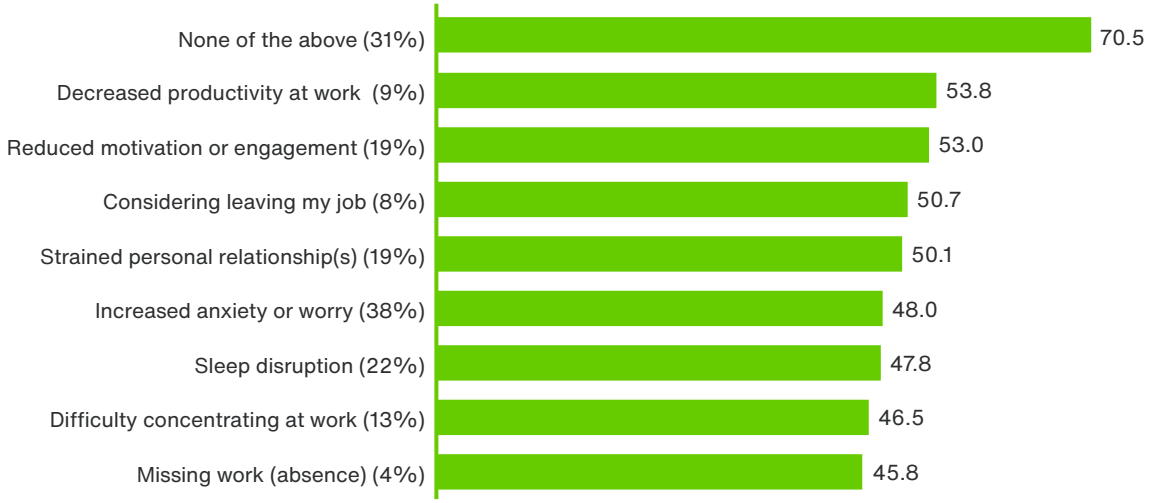
Which, if any, have you experienced as a result of financial stress?



- 31 per cent of workers report no impact from financial stress; the mental health score of this group (70.5) is nearly 13 points higher than the national average (57.9)
- The lowest mental health score (45.8) is among four per cent of workers reporting missing work due to financial stress, nearly 25 points lower than workers reporting no impact (70.5), and 12 points lower than the national average (57.9)



MHI score by "Which, if any, have you experienced as a result of financial stress?"



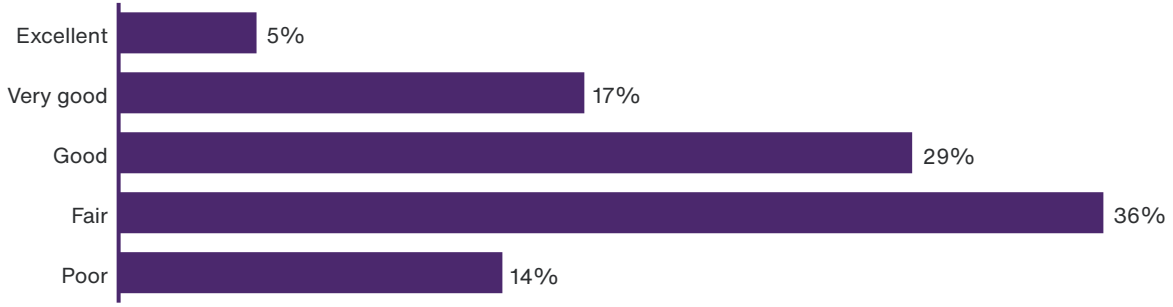
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Financial literacy

Half of workers rate their financial literacy as fair or poor.

- 22 per cent of workers rate their financial literacy as very good or excellent; the mental health scores of this group (64.2 and 68.5, respectively) are at least six points higher than the national average (57.9)
- Half (50 per cent) of workers rate their overall financial literacy as fair or poor; this group has the lowest mental health scores (55.8 and 41.9, respectively), at least eight points lower than workers who rate their financial literacy as excellent or very good, and at least two points lower than the national average (57.9)

How would you rate your overall financial literacy?



MHI score by "How would you rate your overall financial literacy?"



Compensation and workplace retirement or savings programs.

While two in five workers say they are fairly paid for the work they do, one in four say they aren't.

- 40 per cent of workers say they're fairly paid for the work they do; the mental health score of this group (64.1) is more than six points higher than the national average (57.9)
- The lowest mental health score (51.0) is among 24 per cent of workers who say they're not fairly paid for the work they do, 13 points lower than workers who believe they're fairly paid (64.1) and seven points lower than the national average (57.9)
- Workers with an annual household income less than 60,000K won are 60 per cent more likely than workers with a yearly household income greater than 60,000K won to say they're not fairly paid for the work they do
- Non-managers are 40 per cent more likely than managers to say they're not fairly paid for the work they do

I am fairly paid for the work I do



MHI score by "I am fairly paid for the work I do"

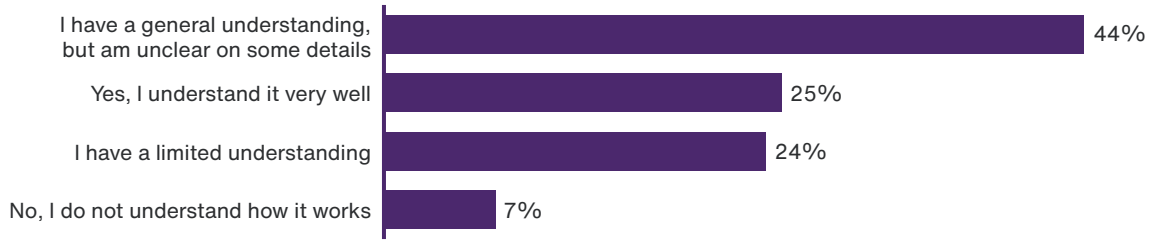


Three-quarters of workers who contribute to workplace retirement or savings programs don't have a good understanding of how these programs work.

- More than two in five (44 per cent) workers have a general understanding of how their workplace retirement or savings programs work, but are unclear on some details; 24 per cent have a limited understanding of how the program works, and seven per cent don't understand at all
- Workers with a yearly household income lower than 60,000K won are 50 per cent more likely than workers with an annual household income greater than 60,000K won to report not understanding how the programs work at all



If you are contributing to a workplace retirement or savings program, do you understand how it works?



- 25 per cent of workers contributing to a workplace retirement or savings program understand how the programs work very well; the mental health score of this group (66.2) is more than eight points higher than the national average (57.9)
- The lowest mental health score (47.4) is among seven per cent of workers who don't understand how their workplace retirement or savings programs work at all, nearly 19 points lower than workers who understand them very well (66.2), and more than 10 points lower than the national average (57.9)

MHI score by "If you are contributing to a workplace retirement or savings program, do you understand how it works?"

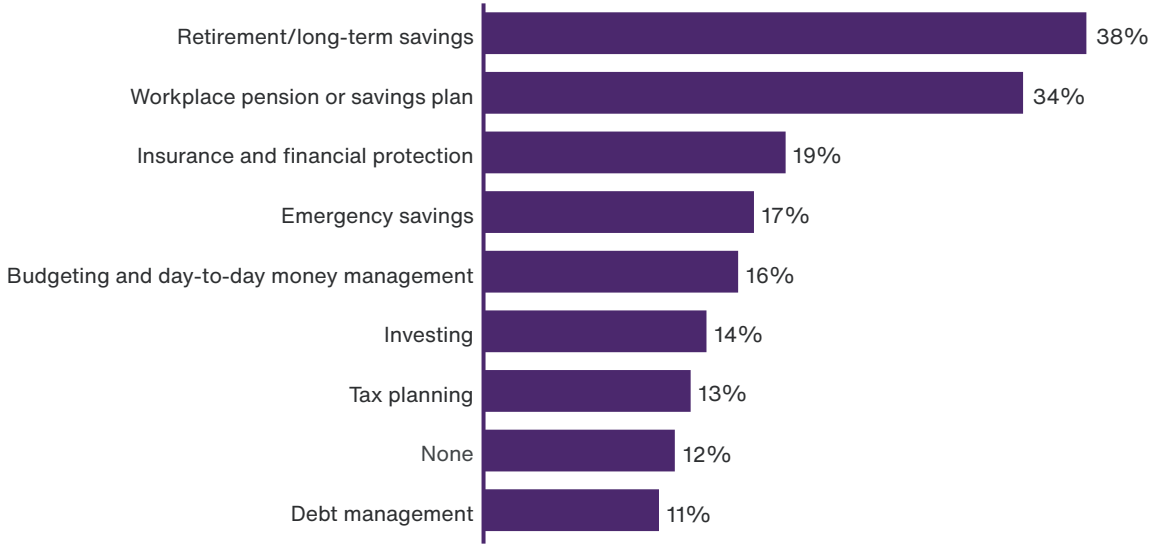


More than seven in 10 workers want their employer to provide resources, communications or support for retirement and workplace pension or savings plans.

- 38 per cent of workers want their employer to offer resources, communications or support for retirement savings, 34 per cent want support for their workplace pension or savings plans, 19 per cent want their employer to offer resources on insurance and financial protection, 17 per cent want support for emergency savings, and 16 per cent want support with budgeting



Which of the following financial topics do you wish your employer would offer resources, communications, or support for?

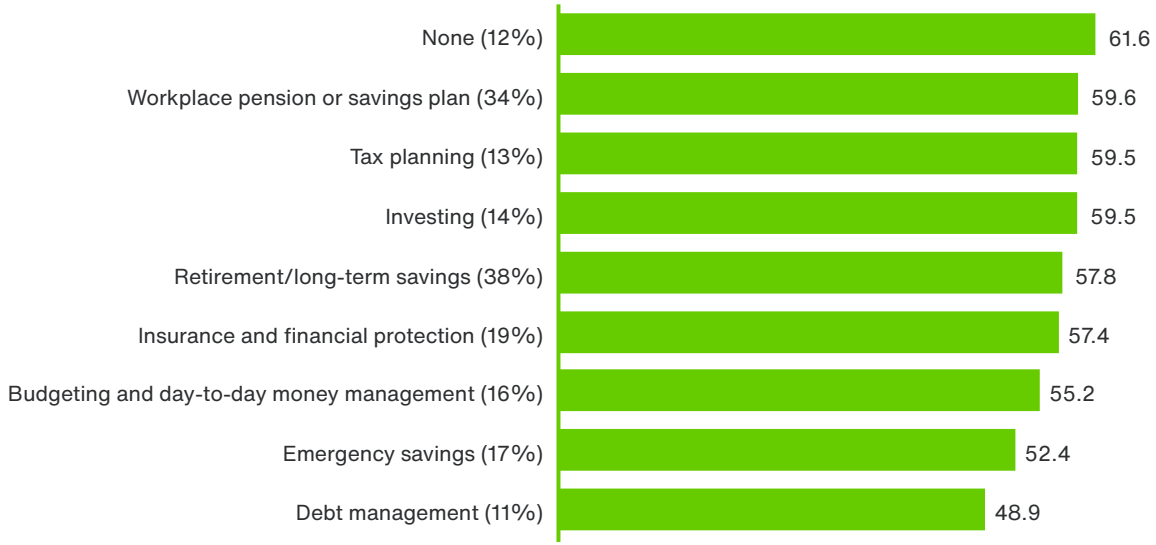


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- The lowest mental health score (48.9) is among 11 per cent of workers who want employer support for debt management, nine points lower than the national average (57.9)
- 12 per cent of workers don't want their employer to provide resources, communication, or support on any financial topic; this group has the highest mental health score (61.6), nearly four points higher than the national average (57.9)



MHI score by "Which of the following financial topics do you wish your employer would offer resources, communications, or support for?"



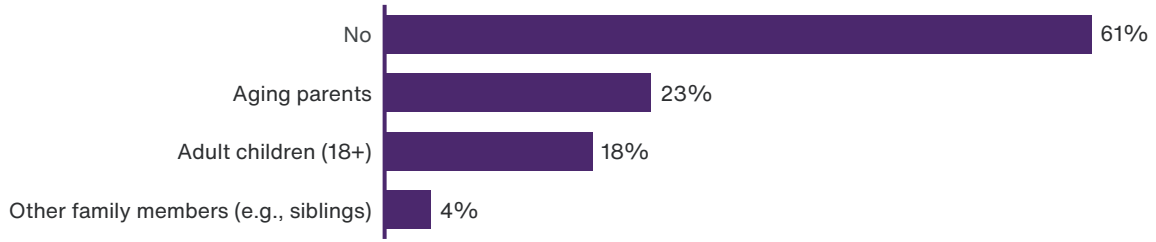
TELUS Health

Caregiving and financial support.

Two in five workers provide financial support or care to adult children or their aging parents.

- 23 per cent are providing care or financial support to their aging parents,18 per cent of workers are providing financial support or care to their adult children, and four per cent are providing financial support or care to other family members
- 61 per cent of workers don't provide financial support or care to dependents (excluding children under 18 and spouse/partner); the mental health score of this group (59.5) is modestly higher than the national average (57.9)

Excluding children under 18 and/or your spouse/partner, are you currently providing financial support or caregiving to any of the following dependents?



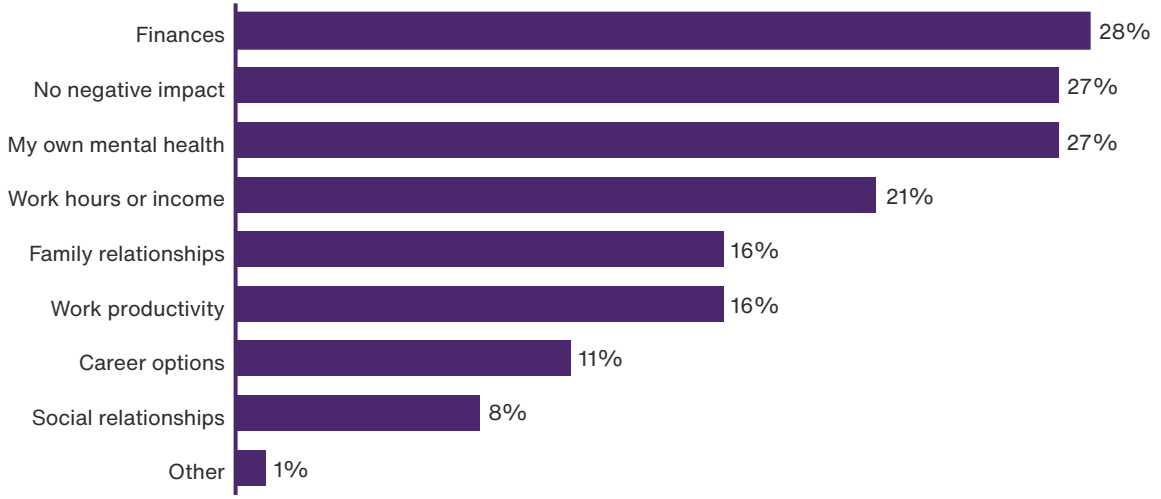
MHI score by "Excluding children under 18 and/or your spouse/partner, are you currently providing financial support or caregiving to any of the following dependents?"



Workers providing financial support or care most commonly report a negative impact on their finances, mental health, and working hours/income.

- 28 per cent of workers providing financial support or care report a negative impact on their finances, 27 per cent report a negative impact on their mental health, 21 per cent report a negative impact on work hours or income, 16 per cent report a negative impact on family relationships, and 16 per cent report a negative impact on their work productivity
- The lowest mental health score (44.7) is among 27 per cent of workers reporting that providing financial support or care has negatively impacted their mental health, nearly 24 points lower than workers reporting no negative impact (68.2), and more than 13 points lower than the national average (57.9)
- 27 per cent of workers say that providing financial support or care has had no negative impact; the mental health score of this group (68.2) is more than 10 points higher than the national average (57.9)

Has this responsibility negatively impacted any of the following?



MHI score by "Has this responsibility negatively impacted any of the following?"



Perception of trust and care in the workplace.

Fewer than two in five workers would feel comfortable telling their manager if they had a mental health issue.

- 36 per cent of workers would feel comfortable telling their manager if they had a mental health issue; the mental health score of this group is the highest (63.7), nearly six points higher than the national average (57.9)
- The lowest mental health score (52.8) is among 41 per cent of workers who wouldn't feel comfortable telling their manager if they had a mental health issue, 11 points lower than workers who would feel comfortable (63.7) and five points lower than the national average (57.9)



I would feel comfortable telling my manager if I had a mental health issue



MHI score by "I would feel comfortable telling my manager if I had a mental health issue"



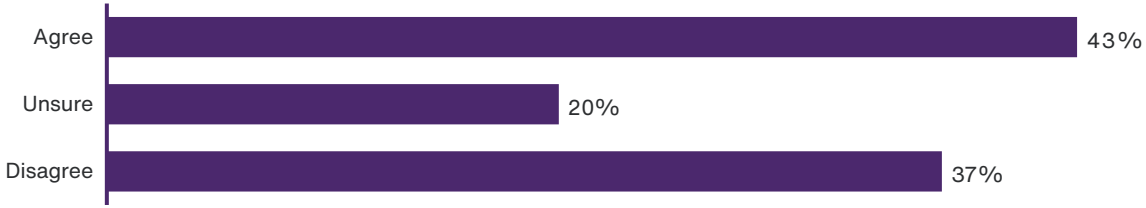
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Nearly two in five workers believe their employer cares only about their productivity.

- 43 per cent of workers perceive their employer cares about both their wellbeing and productivity; the mental health score of this group (62.3) is more than four points higher than the national average (57.9)
- The lowest mental health score (53.3) is among 37 per cent of workers who believe their employer cares about their productivity over their wellbeing, nine points lower than workers who perceive their employer cares about their wellbeing and productivity (62.3) and nearly five points lower than the national average (57.9)

I believe my employer cares about my wellbeing, not just my productivity



MHI score by “I believe my employer cares about my wellbeing, not just my productivity”

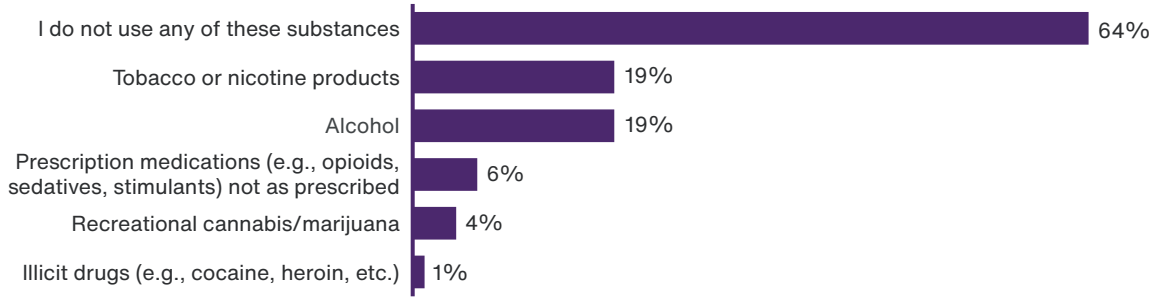


Substance use

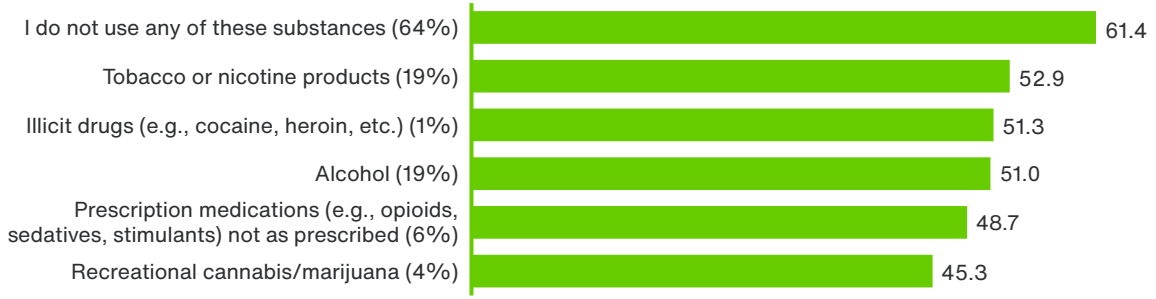
- 64 per cent of workers report no substance use; the mental health score of this group (61.4) is more than three points higher than the national average (57.9)
- 19 per cent of workers are concerned about their alcohol use, 19 per cent are concerned about their tobacco or nicotine use, six per cent are concerned about their use of prescription medications, and four per cent have difficulty controlling their use of recreational cannabis
- The lowest mental health score (45.3) is among four per cent of workers concerned about their use of recreational cannabis, 16 points lower than workers who report not using substances (61.4) and nearly 13 points lower than the national average (57.9)



In the past 12 months, have you used any of the following in a way that felt difficult to control or that you were concerned about?



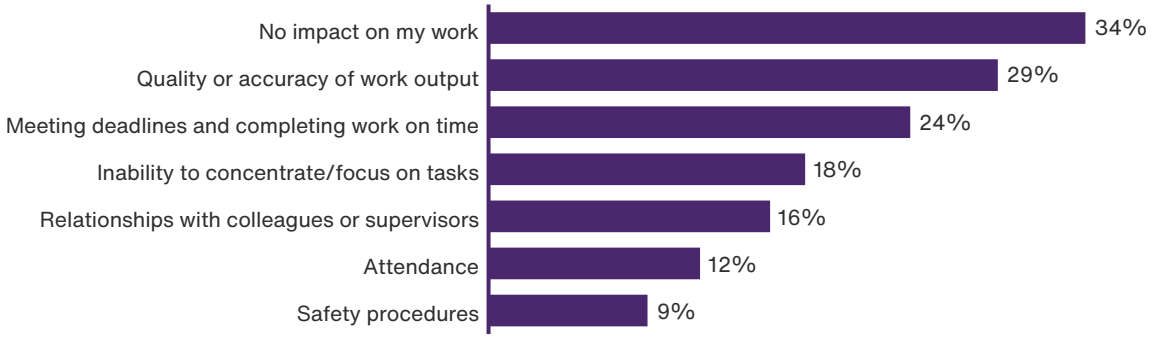
MHI score by "In the past 12 months, have you used any of the following in a way that felt difficult to control or that you were concerned about?"



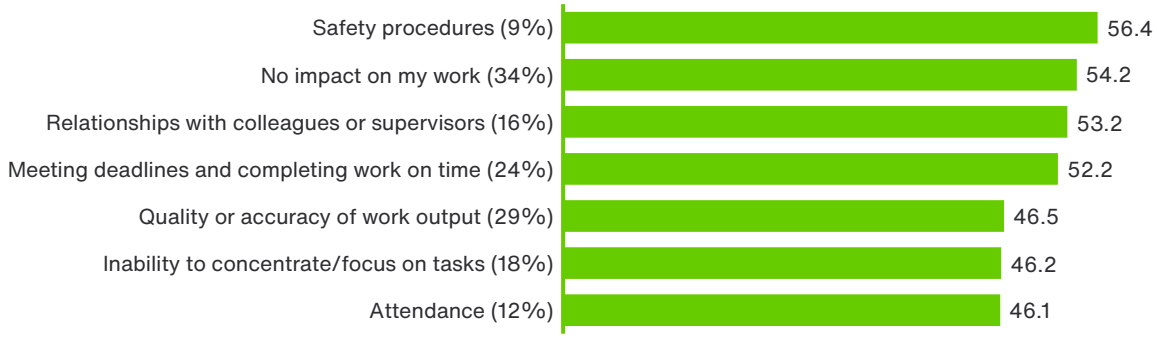
Among workers reporting difficulty with substance use, two-thirds report some impact on their work.

- 29 per cent of workers report their substance use has negatively impacted the quality or accuracy of their work, 24 per cent report difficulty meeting deadlines and completing work on time, 18 per cent report an inability to concentrate/focus on tasks, 16 per cent report an impact on their relationships with colleagues or supervisors, and 12 per cent report an impact on their attendance at work
- Mental health scores among workers reporting impacts due to substance use range from 56.4 (safety procedures) to a low of 46.1 (attendance at work), at least one point lower than the national average (57.9)
- One-third (34 per cent) report no impact of substance use on their work, yet the mental health score of this group (54.2) is nearly four points lower than the national average (57.9).

Thinking about your use of any substance that felt difficult to control, to what extent has it affected your work?



MHI score by "Thinking about your use of any substance that felt difficult to control, to what extent has it affected your work?"

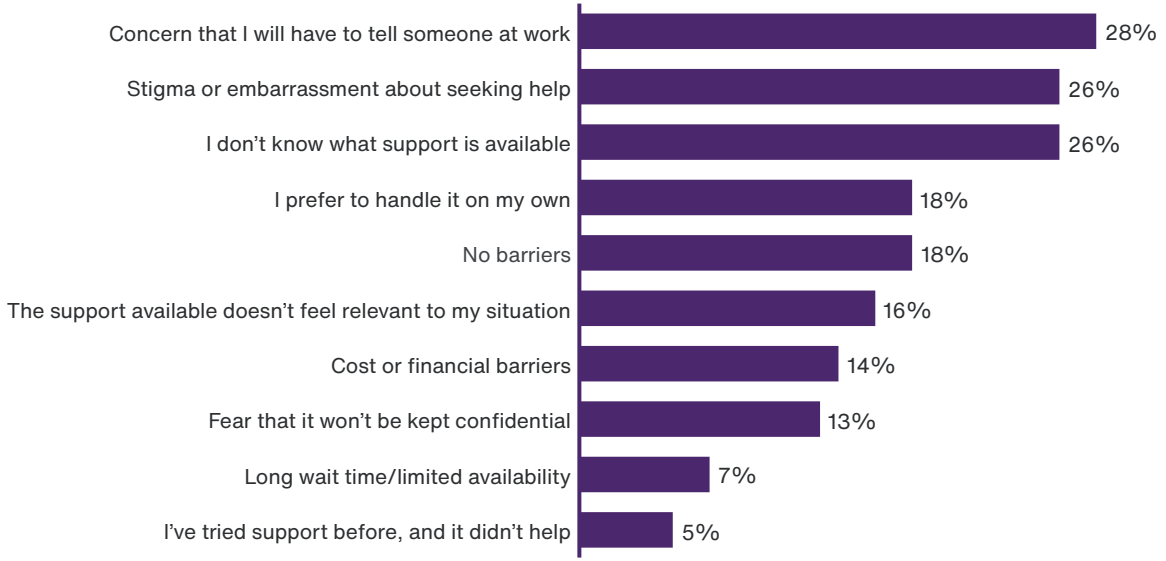


Stigma and fear of disclosure at work are the leading barriers preventing workers from seeking help for substance use.

- 28 per cent are concerned that they'll have to tell someone at work, 26 per cent of workers report stigma or embarrassment as a barrier to seeking help for substance use, 26 per cent don't know what support is available, and 18 per cent would prefer to handle substance use issues on their own



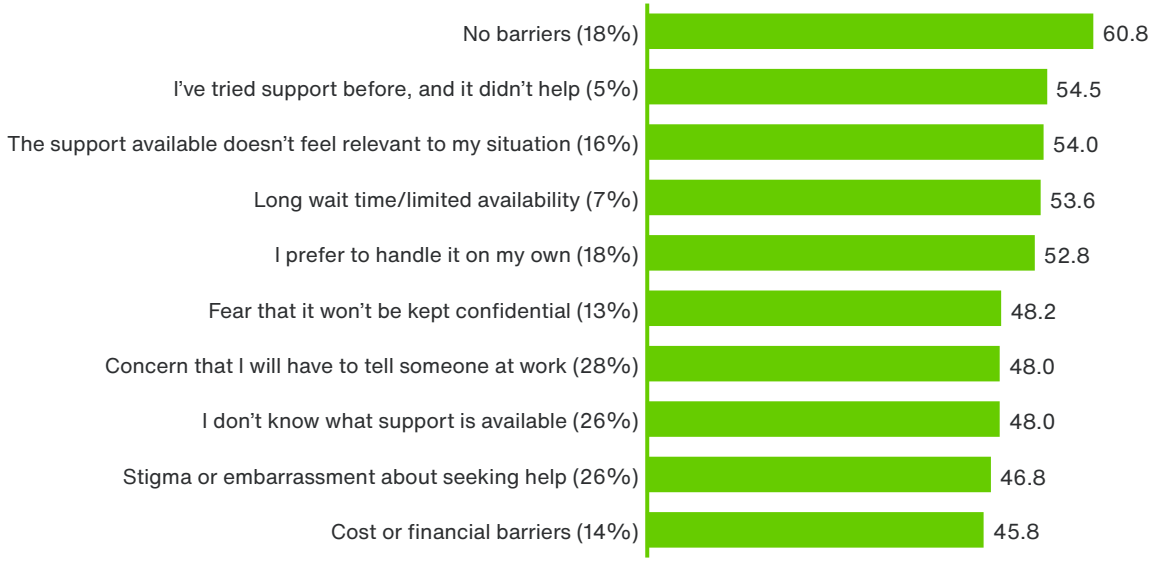
What barriers, if any, would prevent you from seeking help for substance use?



- Mental health scores among workers reporting barriers to seeking help for substance use range from 54.5 (support didn't help) to a low of 45.8 (cost/financial barriers), at least three points lower than the national average (57.9)



MHI score by "What barriers, if any, would prevent you from seeking help for substance use?"

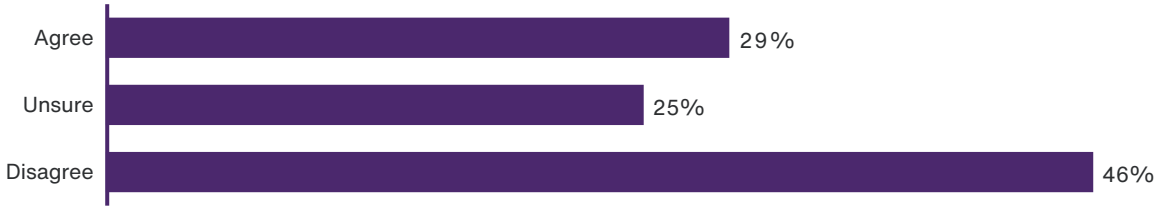


TELUS Health

Seven in 10 workers are unsure or wouldn't feel comfortable telling their manager if they were struggling with substance use or addiction.

- The highest mental health score (64.3) is among 29 per cent of workers who would feel comfortable telling their manager if they were struggling with substance use or addiction, more than six points higher than the national average (57.9)
- The lowest mental health score (53.5) is among 46 per cent of workers who wouldn't feel comfortable telling their manager if they were struggling with substance use or addiction, nearly 11 points lower than workers who would feel comfortable sharing with their manager (64.3) and more than four points lower than the national average (57.9)

I would feel comfortable telling my manager if I was struggling with substance use or addiction



MHI score by "I would feel comfortable telling my manager if I was struggling with substance use or addiction"



Overview of the TELUS Mental Health Index.

The mental health and wellbeing of a population are essential to overall health and work productivity. The Mental Health Index measures the current mental health status of employed adults. Increases and decreases in the MHI are intended to predict cost and productivity risks and inform the need for investment in mental health support by businesses and governments.

The Mental Health Index report has two parts:

1. The overall Mental Health Index (MHI).
2. A spotlight section that reflects the specific impact of current issues in the community.

Methodology

Data for this report are collected through an online survey of 1,000 people living in South Korea who are currently employed or were employed within the last six months. Participants are selected to represent the age, gender, industry, and geographic distribution in South Korea. Respondents are asked to consider the previous two weeks when answering each question. Data for the current report were collected between June 5 and June 18, 2026.

Calculations

To create the Mental Health Index, a response-scoring system is used to convert individual responses into point values. Higher point values are associated with better mental health and less mental health risk. The sum of scores is divided by the total number of possible points to generate a score out of 100. The raw score is the mathematical mean of the individual scores. The distribution of scores is defined according to the following scale:

Distressed	0 - 49
Strained	50-79
Optimal	80 - 100

For questions, contact **MHI@telushealth.com**



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