



# Cassandra Boduch, MD on the Gen Z Mental Health Crisis

WELLNESS AND MENTAL HEALTH

## How Can Employers Help with the Gen Z Mental Health Crisis?

Entering the workforce amidst a mental health crisis, Gen Z pushes for better employee well-being. What can employers do

Beyond destigmatization and creating a safe space for open communication, the role of employers transcends into support through different strategies, resources, and benefits.

*"Supporting the mental health needs of Gen Z employees involves creating a positive work environment, promoting work-life balance, offering mental health resources, and fostering open communication,"* recommends **Dr.**

**Cassandra Boduch**, MD, Board Certified Psychiatrist, Chief Medical Officer at PsychPlus.

These can vary depending on the company and the needs of its employees.

**"Supporting the mental health needs of Gen Z employees involves creating a positive work environment, promoting work-life balance, offering mental health resources, and fostering open communication."**



**Dr. Cassandra Boduch**

MD, Board Certified Psychiatrist, Chief Medical Officer at PsychPlus