

Q&R Pulse Check Summary

Mental health and wellbeing among furloughed employees in the marcomms sector during COVID-19 lockdown April-May 2020



• STATUS

- Often in the minority in their company
- Appreciate it is better than zero pay
- A rollercoaster
- Fear of redundancy



• SALARY

- 10% receiving full salary
- 69% receiving 80% of full salary
- 1 in 5 receiving markedly less than pre-Covid 19 due to capping
- Smaller businesses less able to top up to 100%



• SUPPORT

- Reassurance from their companies and clarity on future
- Insights on which industries are doing well
- Guidance on return to work or redundancy - how to handle job loss
- Opportunities to learn something new



• WELLBEING

- 67% of respondents are doing really or quite well whilst being furloughed
- Time with family and focussing on home schooling
- Learning new skills
- Opportunity to volunteer, exercise and take up new hobbies
- 1 in 3 struggling
- Hard to focus, lack of routine and purpose
- Isolation from the rest of team and cut off from employer
- Feel disposable and fearful of being made redundant



• MENTAL HEALTH

- Average score 64% (compared to wfh 72%)
- <50%: Worried, anxious, low moods
- 60-70%: Stuck, fear of recession, isolated
- 70-80%: Easier to home school whilst furloughed than wfh
- >80%: Feel safe and well, opportunities to learn, exercise and pursue new hobbies



• FURLOUGHED COMMUNITY

- 82% say yes
- Normalises thought processes and feelings
- Sharing views and skills
- Need to look at how to be effective without offline engagement
- Needs to be positive