We asked 500+ freelancers about work and their mental health.

:) 48%

About half think freelancing has improved their mental health.

:(46%

About half think it has negative effects on their mental health.

61 % feel poor mental health, stress or anxiety has at some point had a negative impact on their ability to work.

What are the biggest stressors?

We asked: which of the following have our community experienced which caused them some or significant stress?

86% Irregularity of income.

80% Lack of clarity in a role on a project.

77% Not feeling talented enough.

71% Client going quiet, or project delays.

69% Long hours and tight deadlines.

66% Not having anyone to share stresses with.

62% Lack of support and feedback.

58% feel they'd benefit from connecting with others in similar situations.

This is why Leapers exists.

To make modern work more supportive for modern workers.

We focus on mental health of freelancers: offering a community of support + tangible things to help you work well; plus insight and advice for those who want to work better with freelancers.

We're the team for those without a team.

Work with us.
leapers.co

Our data comes from 500+ members of the freelance community, questioned anonymously during the summer of 2019.
The complete data set and report can be found at leapers.co/huru

Source: https://leapers.co/huru