

2026 Mind Health Report - 5 key learnings

5 things you need to know about mental health in 2026.

1/ Mental health keeps declining

46% of people worldwide are struggling or languishing.
Mind Health Index by country.

2/ Barriers to mental health remain high

1st barrier is self-awareness, before cost, time and stigma.
36% believe they don't need medical help.

3/ AI is a double-edged sword

63% use AI to find advice and information on mental health, but 28% admit it had let them to harmful behaviour.

4/ Young adults are the most impacted

43% of 18-24 years old declare depression, anxiety and stress at severe levels. 92% of 18-24 report being negatively affected by their screen time.

5/ Companies have a key role to play

48% wouldn't talk about their mental health issues in the workplace, yet 84% of employees expect mental health support from their companies.

Download our global study 2026 AXA Mind Health report.