

## Employment Has a Positive Impact on Military Spouse Mental Health and Wellbeing



Today the U.S. Chamber Foundation’s Hiring Our Heroes, with the Institute for Veterans and Military Families at Syracuse University and Starbucks, presented the findings of the [2020 Military Spouse Employment and Wellbeing Survey](#).

**Key takeaways:** Obtaining and maintaining meaningful employment promotes positive mental health and emotional wellbeing outcomes for spouses.

- **86%** of military spouses say employment positively impacts their wellbeing
- **31%** of military spouses experience long term unemployment

“There are so many intangible benefits that we get from working, not just the financial piece,” said Maria McConville, spouse of the U.S. Army Chief of Staff, at an event today coinciding with the release of the findings.

**Big picture:** Employment is considered a stabilizing factor for many military families, yet military spouses experience unemployment at much higher rates than their civilian counterparts and little is known about the effects this may have on their mental health and wellbeing.

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