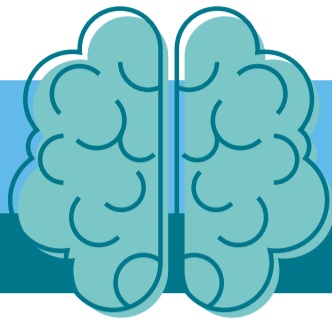


# Mental wellbeing

## in the workplace



### Facts



UK workers struggle with anxiety, low mood and stress.<sup>1</sup>



People with mental illness hold down a successful job.<sup>2</sup>

### Costs

Poor mental health in the NHS equates to £1,749 - £2,174 per employee per year.<sup>3</sup>

ROI in workplace mental health interventions is £4.20 for every £1.<sup>4</sup>

### Causes



NHS staff have felt unwell due to work-related stress.<sup>5</sup>



Of managers say there are barriers to them providing mental health support.<sup>6</sup>

### Impact

Top factors affecting mental wellbeing in learners are:



Fear of being judged



Stress



Finding confidence to discuss mental health problems



Stigma that mental health problems are seen as a weakness<sup>7</sup>

### Stigma

Staff are more likely to seek support for musculoskeletal conditions (**66%**) than mental health conditions (**52%**).<sup>8</sup>

**73%** of doctors would disclose mental ill health to family / friends rather than a healthcare professional\*<sup>9</sup>

\*based on a survey of 3,500

1. Myths and facts (2020) Time to Change  
2. Myths and facts (2020) Time to Change  
3. NHS Staff and Learners' Mental Wellbeing Commission (2019) Health Education England  
4. NHS Staff and Learners' Mental Wellbeing Commission (2019) Health Education England  
5. NHS Staff and Learners' Mental Wellbeing Commission (2019) Health Education England  
6. Mental Health at Work 2019: Time To Take Ownership Business in the Community  
7. NHS Staff and Learners' Mental Wellbeing Commission (2019) Health Education England  
8. The John Lewis Partnership Working Well Report (2019) John Lewis Partnership  
9. NHS Staff and Learners' Mental Wellbeing Commission (2019) Health Education England



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