



5 THINGS YOU MIGHT NOT KNOW ABOUT MENTAL HEALTH IN THE WORKPLACE



60%

OF UK STAFF EXPERIENCED A MENTAL HEALTH ISSUE DUE TO WORK

Source: Business in the Community, 2017: Mental Health at Work Report)

95% OF EMPLOYEES CALLING IN SICK WITH STRESS GAVE A DIFFERENT REASON

Source: www.time-to-change.org.uk



**only
11%**

OF STAFF COULD TELL A MANAGER ABOUT A MENTAL HEALTH ISSUE

Source: Business in the Community, 2017: Mental Health at Work Report)

IN MARCH 2018, 1,254,365 PEOPLE WERE IN CONTACT WITH MENTAL HEALTH SERVICES

Source: www.digital.nhs.uk



70m

DAYS OFF SICK DUE TO MENTAL HEALTH ISSUES EACH YEAR IN THE UK

Source: MHFA England

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