MANAGING MENTAL HEALTH IN THE WORKPLACE

Fast facts

MENTAL HEALTH IN THE UK: The big picture

TODAY

9 out of 10 people with mental health problems experience stigma and discrimination

At least 1 in 4 people will experience some kind of mental health problem each year

Anxiety and depression is the most common mental problem

37% of men are feeling worried or low. Yet their wives, partners, other relatives and friends may have no idea there’s a problem

THE COST TO UK BUSINESSES

1 in 5 people take a day off work due to stress

In the last 5 years the number of working days lost to stress, depression and anxiety has increased by 24%

70 million working days are lost each year due to mental ill health, costing Britain annually £70-100bn.

Presenteeism can double the cost.

£1 in every £8 spent on long-term physical conditions is linked to poor mental health and wellbeing

THE GENDER DIVIDE

Women are between 20 and 40% more likely than men to develop a mental health problem

Half of women with perinatal mental health problems are not identified or treated

£8.1bn costing the UK

AROUND THE COUNTRY

The UK has the fourth highest rate of antidepressant prescriptions in Europe at 50 million per year

Prevalence of mental illness in Northern Ireland is 25% higher than in England

Aberystwyth and Coventry were rated as having the least happy employees

In Scotland, nearly 1 in 10 adults had two or more symptoms of depression or anxiety in 2012/3

People in Liverpool were rated as the most anxious with an anxiety score of nearly 30%

Wolverhampton were lowest at around 10%