Mental Wellbeing in the Workplace

1. 7% of people are being bullied at work.
2. 36% of people would discuss mental health issues with their line manager, compared to 55%+ with friends, family or a GP.
3. Less musculoskeletal issues for those that have lower stress levels.
4. 40% of people have at least 1 work-related stress symptom.
5. 54% of people suffer from depression.
6. 6% of people are bullied at work.
7. 7% of people have major financial concerns.
8. 30% of people sleep less than 7 hours a night.
9. 26% of people do not have a choice in deciding what they do at work.
10. 28% of people are not consulted about change at work.

Of people have at least 1 work-related stress symptom.