

MENTAL WELLBEING IN THE WORKPLACE

*Britain's Healthiest Workplace, data 2015 - 2017



7% OF PEOPLE ARE BEING **1** BULLIED AT WORK

36% OF PEOPLE WOULD **2** DISCUSS MENTAL HEALTH ISSUES WITH THEIR LINE MANAGER, COMPARED TO **55%+** WITH FRIENDS, FAMILY OR A GP

40% LESS **3** MUSCULOSKELETAL ISSUES FOR THOSE THAT HAVE LOWER STRESS LEVELS

54% OF PEOPLE HAVE AT LEAST **4** 1 WORK-RELATED STRESS SYMPTOM

26% OF PEOPLE DO **5** NOT HAVE A CHOICE IN DECIDING WHAT THEY DO AT WORK

28% OF PEOPLE ARE **6** NOT CONSULTED ABOUT CHANGE AT WORK

9 OF PEOPLE **9** SLEEP LESS THAN 7 HOURS A NIGHT

6% OF PEOPLE SUFFER **7** FROM DEPRESSION

7% OF PEOPLE HAVE MAJOR **8** FINANCIAL CONCERNS

30% OF PEOPLE **9** SLEEP LESS THAN 7 HOURS A NIGHT

2x LIKELY TO SUFFER FROM DEPRESSION **10** IF YOU HAVE AN UNHEALTHY BMI, OR DO NOT DO ANY EXERCISE