

## Mental Health Statistics (2017/ 18)

- One in four adults experience at least one diagnosable mental health problem in any given year.
- 1/2 of all mental health problems are established by the age of 14
- Poor mental health carries an economic and social cost of £105 billion a year in England and £10.8 billion a year in Scotland
- 595,000 workers suffered from work-related stress, depression, or anxiety
- 239,000 workers suffered from a new case of work-related stress, depression, or anxiety
- 15.4 million working days lost due to work-related stress, depression, or anxiety
- Working days lost due to stress, depression or anxiety accounted for 57% of all working days lost due to ill health
- The main cause of work-related stress, depression or anxiety was due to people's 'workload', accounting for 44% of all cases

## Benefits of Mental Health Training

- Complying with the many pieces of legislation surrounding workplace health to avoid legal action being taken against the business (see legislation tab).
- Reduced business costs from days taken off work
- Reduced absence & staff turnover
- Enhanced reputation
- Improved productivity, teamwork, and morale
- Increased awareness of mental health
- The business being more attractive to new job talent (a positive mental health culture becoming a priority for many)
- Helping to reduce all items in the 'Mental Health Statistics' column

### **SOURCE:**

- Health and Safety Executive (HSE)
- *Summary statistics for Great Britain 2017/2018*
- [www.gov.scot](http://www.gov.scot), [www.nhs.uk](http://www.nhs.uk), [www.scotpho.org.uk](http://www.scotpho.org.uk) and estimates based on self-reports from the Labour Force Survey, people who have worked in the last 12 months.
- Nuco Training

**WT**