



KEY STATISTICS



17.1 million

Working days lost to stress, depression and anxiety per year



51%

Of all work-related ill health cases are due to stress



£28 billion

Annual cost of poor mental health to UK employers



70%

Reduction in sick days with effective stress management training

STEP-BY-STEP GUIDE

1

Recognise

Identify signs of stress: changes in behaviour, mood, performance



2

Assess

Use HSE Stress Indicator Tool to identify key stressors



3

Demands

Review workload, work patterns and the working environment



4

Control

Give employees more say in how they do their work

