



AnxietyUK

Here for you since 1970



Think, Talk, Tackle: Improving Workplace Mental Health

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Who are we?

Anxiety UK is the UK's leading user-led anxiety disorders charity founded in 1970, which provides support, information & advice on anxiety, stress and anxiety based depression.




Services available

- National helpline, live chat, email & text support services with over **20,000 annual support interactions** (non-pandemic data).
- 10k strong membership (provides access to additional services including 'Anxious Times' magazine)
- Large social media following: **138,000** (Twitter) > **28,000** (Facebook) and > **1 million** web site visitors annually (anxietyuk.org.uk)
- Every year >**1,000** people access our talking therapy & therapy services (CBT, CFT, counselling, clinical hypnotherapy & acupuncture) via network of 400+ Anxiety UK Approved Therapists
- Katharine & Harold Fisher Anxiety Research Fund



- Only 32% of organisations surveyed are taking steps to address unhealthy working practices
- Whilst sickness absence has fallen to an all-time low, presenteeism (working when unwell) has been reported by 89% of respondents
- 60% of respondents cited workload as a cause of stress, this is concerning as 46% of long-term absences are due to stress
- Mental ill-health is a leading cause in 59% of long-term absences

A stylized icon of a human brain, rendered in a light green color against a dark blue square background.

According to the latest statistics from the Health and Safety Executive (HSE) ¹ stress, anxiety or depression now account for more than half of all lost working days in the UK.....

1. <https://www.hse.gov.uk/statistics/causdis/stress.pdf>



.....In 2019/20 work-related stress, depression or anxiety accounted for 51% of all work-related ill health and 55% of all days lost due to work-related ill-health.





Deloitte estimate that poor mental health among employees costs UK employers £42bn – £45bn each year. This is made up of absence costs of around £7bn, presenteeism costs ranging from about £27bn to £29bn and turnover costs of around £9bn.

<https://www2.deloitte.com/content/dam/Deloitte/uk/Documents/consultancy/deloitte-uk-mental-health-and-employers.pdf>





This is an increase of about 6bn and 16% on the figures in our 2017 report, driven primarily by a rise in presenteeism – coming to work despite poor health and underperforming.

<https://www2.deloitte.com/content/dam/Deloitte/uk/Documents/consultancy/deloitte-uk-mental-health-and-employers.pdf>



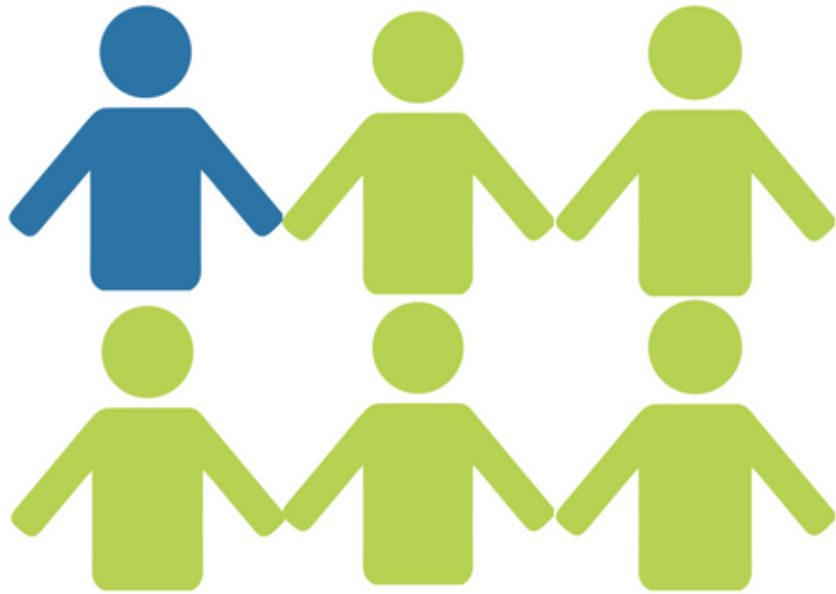


Stigma

57% of those with an anxiety disorder did not seek any kind of help for their condition

28% of those with anxiety are ashamed of their condition

1 in 5 people felt they couldn't tell their boss if they were overly stressed at work and less than half of people diagnosed with a mental health problem had told their manager.



**1 in 6 members of an average
workforce are affected by a
mental health condition**

**Do your staff know
where to get help?**



**Are you making
them more or less
stressed?**



**1 in 3 employees experience
unmanageable stress at work**



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Workplace Culture and Wellbeing

- Environment
- Expectations
- People

storengy 2020

1 Offer our customers efficient and innovative solutions

2 Commit to the energy transition in all our projects

storengy

Working Together to Work Safely

Top 10 SHEQ practices:

- Safety Management System
- Induction Process
- RAMS Evaluation
- Permit to Work
- Simops
- Process Safety Management
- Competency Management
- Emergency Planning
- Management of Change
- Event Handling
- Monitoring
- Communication

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Understanding Anxiety

An Anxiety UK Self help guide



The Caregivers' Guide to Anxiety

An Anxiety UK Self help guide

