



COMMITMENT 4

**TO REVIEW APPROACHES TO
THE MANAGEMENT OF STRESS
AND IDENTIFY OPPORTUNITIES
FOR IMPROVMENT**



01 STRESS

Key points:

1. 1 in 4 people suffer with a mental health problem.
2. 70% of people who suffer with a Mental Health issue say they have experienced discrimination at some point.
3. There is still a lot of stigma attached to mental illness; people find it more difficult to talk about than other health problems.
4. Mental Illness can affect people of all ages and walks of life as it can be triggered by physical, social, environmental or genetic factors.

02 WORKPLACE ISSUES

The impact of stress on individuals:

- > Reduced self esteem & confidence
- > Workability
- > Financial
- > Relationships
- > Physical health



- Each case of stress related ill health leads to an average 29 working days lost (HSE 2008)
- A total of 11 million working days were lost due to stress/anxiety and depression in 2008/09
- Depression and anxiety are the most common mental health complaints seen by GP's, affecting 20% of the working population of the UK

03 OBJECTIVES

- > To reduce stigmas relating to mental health issues
- > To provide information and tools to assist businesses in the management and enhancement of mental health in the workplace
- > To promote supportive interventions available to all

Ensure that employees are Happy, Healthy and Here