Effective communication – a vital component to managing mental health in the workplace

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Mental Health – The big picture

9 out of 10

people with mental health problems experience stigma and discrimination



In the last 6 years the number of working days lost to stress, depression and anxiety has increased by 240/0



people will experience some kind of mental health problem each year

1 in 4



1 in 5 people take a day off work due to stress



Less than half of employees said they would feel able to talk openly with their line manager if they were suffering from stress

Mental health is

cause of claim

at Unum

needs a back-up plan

Useful resources







ecause everyone eeds a back-up plan