

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

Joy Reymond
Head of Vocational Rehabilitation Services



Mental Health – The big picture

9 out of 10

people with mental health problems experience stigma and discrimination



1 in 5

people take a day off work due to stress

In the last 6 years the number of working days lost to stress, depression and anxiety has

increased by **24%**



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

1 in 4



people will experience some kind of mental health problem each year

Mental health is

no 1

cause of claim at Unum



Useful resources

