



MENTAL HEALTH AT WORK



We all have to work and having a well-managed and organised job role is good for our wellbeing.

Job satisfaction has a significant impact on overall happiness and life contentment. A poorly designed and badly organised job role can lead to work related stress, which can lead onto further mental health conditions.

WHEN IT COMES TO HEALTH CONCERNS IT IS FOUND THAT...



Men are less likely than women to acknowledge illness or seek help for illness

1



Men are less likely to seek and access psychological therapy than women

2



Men are less likely to use their doctors or visit a pharmacy

3

WORK PLACE STRESS

THESE FIGURES ARE REPRESENTED WITHIN WORK PLACE STRESS AND HOW IT AFFECTS THE MALE POPULATION SPECIFICALLY.



Yearly, an average of **191,000** men report anxiety, stress or depression caused or aggravated by work

34%

would be ashamed or embarrassed to take time off work because of mental health concerns compared to 13% for a physical condition

46%

of men with mental health concerns feel embarrassed or ashamed

38%

of men say they would be worried that their employer would think badly of them if they took time off because of a mental health condition

One in **TEN**

men in work are significantly stressed

45%

of men say work commitments are a barrier when looking to increasing the amount of exercise they do

WHAT THIS CAN LEAD TO...

WITH A LACK OF AWARENESS AND KNOWLEDGE COMES UNTREATED MENTAL ILLNESS. THESE CONCERNS CAN THEN FURTHER DEVELOP INTO PHYSICAL HEALTH CONDITIONS.



Men are more likely than women to become

ALCOHOL DEPENDENT



3 quarters of all

SUICIDES ARE MEN

SOURCES

- menshealthforum.org.uk
- hse.gov.uk
- content.digital.nhs.uk
- www.ons.gov.uk
- catalogue.ic.nhs.uk

