

THINGS YOU NEED TO KNOW ABOUT MENTAL WELLBEING

Mental illness led to the loss of **70 MILLION** working days in 2013, up 24% since 2009.²

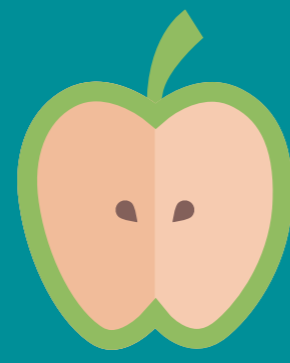
Depression tends to recur in most people...



... more than half of people who have had one episode will have another.⁷

Poor mental health is the single largest cause of disability in the UK.⁴

People with mental health problems have worse physical outcomes.⁴



Eating well



Learning new skills



Talking about your feelings



Valuing yourself and others



Drinking in moderation



Taking a break



Caring for others



Keeping physically active



Getting involved and making a contribution



Keeping in touch with friends and loved ones



Doing something creative



Asking for help

MENTAL HEALTH PROMOTION INVOLVES ANY ACTION TO ENHANCE THE MENTAL WELLBEING OF INDIVIDUALS.⁷

Mental ill health at work is thought to cost UK employers **£26 BILLION** each year.³

NHS organisations should:

- ✓ Have a strategic and coordinated approach to promoting employees' mental wellbeing and assessing risk.



- ✓ Strengthen the role of line managers in promoting employee mental wellbeing.

57%

of NHS trusts have an organisation-wide mental wellbeing plan.¹

76%

of NHS trusts report that they monitor the wellbeing of their staff.¹

1 in 4

of us will experience at least one mental health problem IN ANY ONE YEAR.⁷

EVIDENCE SHOWS THAT MENTAL HEALTH PROMOTION CAN CONTRIBUTE TO THE PREVENTION OF COMMON MENTAL HEALTH PROBLEMS.⁷

50%

of adult mental illness starts BEFORE THE AGE OF 15.²

3 in 4

of people suffering from mental illness get NO TREATMENT AT ALL.²

8-12%

of the population experience depression in any year.⁷

SOURCES

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