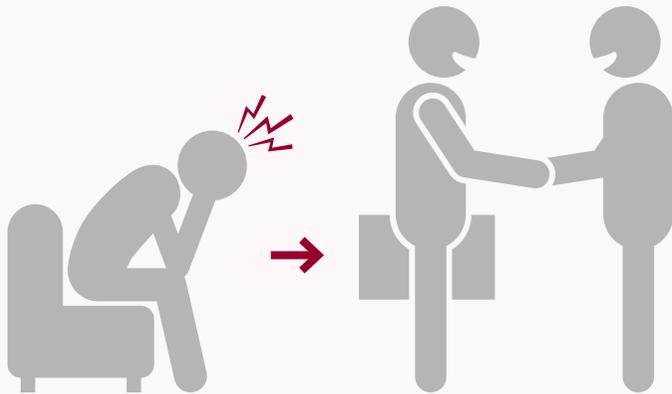




Mental Health and Work

Being in employment reduces the risk of depression and psychological distress



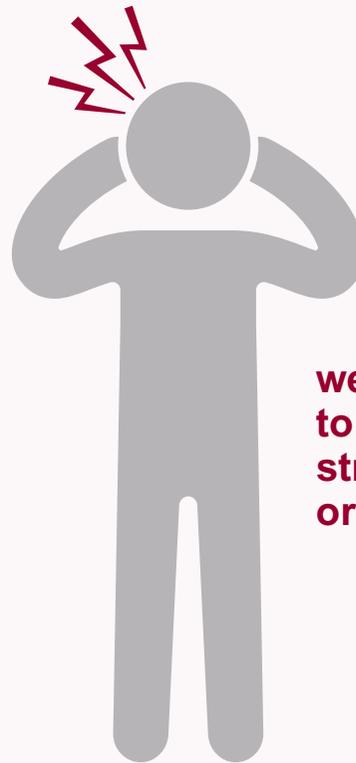
Young professionals have emerged as the most vulnerable demographic in the workplace

They are **twice as likely to suffer from depression** compared to other age groups in the workforce, and more susceptible to leaveism and financial concerns.

Work can also be a cause of stress and common mental health problems

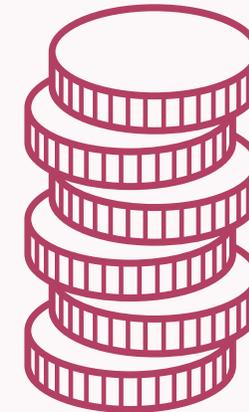
In the UK,

17.5 million days



were lost in 2018 to work-related stress, depression or anxiety

Poor mental health costs UK employers up to



around **£45**bn

This consists of around:

£7bn
absence costs

£27–29bn
presenteeism costs

£9bn
turnover costs