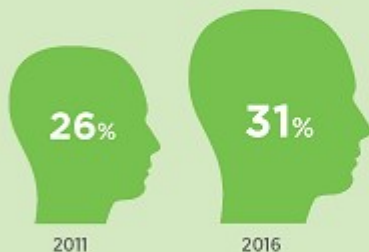## Mental health at work

The number of employees who say they have experienced mental health problems while in employment has increased from 26% in 2011 to over three in ten (31%) in 2016.

26% 2011
31% 2016

Supporting employees

The number of employees who said their organisation supports staff with mental health problems very or fairly well has only improved slightly since 2011.

- Very/ fairly well
- Not very/ not at all well

2011: 37% / 21%
2016: 46% / 20%

Disclosure of mental health problems

The number of people who have disclosed their stress or mental health problems to their employer or manager has not changed over the last five years.

2011: Yes 43% / No 57%
2016: Yes 43% / No 57%
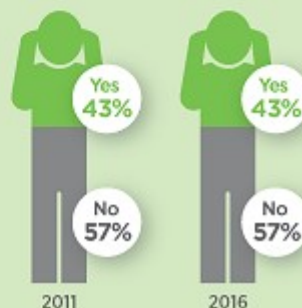
Mental health at work

Those who have experienced mental health problems while in employment by age group

Age group	%
18–24	30%
25–34	35%
35–44	35%
45–54	36%
55+	23%
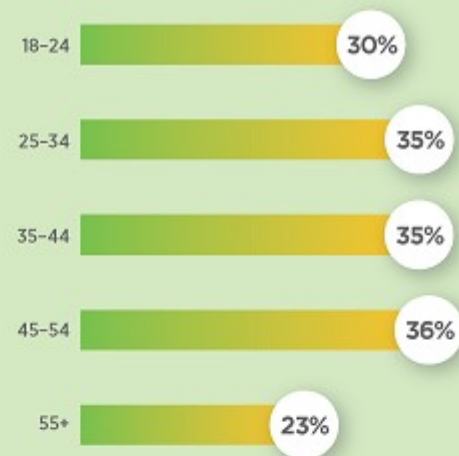
Causes of mental health problems

The majority of employees said their mental health was poor as a result of a combination of problems at work and outside work in their personal life.

Problems at work — 7%

Problems outside work in personal life — 37%

A combination of problems at work and outside in personal life — 54%
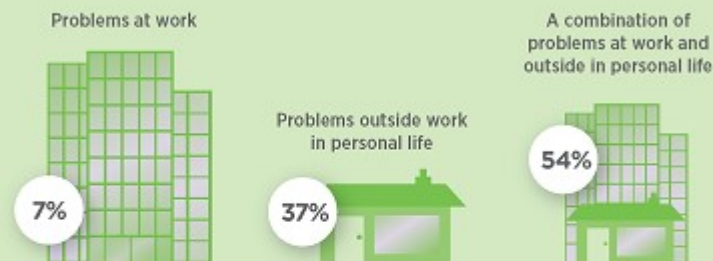
Most common ways in which poor mental health in the workplace affects performance

85% Find it difficult to

64% Take longer to

54% Have difficulty in

48% Find it more

48% Less patient with