

Why you and your colleagues may need mental health support at work

There are many reasons why you or your colleagues can be **stressed**, **worried** or **struggling** at work. Work-related stress can have a significant impact on your mental health and wellbeing.

Can you relate to any of the below?

Top 5 causes of work-related stress



The law requires employers to tackle work-related stress. By not supporting employees' mental health, businesses can be faced with increased absence and associated costs and a less productive workforce.

In 2019/20:

79%

of British adults in employment commonly experience work-related stress*

Over **1/3**

of people feel disengaged and less productive at work when stressed*

12.8m

working days lost due to work-related, stress, depression or anxiety**

*The 2020 UK workplace stress survey by Perkbox.

**Health and safety at work summary statistics for Great Britain 2019

Did you know that the British Red Cross offers virtual mental health at work training for group bookings? All of our interactive courses are delivered online, via Zoom, through an expert trainer. Our courses will help you to become more resilient and return to a state of positive mental wellbeing.

[> Find out more](#)

Benefits of virtual mental health training:



Scheduled training to suit you and your team



Tailored learning experience, suited to the needs of organisation



Established and reliable virtual technology



Delivered from the comfort of your own home



More engaged and motivated staff