

Why is **Mental Health Awareness** at work important?

1. **1 in 4 people** in the UK will experience a mental health problem each year.

Only **13% of employees** feel comfortable talking about mental health issues in the workplace. **2.**

3. Mental health issues are the **#1 cause** of sick days in the UK

Mental health issues cost employers up to **£42 billion** per year. **4.**

5. 3000 people with a long-term mental health condition **leave work** every year.

Programmes addressing mental health issues can present up to **800% return on investment.** **6.**