HEALTH AND SAFETY AT WORK
STRESS, ANXIETY AND DEPRESSION STATISTICS 2018

0.6 million
Workers suffering from work-related stress, anxiety and depression (new and long-standing cases) in 2017/18
Source: Estimates based on self-reports from the Labour Force Survey 2017/18

15.4 million
Working days lost
Source: Estimates based on self-reports from the Labour Force Survey 2017/18

25
Working days lost per case on average
Source: Estimates based on self-reports from the Labour Force Survey 2017/18

44%
Of all work-related ill-health cases
Source: Estimates based on self-reports from the Labour Force Survey 2017/18

57%
Of all working days lost due to ill health
Source: Estimates based on self-reports from the Labour Force Survey 2017/18

5.2 billion
Annual cost of work-related stress, anxiety and depression in Great Britain 2014/15
Source: Estimates based on HSE Cost Model

Main work factors
Workload pressure including:
• Tight deadlines
• Too much pressure
• Too much responsibility

Lack of managerial support including:
• Organisational changes
• Violence at work
• Role uncertainty

Public sector most affected
In particular:
• Education
• Health
• Social care

Associated jobs:
• Teaching
• Nursing/midwifery
• Welfare

Source: Estimates based on self-reports from the Labour Force Survey 2016/17

www.hse.gov.uk/stress

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Additional data tables can be found at www.hse.gov.uk/statistics/table/
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