### Health and Safety at Work

#### Stress, Anxiety and Depression Statistics 2016

- **0.5 million**
  - Workers suffering from work-related stress, anxiety and depression (new and long-standing cases) in 2015/16
  - Source: Estimates based on self-reports from the Labour Force Survey

- **11.7 million**
  - Working days lost
  - Source: Estimates based on self-reports from the Labour Force Survey 2015/16

- **24**
  - Working days lost per case on average
  - Source: Estimates based on self-reports from the Labour Force Survey 2015/16

- **37%**
  - Of all work-related ill-health cases
  - Source: Estimates based on self-reports from the Labour Force Survey 2015/16

- **45%**
  - Of all working days lost due to ill health
  - Source: Estimates based on self-reports from the Labour Force Survey 2015/16

- **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**
  - Tight deadlines
  - Too much pressure
  - Too much responsibility

- **Lack of managerial support**
  - Organisational changes
  - Violence at work
  - Role uncertainty

Source: Estimates based on self-reports from the Labour Force Survey 2015/16

### 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 2015/16

www.hse.gov.uk/stress