

Mr Sample
112 Any Street
Any Town
Any Place
SW1B 3AL

HSE Infoline tel: 0845 345 0055
www.hse.gov.uk/tacklestress

March 2009


Tackling work-related stress can boost your company's productivity and profits.

Visit www.hse.gov.uk/tacklestress to discover how to help your staff and your business.

URGENT!

Dear Mr Sample,

If workplace stress could be identified by someone's doodles or handwriting, it would be a lot easier to spot. But often the problem isn't identified until it starts affecting your company's profits. In the current financial climate it's even more important to address workplace stress – the main cause of staff absence.

In a recent study 1 in 7 people admitted being under high levels of stress at work. When you work out how many people that could be in your company, you'll appreciate the huge impact that stress could be having on productivity.

That's why it pays to take work-related stress seriously – and to take action to prevent it before it shows up on your bottom line.

We're here to help you tackle work-related stress

HSE have recently launched a new online resource designed to help companies reduce stress in the workplace. At www.hse.gov.uk/tacklestress you'll find helpful tools that can be used to spot the practices, structures and attitudes within your organisation that may cause stress.

Even if your company already has a policy in place to combat work stress it would be worth spending a few moments to find out if there are additional measures you can take.

Together we can tackle the causes of work-related stress.

Yours sincerely,



Peter Brown,
Head of Health and Work Division,
Health and Safety Executive

Health and Safety Executive

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For a more effective way to tackle stress in your workplace



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 **If it's your responsibility to tackle stress in your workplace, we can make it easier.** 

Go to www.hse.gov.uk/tacklestress and find out how to identify and reduce stress in your company.

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Dear Mr Sample,

If workplace stress could be identified by someone's handwriting or doodles, it would be a lot easier to spot. As the <job title>, you'll know that stress is often a hidden problem.

But its effects are not. Work-related stress results in an unhappy workforce, higher levels of staff absence and increased staff turnover. The effects of stress also impact on the balance sheet, damaging productivity and profits.

With recent research showing that 1 in 7 people are under high levels of stress at work, most people would agree that stress prevention should be a priority for all companies.

Useful tools to help you cut down work-related stress

We have recently launched an online resource designed to help companies prevent stress. At www.hse.gov.uk/tacklestress you will find some useful tools to help you do this. Based on our existing Management Standards, these free tools can help you identify processes, structures and attitudes that may be causing stress in your organisation. Included on the website is a questionnaire to help you identify where stress could be a problem in your company and a brand new tool for line managers to assess their skills.

Even if you already have policies to combat stress, it would still be worthwhile visiting the website for additional advice and resources.

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Yours sincerely,



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