

# Mental health and work

50 per cent of people with mental illness have been ill since before they were 15

Only 36 per cent of people would discuss mental health with their manager

Workers with lower stress levels have 40 per cent fewer MSK problems

Risk of depression is doubled among employees who take no exercise and have unhealthy BMI

30 per cent of workers sleep fewer than 7 hours per night

54 per cent of employees report at least one work-related stress factor

26 per cent of workers commute for an hour or more to go to work

Sleeping for fewer than seven hrs per night increases risk of depression by 155 per cent

Having a combination of work and non-work stressors reduces productivity by 9 per cent