

Six reasons why mental health and wellbeing matters for workplaces



1 Improved retention of staff and skills



of employees cite poor mental health as their reason for leaving.

2 Reduced sickness absence



Stress, depression, or anxiety account for **17.9 million** working days lost, and an estimated cost of **£56 billion** to UK employers.

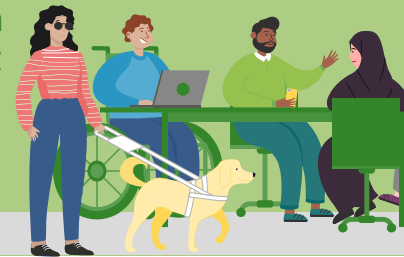
3 Improved performance

Higher levels of wellbeing are associated with higher workplace productivity and financial performance.



4 Building an inclusive culture

Help to end prejudice against people with mental health issues and support people to bring their whole self to work.



5 Higher staff satisfaction

Improved employee satisfaction means fewer staff complaints and discrimination claims.



6 Healthier and equitable workplaces

Under the Equality Act 2010, employers have a duty not to discriminate and to make reasonable adjustments in the workplace.



Visit mhfaengland.org or call 020 3928 0760 for support with your mental health and wellbeing strategy.

Statistics contributed from:

Investors in People Managing mental health UK workplaces
Deloitte, Mental health and employers, The case for investment, 2022
Health and safety Executive, Working days lost in Great Britain, 2019/20
Department for Business Innovation & Skills: Does Worker Wellbeing Affect Workplace Performance?
The Stock Performance of C. Everett Koop Award Winners Compared With the Standard & Poor's 500 Index