

PEOPLE MATTERS SPECIAL: MENTAL HEALTH MATTERS



ISSUE 1: 13 MAY



WHMAT PICTURE

Between May and December 18, WHMAT colleagues lost 342 working days due to absence arising from stress, anxiety or depression.

NATIONAL PICTURE

It's estimated that 1 in 4 people in the UK suffer from a mental health problem each year. Research suggests that mental health issues in the workplace are costing employers in the UK approximately 2.4 billion a year.

WHY ARE WE TALKING ABOUT MENTAL HEALTH?

This week is [Mental Health Awareness Week](#), an annual event in the UK that highlights topics such as stress, relationships, loneliness, sleep and body image.

Although a lot has been done to reduce the stigma of mental health in the coming years, WHMAT wants to ensure that it has a culture where colleagues can talk openly and honestly about mental health, without fear of reprisal or discrimination and where they can feel supported and thrive.

Each day this week, we are going to look at a different aspect of mental health to help raise awareness & to get us talking more openly about it.

TOMORROW: What is mental health & tips for positive mental health at work