

STRESS

DON'T SUFFER ALONE

- more than 13 million working days are lost each year due to stress, anxiety or depression
- each year about 245,000 people realise they are suffering from work-related stress, depression or anxiety
- more than 500,000 workers believe their stress makes them ill
- professional and managerial workers have some of the highest levels of work-related stress

what's your employer doing?