

Education Sector Health Survey - 2015 results



84%
have suffered from some form of mental health problem in the last 2 years

Of those: 77% experienced stress, 60% experienced anxiety, 38% experienced depression



81%
blamed workload



44%
blamed rapid pace of change



44%
blamed unreasonable demands from line managers

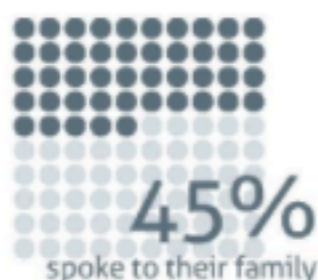
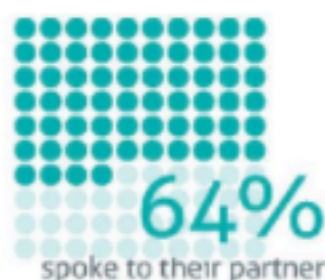
25%

Only 25% who had suffered problems discussed them with their line manager

8%

...and only 8% discussed them with HR

Many more preferred to speak to someone closer



77%
surveyed had already or were considering leaving education due to pressure on mental health

Symptoms caused many to take time off work



Over half felt their ill health affected pupils' studies



WORKPLACE WELLBEING POLICY

How many had a policy in place?



46% said mental health would improve if their employer had to meet independently-regulated high standards of health and wellbeing provision



34%
gained practical advice from speaking to someone



56%

21%
regained their confidence



of those affected by mental health conditions recently said that speaking to someone had helped them gain perspective on their problems