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% only 8% discussed them with HR

64% spoke to their partner

51% spoke to their friends

45% spoke to their family

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

Symptoms caused many to take time off work:
- A day here and there: 78%
- Up to 6 months: 16%

Over half felt their ill health affected pupils’ studies: 53%

40% YES

15% NO

45% DIDN’T KNOW

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

21% regained their confidence