



NHS Staff Council

**Health, Safety
& Wellbeing Group**

Preventing Workplace Stress

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Health, Safety and Wellbeing Group

**Working In
Partnership**

**Secretary of State for Health and Social Care (England)
Ministers for Health (Scotland, Wales, Northern Ireland)**

National
Staff
Partnership
Forum

NHS Staff Council

NHS Pension
Scheme
Advisory
Board

NHS Staff Council Executive

Job
Evaluation
Group

Health, Safety,
Wellbeing
Partnership
Group

Equality,
Diversity &
Inclusion
Group

Task & Finish
Groups

The Scale of Work Related Stress



46.8%



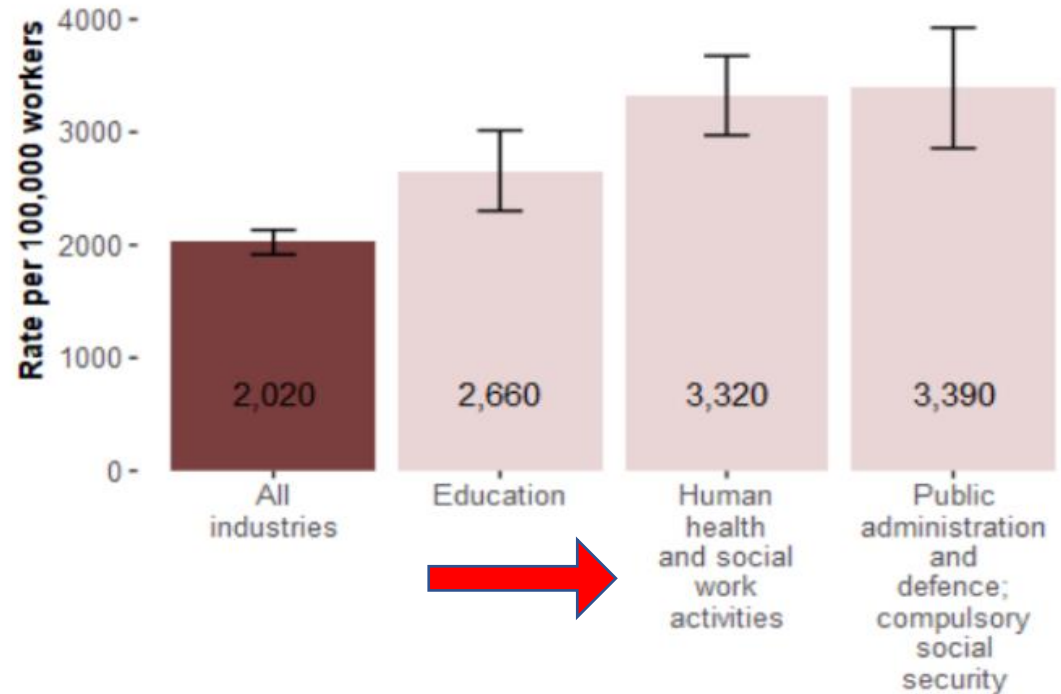
of staff have **felt unwell** as a result of work-related stress in the last 12 months (q11c)

- This figure has also **increased for four consecutive years and now more than 8 percentage points higher than in 2017** (2017: 38.4%, 2018: 39.9%, 2019: 40.3%, 2020: 44.0%)

NHS STAFF SURVEY (England) 2021

The Scale of Work Related Stress

Figure 3: Estimated prevalence rates of self-reported work-related stress, depression or anxiety in Great Britain, for people working in the last 12 months, by industries with higher rates, averaged 2019/20-2021/22



HSE (2022) work related stress, anxiety or depression statistics for Great Britain, 2022

Source: LFS, estimated annual average 2019/20-2021/22
95% confidence intervals are shown on the chart

HEALTH, SAFETY AND WELLBEING GROUP'S APPROACH TO WORK RELATED STRESS





Topics Networks

Briefing

Guidance on prevention and management of stress at work

This updated guidance is aimed at managers and employees at all levels within the organisation to support colleagues experiencing stress.

25 May 2022



Guidance

Supporting NHS staff with domestic violence and abuse

This publication is designed to give organisations information when developing a domestic violence and abuse policy.



Guidance

Improving the personal safety of lone workers

This guidance outlines what your employers should do to improve the personal safety of lone workers and what you can do to protect yourself.



Infographic

Shift work in healthcare infographic

Statistics and key facts on the impact of shift work in healthcare by the NHS Staff Council's Health, Safety and Wellbeing Partnership Group.



Guidance

Guidance on menopause at work

Improve the way you address menopause and work.

“At the end of the day for somebody – just anybody – to come to you and say, ‘thank you.’ It’s a big word, thank you. Sometimes that’s just all you need.”