

Key worker employers

From call handlers to cashiers: how to provide mental wellbeing support



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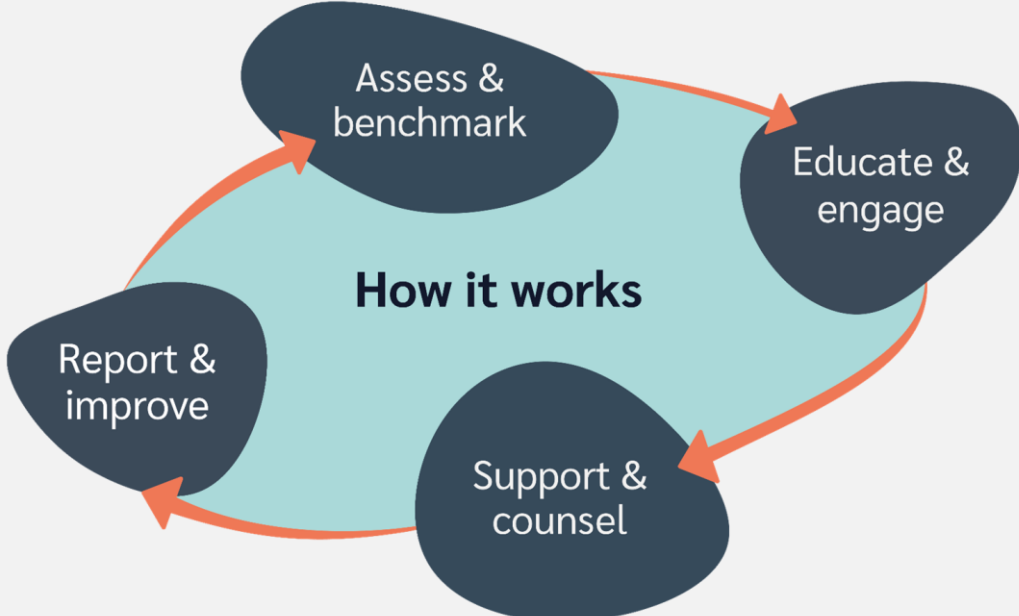


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Digital mental health platform with counselling built-in



Flourish mental health-check | Qwell platform | Self-therapy | Moderated community
Professional counselling | Engagement programmes | Account management | Reporting | Clinical team



What we are seeing in the workplace

31% of workers said their work patterns didn't support their needs

- The percentage of respondents showing any level of anxiety is 61.7%
- 19.8% of UK employees are showing signs of burnout
- The percentage who thought that work negatively affected their mental health was 34.1%
- Half of employees from discriminated groups were the most likely to say that work had a negative impact on their mental wellbeing.
- Leavers - 21% would like to leave their employer
- Absenteeism - 1 in 4 people have taken time off due to poor mental health

Source: Flourish UK worker mental health study June 2022 findings report

Reasons for poor mental health at work:

High Pressure	50.5%
Unmanageable Workloads	49.2%
Unrealistic Expectations	47.6%
Long working hours	47.2%
Lack of Recognition	47.1%
Negative Relationships/communication	45.8%
Unsupportive Culture	44.2%
Lack of Purpose	42.2%
Lack of Flexibility	39.6%
Lone Working	36.8%
Other	36.8%
Job Insecurity	36.2%
High Risk	35.0%
Precarious Contracts	34.8%

What we are seeing

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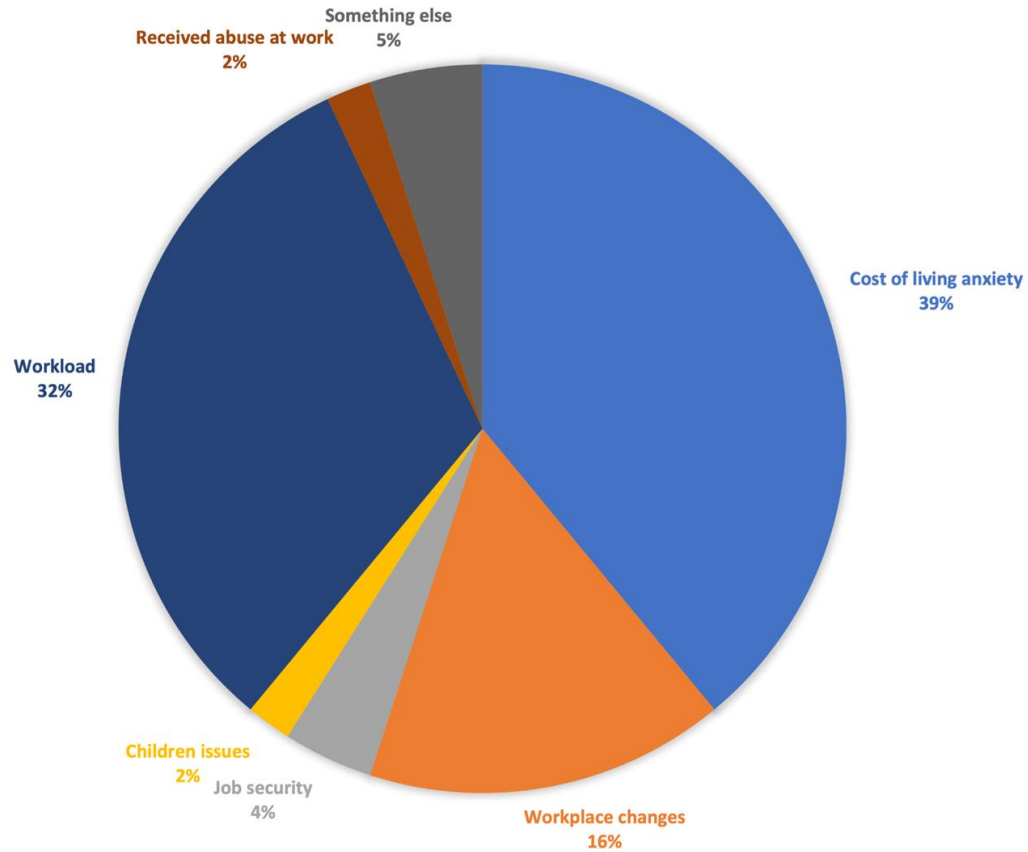
Have your say: interactive poll

What are the key mental wellbeing issues your employees are raising in your workplace?

1. Cost of living anxiety
2. Workplace changes
3. Job security
4. Children issues
5. Partner issues
6. Witnessed a traumatic event
7. Workload
8. Received abuse at work
9. Something else (please share this in the chat if you feel comfortable doing so)



WHAT ARE THE KEY MENTAL WELLBEING ISSUES YOUR EMPLOYEES ARE RAISING IN YOUR WORKPLACE?



Discussion

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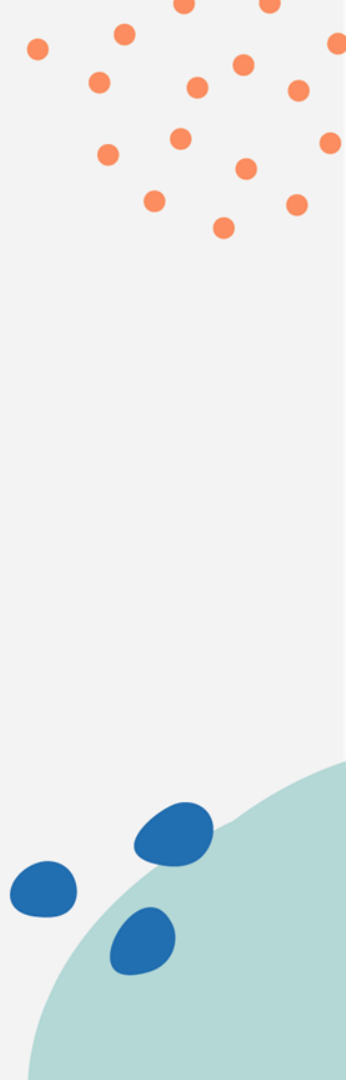


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Your questions



Wrap up

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We asked respondents what type of mental health support they wanted:

Anonymity and confidentiality	74.5%
Free access	60.2%
Convenient access	59.7%
No waiting list	57.0%
Speak to a live professional	52.5%
Pick the mental health topic most relevant to me	30.5%
Accessibility on my phone	18.8%
Share resources with family	17.2%

Scan here to check your mental health score



Conduct company wide and receive your
Workforce Mental Health Report &
Clinical Recommendations

Thank you

For a copy of this session and the supporting data please email
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