

Mental Health

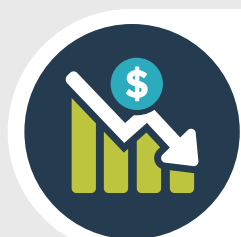
At Work



“This is a pivotal moment in the history of mental health. How the world tackles these challenges now will determine the wellbeing of a generation.”

Wellbeing has long been a focus for CGF members.

There are many effective actions that organisations can take to **promote mental health in the workplace**; research suggests it has strong links to productivity.



Depression and anxiety have a significant economic impact; the estimated cost to the global economy is US\$ **1 trillion per year** in lost productivity.

Research from **Mind** shows that



14%

of survey respondents agreed that they had resigned due to workplace stress.

42%

had considered resigning when asked how workplace stress had affected them

56%

of employers said they would like to do more to improve staff wellbeing but don't feel they have the right training or guidance



Harassment and **bullying** at work are commonly reported problems and can have a substantial adverse impact on mental health.



Globally there is **less than one mental health professional** for every **10,000 people**.

The evidence on the synergies between **mental health** and **nutrition** is also compelling, and employers have a role to play given that the average adult spends around one-third of their time at work.



For every **US\$ 1** put into scaled up treatment for common mental disorders



there is a **return of US\$ 4** in improved health and productivity.



By driving a global debate and taking leadership we can **work together** to tackle mental health **stigma** in the workplace

Businesses also need to be **open to working together** and **sharing knowledge** and best practices on this topic.

The **CGF Employee Wellbeing Framework** identifies a multi-layered approach required to getting this right including...

1

Access

2

Culture

3

Impact of Wellbeing Strategies



www.tcgfhealthierlives.com

Sources:

WHO, MIND.UK, THE CONSUMER GOODS FORUM, UNITED FOR GLOBAL HEALTH, WORKFORCE NUTRITION ALLIANCE, UNITED NATIONS, THE GLOBAL BUSINESS COLLABORATION FOR BETTER WORKPLACE MENTAL HEALTH