

# Mental Health at Work 2020: building back responsibly



**41%**

of employees  
experienced poor mental  
health caused by work



**51%**

of poor mental health  
caused by work this  
year is due to pressure



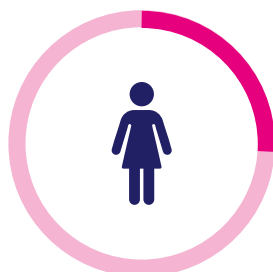
**30%**

of employees have told  
nobody about their  
mental health concerns

**"The need for employee  
wellbeing strategies  
providing preventative  
care and mental health  
support is more urgent  
than ever before"**

Mark Allan, Commercial Director  
of Bupa UK Insurance

**35% of men have kept mental  
health symptoms to themselves  
vs 26% of women:**



**The number of employees who feel  
that their organisation supports  
their mental health is on the rise:**

2019 | 55%

2020 | 63%



**76%**

say colleagues are  
considerate of their  
mental wellbeing



**58%**

of managers recognise  
that providing mental  
health support to their  
team is part of their job



**62%**

of employees are  
comfortable talking  
about stress

**"Positioning wellbeing  
at the heart of business  
planning and job design  
will promote long-term  
mental health."**

Louise Aston, Wellbeing Director  
at Business in the Community



**69%**

say their managers are  
considerate of their  
mental wellbeing



**63%**

of employees who told  
their employer about a  
mental health concern  
had a positive outcome



**37%**

of employees say their  
CEOs are supportive of  
mental health issues

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