



TALKWORKS

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STRESS IN THE WORKPLACE



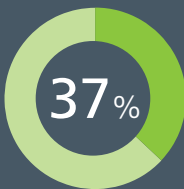
Can lead to **mental health problems** such as depression and anxiety

Health and Safety Executive



Can affect **people physically** in the form of heart disease, back pain, alcohol and drug dependency

Health and Safety Executive



Of all work related ill health cases in the UK is related to stress

Health and Safety Executive



Costs UK employers about **£3.7 billion** a year in absenteeism and presenteeism

Health and Safety Executive

Employers have a **legal duty** to assess the risk of work-related stress and to take measures to control these risks

The ability to deal with stress significantly impacts work performance



Talk Works can help you and your team to:

Learn skills in managing mental wellbeing in the workforce

Improve understanding of national guidelines and best practice for supporting staff experiencing stress and mental health problems

Identify signs of stress



Talk Works also help you to **talk about stress** in a stress-free way. We create **bespoke training to help your staff** manage their stress, feel resilient and motivated.

Talk Works is a team of **experienced Psychologists and Counsellors**, providing one-to-one talking therapy for individuals and groups, as well as bespoke training packages.

Call us today for a free consultation with one of our Psychologists

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