

10 REASONS

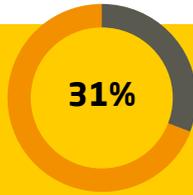
why Mental Health Training is so important!

Join the revolution challenging the stigma around Mental Health by registering for one of the **FREE EIC Training** programs.

1

RETAIN SKILLS BY REDUCING STAFF TURNOVER

A third of staff said they would consider leaving their current role if stress levels did not improve.



3

REDUCE PRESENTEEISM

Annual cost of mental health-related presenteeism is £15.1 billion or £605 per employee in the UK.



2

CUT SICKNESS ABSENCE

Mental health issues account for 70 million days off sick per year, costing between £70 - £100 billion per year.



4

DEMONSTRATE A COMMITMENT TO CORPORATE SOCIAL RESPONSIBILITY

Work-related mental health costs UK employers up to £26 billion every year through lost working days, staff turnover and lower productivity.



5

DECREASE LIKELIHOOD OF GRIEVANCE AND DISCRIMINATION CLAIMS FROM UNHAPPY STAFF

Grievances or more simply: 'concerns, problems or complaints that employees raise with their employers', are on the rise.



6

ENSURE COMPLIANCE WITH LEGISLATION BY UNDERSTANDING THE LAW

If a mental health issue has adverse effects on someone's ability to perform day-to-day tasks, this is considered a disability protected under the Equality Act 2010. Employers have a duty not to discriminate and to make reasonable adjustments in the workplace.



7

ENSURE A HEALTHIER WORKPLACE

On average, employees take 7 days off work a year for health reasons accounting mental health issues for 40% of this figure. 90% of employees feel unable to be honest about the reason for their absence.



8

IMPROVE STAFF MORALE

60% of employees say they'd feel more motivated if their employer took action to support mentalhealth and wellbeing.



9

INCREASE STAFF ENGAGEMENT AND COMMITMENT

Dr Justin Varney
National Lead for Adult Mental Health and Wellbeing, Public Health England

“ Supporting mental health in the workplace is not just a corporate responsibility, staff who have positive mental health are more productive and businesses who promote a progressive approach to mental health can see a significant impact on business performance, so it's about good business too. ”

10

OPTIMISE PERFORMANCE

There's a strong link between levels of staff wellbeing and performance. Taking a positive, proactive approach to mental health at work can help you grow your staff and your organisation.



To learn more about our monthly 2 hour Mental Health Training or our 2 day Mental Health First Aider Training, visit electricalcharity.org/mentalhealth

