

BEHIND THE HIGH-VIS

A MENTAL HEALTH WHITE PAPER



THE SCALE

73%

of UK tradespeople said they are experiencing mental ill health right now or have done so in the past.

25%

Tradespeople are 25% more likely than workers in other industries to experience mental ill health in the UK.



THOSE IMPACTED

100%

100% of UK general builders/multi-trades surveyed reported experiencing depression and/or anxiety.

9 in 10

unemployed UK tradespeople reported experiencing mental ill health now or in the past.



THE CAUSES

8 in 10

UK tradespeople who lone work (84%) experience mental ill health.

65%

reported that their own financial situation directly impacts their mental health.



THE EFFECTS

7 in 10

UK tradespeople (69%) have experienced low motivation as a symptom of their mental ill health.

2 in 5

(42%) reported experiencing suicidal thoughts because of mental ill health.



BUSINESS BEST PRACTICES

47%

disagree that they felt supported by their workplace when they were experiencing mental ill health.

32%

of employed UK tradespeople who have experienced mental ill health have access to free counselling or helplines from their employer.



SUPPORT AVAILABLE

39%

stated that they weren't aware of any support offered by their workplace.

46%

were uncomfortable discussing their mental health with a colleague.