

# Mental Health in the Workplace Survey



#TalkToUsdaw

Mental health problems are very common. Estimates show around one in four people will experience stress, depression, anxiety or a less common mental health problem in any one year.

Usdaw would like to find out more about the experiences of members living with a mental health problem so that we can identify what support they need at work.

Could you spare a couple of minutes to answer some questions about your experience?

Your reply will be treated in strict confidence and we are not asking for any personal details.

1. Are you:

Male

Female

Non-binary

2. Are you:

African

African-Caribbean

Asian

Other Black  
Minority Ethnic

White

Prefer not to say

3. Age:

16-26

27-39

40-49

50+

4. Have you experienced anxiety, stress or depression in the last 12 months?

Yes

No

Prefer not to say

5. Are worries about increases to the cost of living, such as energy bills and food prices, negatively affecting your mental health?

Yes

No

6. Do you feel any aspects of your job role or work environment have affected your mental health or made your symptoms more difficult to manage?

Yes

No

Don't know

7. If yes, which aspects of work have you found most difficult? (tick all that apply)

Workload

Customer abuse

Unpredictable hours of work

Performance targets

Bullying or harassment

Concerns about job security

Other (please give further details)

8. If you have experienced problems at work related to your mental health, did you talk to any of the following about how they affect you?

Your manager/  
employer

Your Union  
Rep

9. If you did approach your manager, did they make any adjustments to your role or work environment to support you?

Yes

No

I did not need  
any adjustments

10. Have you needed to take time off work in the past 12 months for reasons related to your mental health?

Yes

No

11. If yes, did you feel able to give mental health as the reason for absence?

Yes

No

12. Does your employer offer any of the following to support mental health at work?  
(tick all that apply)

A workplace mental health policy

Access to an employee assistance programme

Reasonable adjustments (eg to hours  
/job role) to support colleagues

Training on mental health  
for colleagues and managers

Mental Health First Aiders  
/champions

Awareness days or events to  
support mental health

13. If yes, do you feel these measures have improved your ability to talk about mental health and seek support at work?

Yes

No

14. Are you aware of Usdaw's 'It's Good to Talk' workplace mental health campaign?

Yes

No

15. Are you an Usdaw member? Yes  No

16. If not, would you like to join? Yes  No

To join Usdaw, visit [www.usdaw.org.uk/JoinUs](http://www.usdaw.org.uk/JoinUs) or call 0800 030 80 30

On completion, just write **FREEPOST USDRAW** on the envelope and put it in the post.

Alternatively, complete this survey online at: [www.usdaw.org.uk/MHIWSurvey](http://www.usdaw.org.uk/MHIWSurvey)

Email your views on the **It's Good To Talk** Mental Health Awareness Workplace Campaign to: [equalitymatters@usdaw.org.uk](mailto:equalitymatters@usdaw.org.uk)

Scan to  
complete  
online



The data you are providing us will be used for statistical purposes in supporting our campaign as well as updating any contact details held on your membership record (if you are an Usdaw member). This is in pursuit of the Union's legitimate activities stated in the Objects in the Rule Book and in order to fulfil our contractual obligations to you as a member. This processing involves your personal data and special personal data. The data that we collect about you here will be stored securely. The survey responses will be retained for the duration of the campaign and the membership record will be retained for the duration of your membership plus 20 years in line with our membership record retention schedule. For further information visit [www.usdaw.org.uk/privacy](http://www.usdaw.org.uk/privacy)

