

76% of Employees Would Not Tell Their Employer They Suffered Depression in Fear of Losing Their Job. David Price from Health Assured Provides Advice for Employers.

More employees are suffering from depression as a consequence of workplace stress. David Price, director of Health Assured provides advice and guidance for employers on identifying and what preventive measures can be put in place to stop the issue escalating.

August 19, 2014 (FPRC) -- 76% of employees would not tell their employer they suffered depression in fear of losing their job.

David Price from Health Assured provides advice for employers.

- 64% of employers say they are unsure on how to identify mental illness in the workplace

-76% of employees admit that they would feel uncomfortable in telling their employer they suffered depression in fear of losing their job.

- 71% of employees state that they have suffered from workplace stress.

David Price, managing director of Health Assured said today, "Employers must do more to help identify and prevent depression in the workplace, they must be given extra training to help spot the problem initially, this may go a long way in helping prevent the problem escalating. "

"Stress and depression are linked, and it is important that employers monitor the workload of employees to ensure the job is not a contributing factor towards stress. Employees are unlikely to talk to management about stress levels, they will bottle up their feelings and this can lead to stress and depression. Employers need to encourage workers to come forward, talk about issues without fear of risking their job."

Price continues, "Depression and suicide sadly hit the headlines last month when we lost much-loved actor and comedian Robin Williams. With World Suicide Prevention Day on 10th September this year, it's time to work towards a world where fewer people suffer in silence, employers must make themselves aware of identifying the signs of depression."

Price concludes, "It is not just employees who suffer. Employers, directors and managers are at risk especially with the number of deadlines we all face daily. If you or your employees are struggling, whether this be low mood, hopelessness, loss of energy or confusion about your thoughts please know that you do not have to be alone with your feelings. There are organisations that will provide support and listen in confidence without judgement. Sometimes it really does help to talk."

5 Top Tips

Here are some straightforward approaches that can be implemented within your organisation to promote awareness, make depression less of a taboo and create a safe environment for your employees:

- Encourage an open-door policy at work so people feel able to talk in confidence about work levels and whether they are feeling stressed.
- Promote your in-house EAP services, to help employees with mental health issues.
- Ensure policies and procedures for supporting staff members with mental health issues are appropriate and robust.
- Ensure management are sufficiently trained and can identify signs of stress and depression.
- Always take concerns seriously, if an employ approaches you then act upon their concern.

Notes to editor:

- David Price is managing director of Health Assured
- Health Assured specialises in providing wellbeing solutions to both employers and employees
- For further clarification please contact Sammual-James McLoughlin or Matthew Treacy on 0161 827 8511.
- 1021 managers were interviewed by telephone as part of the research throughout July and August 2014.

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