Being in employment reduces the risk of depression and psychological distress

Work can also be a cause of stress and common mental health problems

In the UK, 17.5 million days were lost in 2018 to work-related stress, depression or anxiety

Poor mental health costs UK employers up to £45bn

This consists of around:

- £7bn absence costs
- £27–29bn presenteeism costs
- £9bn turnover costs

Young professionals have emerged as the most vulnerable demographic in the workplace

They are twice as likely to suffer from depression compared to other age groups in the workforce, and more susceptible to leaveism and financial concerns.