

We asked 1,600 employees and HR leaders across England about their workplace health and wellbeing.

Here's what they told us...

# Coping with Covid



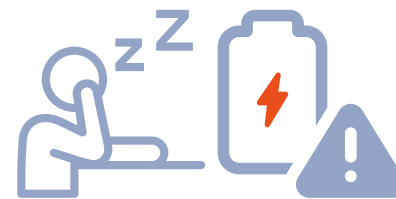
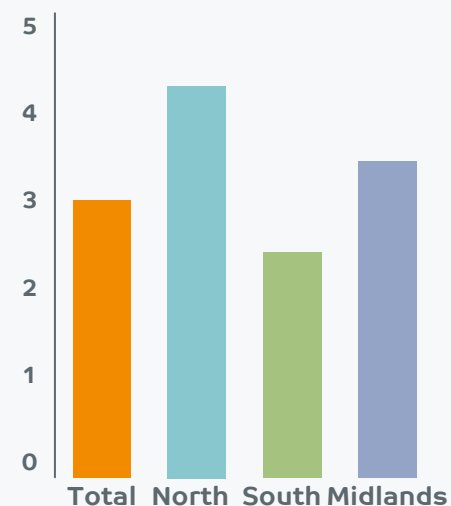
Download the full report:  
[westfieldhealth.com/resources/coping-with-covid](https://westfieldhealth.com/resources/coping-with-covid)



## Mental health days off are increasing

- 10%** more days off due to mental health in 2020 compared to 2019
- £14 billion** total cost to the economy due to mental health absences last year
- 76%** more mental health days off in the North of England than the South

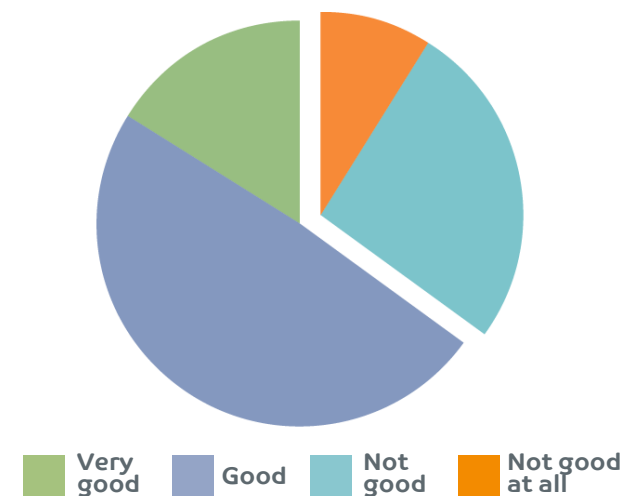
Average mental health days off per employee in 2020, by English region



## Poor mental health reduces productivity

- 35%** of employees reported poor mental health at their organisation
- 36%** of people say their mental health affects their productivity every week
- 28%** of employees feel less engaged than this time last year

How would you describe mental health at your organisation?



## Employees are looking for support

- 24%** of employees want extra workplace wellbeing support in the future
- 28%** of people are looking for long-term changes to the way they work
- 81%** of HR leaders say the pandemic has increased their wellbeing focus

Which, if any, of the following would you like from your employer in the next few months?

