

It's Good to Talk

Mental Health in the Workplace Survey

It's good to talk



www.usdaw.org.uk/mentalhealth

#ItsGoodToTalk

Mental health problems are very common. One in four people will experience stress, depression or anxiety or a less common mental health problem at some time in their lives.

Usdaw wants 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:

Black and Ethnic Minority

African

Asian

White

European

African
Carribbean

Any other Black
Minority Ethnic background

Any other
white background

3. Age:

16-24

25-39

40-49

50+

4. Has anxiety, stress or depression led to you missing a day at work in the last 12 months?

Yes

No

Prefer not to say

5. If you have taken time off work for reasons relating to your mental health, did you give mental health as the reason for your absence, or another health issue?

Mental health

Another health issue

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

Yes

No

Don't know

7. If you have experienced problems at work related to your mental health, did you talk to any of the following about how it affects you?

Your manager/employer

Your partner

A friend or family member

A colleague

Your union rep

GP



8. 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

9. If yes, what adjustments were made? (tick all that apply)

Changes to hours/days of work

Changes to job role or duties

Additional or extended breaks

Time off to attend medical appointments

Changes to performance targets

Changes to absence procedure

Other changes (please give further details)

No changes

10. Are you aware of Usdaw's 'It's Good to Talk' Campaign and guidance about what rights at work members experiencing problems with the mental health have?

Yes

No

11. Are you an Usdaw member?

Yes

No

12. If not, would you like to join?

Yes

No

If yes, you can fill out a membership form or join online at: www.usdaw.org.uk/join

On completion just write FREEPOST USDAW on the envelope and put it in the post.

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

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

