

# Young Workers Mental Health Survey

Usdaw wants to understand more about the issues facing young workers at work.

Could you spare a couple of minutes to tell us about your experiences?

We will use this information to campaign for better workplace mental health provisions.

1. Are you: Female  Male  Another gender identity
2. Age: 16-21  22-24  25-27  27+
3. How many hours per week do you normally work?  
Less than 10 hours  10-20 hours  20-30 hours  30 or more
4. On a scale of 1 to 5, how satisfied are you with the following aspects of work?
- |                                |               |   |   |   |   |   |                |
|--------------------------------|---------------|---|---|---|---|---|----------------|
| Workload/demands of the job    | Not satisfied | 1 | 2 | 3 | 4 | 5 | Very satisfied |
| Work/life balance              | Not satisfied | 1 | 2 | 3 | 4 | 5 | Very satisfied |
| Job security/security of hours | Not satisfied | 1 | 2 | 3 | 4 | 5 | Very satisfied |
| Variety of work                | Not satisfied | 1 | 2 | 3 | 4 | 5 | Very satisfied |
| Opportunities for progression  | Not satisfied | 1 | 2 | 3 | 4 | 5 | Very satisfied |
5. Do you feel your job role and working environment has had a positive or negative impact on your mental health?  
Positive  Negative  Don't know
6. If negative, have you been able to talk to any of the following people about how it affects you?  
Your manager/employer  Your union rep  A colleague   
A friend or family member  Your partner  Your GP
7. Do you feel your mental health is worse now than before the Coronavirus pandemic?  
Yes  No
8. Are financial worries having an impact on your mental health?  
Yes  No
9. Are you aware that Usdaw reps are able to assist you in conversations with your employer about your mental health?  
Yes  No
10. Are you a member of Usdaw? Yes  No
11. If not, would you be interested in joining? Yes  No

The data you are providing us will be used for statistical purposes in supporting our campaign. This is in pursuit of the Union's legitimate activities stated in the Objects in the Rule Book. The survey responses will be retained for the duration of the campaign. For further information visit [www.usdaw.org.uk/privacy](http://www.usdaw.org.uk/privacy)

