

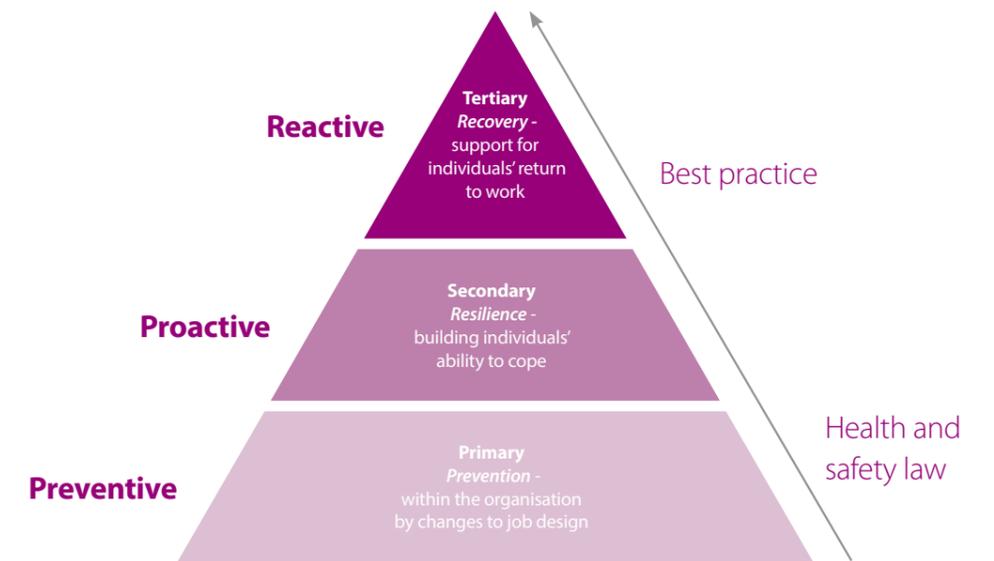
### The benefits of occupational health services...



EMPLOYEES	EMPLOYERS	ECONOMY
Protect and promote health 	Help reduce sickness absence 	Reduce NHS care costs 
Reduce work-related illnesses 	Improve business performance 	Reduce the cost of state benefits 
Manage return to work after illness	Avoid litigation 	Increase tax revenues 
Maintain earnings & quality of life	Improve corporate image 	Revitalise the UK economy 

Source: [Occupational health: the value proposition | SOM, May 2017](#)

### A three-tier approach to managing work-related stress



### A representative survey of over 4,000 UK employees found...



They said their mental health problems were caused by....



Source: <https://www.bitc.org.uk/report/mental-health-at-work-2019-time-to-take-ownership/>



### Six signs that homeworkers may be struggling

Employers should be vigilant for signs of struggle and stress in teams and individuals. This can be more challenging at a distance than face-to-face, but needs to be addressed at an early stage.

Employees may be:

- Visibly stressed or tearful
- Easily irritated
- Confused and lacking in focus
- Making more mistakes than usual, or missing meetings and deadlines
- Socially withdrawn
- Changed in their behaviour and attitudes