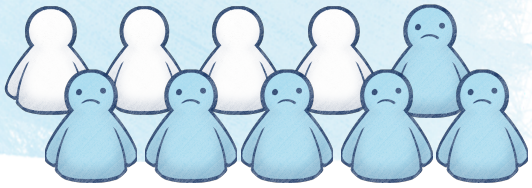
Anxiety

THE FACTS

60% of employees experience anxiety



Champion Health (2023)

In any normal week,

6 in 100 people will be diagnosed with Generalised Anxiety Disorder

Mind (2020)

Employees between the ages of

16 to 24

are experiencing the most anxiety

Workplace Health Report (2023)

> 8 million

in the UK are experiencing an anxiety disorder at any one time

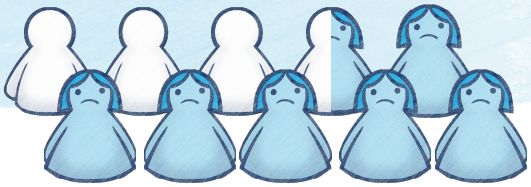
Mental Health UK (2020)

The median age for the onset of anxiety is

11 years old

National Library of Medicine (2020)

65% of females are experiencing anxiety



Workplace Health Report (2023)

36.9%

of anxiety disorder sufferers receive treatment, despite it being highly treatable.

ADAA (2020)

In 2020/21, anxiety (along with depression and stress) accounted for

50%

of all work-related mental ill-health cases

Health and Safety Executive (2022)

22%

of university students claim to experience social anxiety

Research Gate (2022)

everymind at work