

Benchmarking stress culture: Are you doing enough to manage your staff's occupational stress?

A staggering 70 million work days are lost each year due to mental health problems in the UK, costing employers approximately £2.4 billion per year.

(Mental Health Foundation)



Pragma

We would be pleased to provide a fixed price proposal for a review that **benchmarks your stress risk management practices** against legal and good practice standards. The review will provide **assurance** that the action that you are taking is appropriate and/or provide **recommendations for improvement**.

Pragma's mental health assurance team can assist by helping you:

- To understand and quantify the effect of stress on your workforce
- To identify whether you are meeting your legal obligations to manage occupational stress risks
- To plan your approach to improving stress risk management

The benefits of stress risk management to employers include:

- Increased staff retention and reduced recruitment costs
- Reduced absenteeism costs
- Improved worker engagement and commitment
- Measurable improvement in worker mental health and wellbeing
- Improved workforce productivity and effectiveness
- Minimised and appropriately managed Health and Safety risks

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