

New Data Reveals Hidden Reasons Employees Struggle at Work



Our data review into what led 135,000 employees to be referred into occupational health by their manager sheds new light on the causes of workplace struggles.

Neurodiversity is now the third biggest reason for an employee to struggle at work

37%

need help with mental health

19%

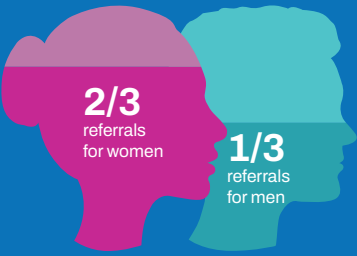
affected by musculoskeletal issues

10%

struggling with neurodiversity



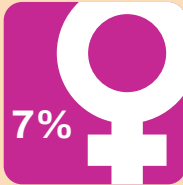
Women are twice as likely to be signposted into occupational health



By the age of 40, men are experiencing more depression than women



of 40-49 year old males referred for depression



of 40-49 year old females referred for depression

Emerging issues for 16-19 years olds



Anxiety is highest in 16-19 year olds



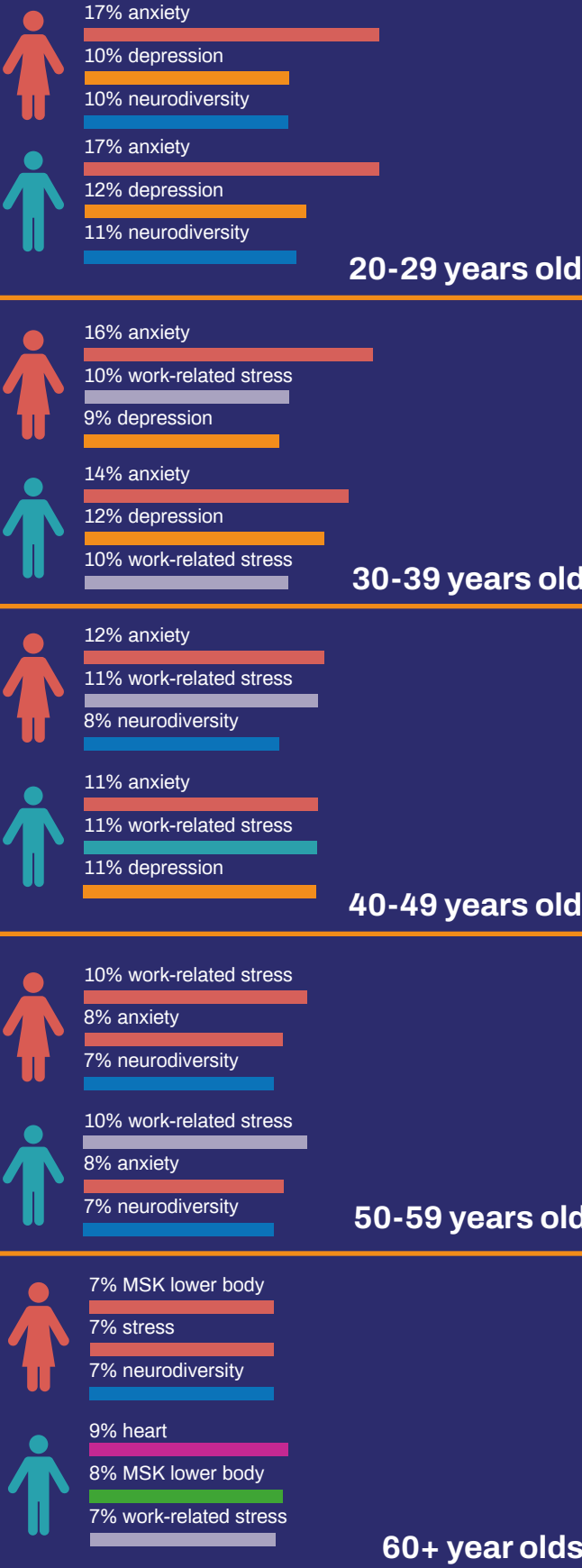
19% neurodiversity
12% anxiety
8% depression



18% anxiety
13% neurodiversity
12% depression



Top issues



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