

Manager support can have a positive impact

A study by Mind in the UK has revealed that poor mental health at work may be even more widespread than currently thought, with almost half (48%) of people having experienced poor mental health in their current job. **People Management** reports that the survey found only half of employees who experienced poor mental health had talked to their employer about it. However, Mind said that **properly supporting managers can positively impact employee mental health**. Three in five (61%) line managers who felt their employer supported their mental health said they had a good understanding of how to promote their team's wellbeing. Paul Farmer, CEO of Mind, said all employers needed to make mental health at work a focus. 'It's clear from our research that when employers support their managers properly, it can make a big difference to the whole organisation. Even small changes to policy, approach and workplace culture can make a really big difference to the whole organisation.'