



Mental Health in the Workplace: Needs of patients & Challenges for Employers

*Preliminary results of the
GAMIAN Europe Survey*

Rebecca Müller, Secretary General of GAMIAN-Europe

European Parliament, 29 May 2013



PATIENT SURVEY ON MENTAL HEALTH AND WORKPLACE: OVERVIEW

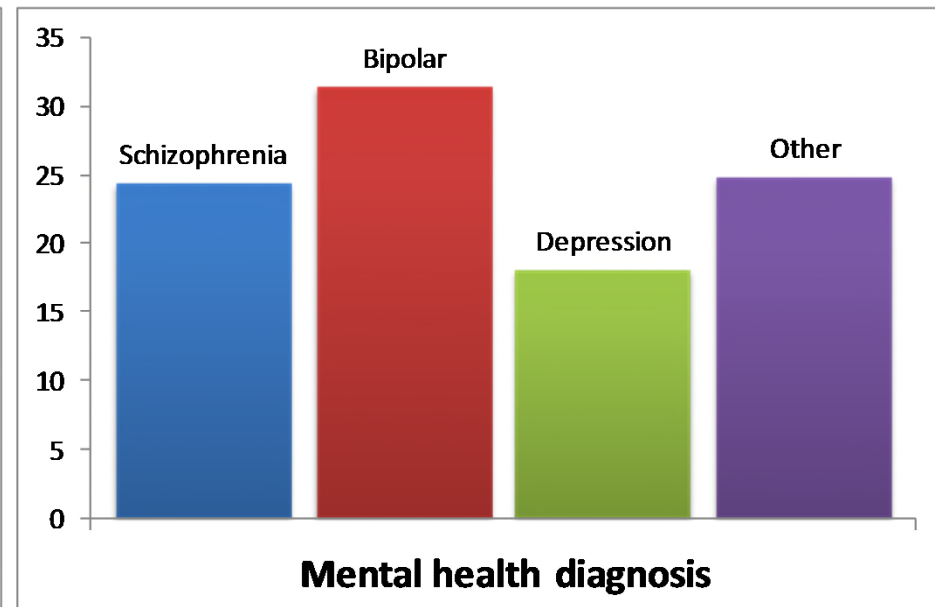
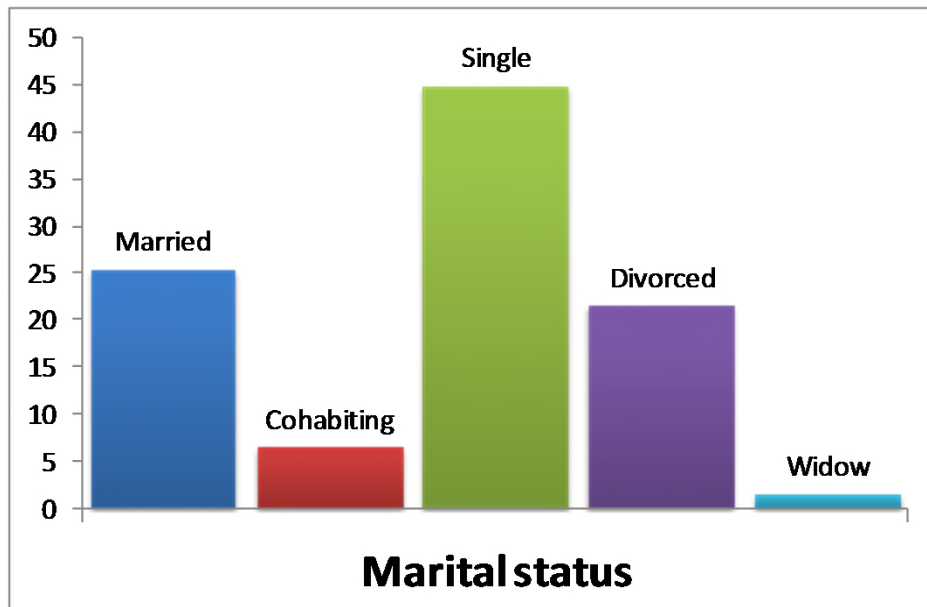
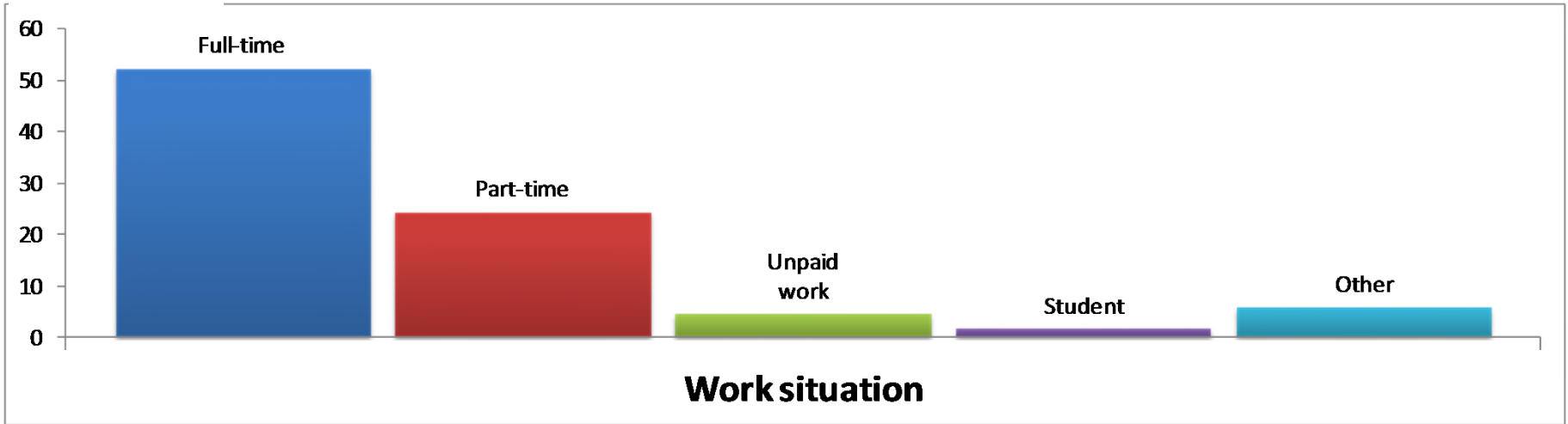
Ongoing survey of GAMIAN-Europe **on the needs of patients regarding Mental Health and the Work Place**. This project is supported by a non restrictive grant of Janssen & Lundbeck.

Survey methodology & aim:

- The aim will be to recruit a total of 1.000 responses. At the moment **385 responses** have been received.
- The survey questionnaire was **translated into 21 languages** in order to allow respondents to answer without any barriers.
- Respondents will be contacted **by the GAMIAN member associations** in 20 European Countries
- The survey is **accessible online** on the GAMIAN website, www.gamain.eu and on the GAMIAN Facebook, Twitter and Linked-in accounts.
- The project is supervised by a Scientific Steering Committee: Pedro Montellano, Rebecca Muller and Hilikka Kärkkäinen (for GAMIAN-Europe), Prof. Chantal Van Audenhove (LUCAS -University Leuven Belgium), David Mouyal and Laura Dobell
- Results will be communicated at the GAMIAN-Europe annual convention in Vilnius (Lithuania) 19/21 September 2013.
- Contact: Paul Arteel , executive director GAMIAN, executive.director@gamian.eu



PATIENT SURVEY ON MENTAL HEALTH AND WORKPLACE: RESPONDENTS PROFILE





PATIENT SURVEY ON MENTAL HEALTH AND WORKPLACE: WORK LOCATION & ABSENCE

Up to **50%** of respondents are employed in a small company (1-50 employees) and only **20 %** work in a large company with more than 250 employees.

52% of respondents had to stay home from work between 10 and 99 days due to mental health problems. **17%** were absent up to 9 days and another **17%** never were absent from their jobs.



PATIENT SURVEY ON MENTAL HEALTH AND WORKPLACE: UNHAPPY NOT TO WORK

For **62%** of respondents not being able to work is a more or less permanent situation.

23% of respondents are happy with this situation and have accepted that they will probably never be able to work again due to their mental health problems.

40% of respondents are unhappy with this situation and would like to get back to work.



PATIENT SURVEY ON MENTAL HEALTH AND WORKPLACE: BARRIERS

For **45%** of respondents their symptoms make it impossible to go back to work!

17% of respondents are convinced that their former employer does not want to have them back.

24% of respondents are afraid to have a relapse if they return to their former job.



PATIENT SURVEY ON MENTAL HEALTH AND WORKPLACE: INFORMATION & CONSENT

32% of respondents did not tell their employer about their mental illness, because they were afraid that this would not be understood. They fear discrimination and the loss of their job.

24% of respondents had no choice in not telling because on their medical attestation the name of a psychiatric clinic was mentioned.

21% of respondents decided themselves that they wanted to tell their employer about their mental health problems.



PATIENT SURVEY ON MENTAL HEALTH AND WORKPLACE: CHALLENGES & NEEDS

- More than half of the respondents believe that better training of the HR Department and a good support from a medical professional would have helped them to keep their work !

=> important challenge for the professional !

- 55% of respondents think that a change in attitude of the management is needed.
- 58% of the respondents think that a change in attitude of their colleagues would have been very helpful to them.
- 52% of patients needed more support from their families and think a change in attitude would have been helpful.

=> fighting stigma and increasing understanding of mental health issues with decision makers, managers and the general public!



PATIENT SURVEY ON MENTAL HEALTH AND WORKPLACE: KEY POINTS

- Need for **effective treatments** to ensure sufficient symptom reduction so that people can work again and keep their jobs!
- Increase quality of life. **A good life quality includes work !**
- More and effective **programs for people with mental health problems to find work** and keep their job. 40% of those people with mental health problems, who no longer work are unhappy about this situation!
- **Respect the privacy of patients!** People should not be forced by practical circumstances to come out about their mental health problems at work or in any other circumstances.
- **Fight stigma & change attitude** of managers and employers!

PATIENT SURVEY ON MENTAL HEALTH AND WORKPLACE: SURVEY

http://www.gamian.eu/work_place.htm

Please spread the above link via your website or your Facebook page and help us to get as many answers as possible !

GAMIAN-Europe

Do what you can, with that what you have, wherever you are.

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Workplace and Mental Health

Please follow the link with your language and fill in the questionnaire.
If you prefer PDF version please use the right column.

	Travail	Link in english	PDF version in PDF
	Práce	Link in english	PDF version in PDF
	Arbejde	Link in english	PDF version in PDF
	Arbeitsplatz	Link in english	PDF version in PDF
	Työpaikka	Link in english	PDF version in PDF
	Le travail	Link in english	PDF version in PDF
	Arbeitsplatz	Link in english	PDF version in PDF
	Εργασία	Link in english	PDF version in PDF
	Munka	Link in english	PDF version in PDF
	Work	Link in english	PDF version in PDF
	Lavoro	Link in english	PDF version in PDF
	Arbavietne	Link in english	PDF version in PDF
	Arbavietne	Link in english	PDF version in PDF
	Werk	Link in english	PDF version in PDF
	Praca	Link in english	PDF version in PDF
	Trabalho	Link in english	PDF version in PDF
	Locul de muncă	Link in english	PDF version in PDF
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