



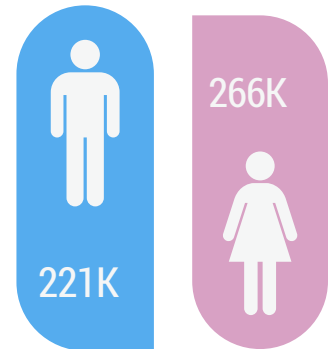
#worldhealthinnovationsummit

Wellbeing support for businesses
Workshop using My Way Code
Review and refine needs Bespoke
program of support and resources for
you to help your employees'
goals and needs

• why •

- The total number of cases of work-related stress, depression or anxiety in 2013/14 was 487 000 (39%) out of a total of 1,241,000 cases for all work-related illnesses.
- The number of new cases of work-related stress, depression or anxiety in 2013/14 was 244 000.
- The rates of work-related stress, depression or anxiety, for both total and new cases, have remained broadly flat for more than a decade.
- The total number of working days lost due to stress, depression or anxiety was 11.3 million in 2013/14, an average of 23 days per case of stress, depression or anxiety

In 2013/14 there was an estimated prevalence of 221 000 male and 266 000 female cases of work-related stress.



• what we do •

On our WHIS at Work programs we work within the My Way Code framework to help them gain more awareness of and confidence in who they are, who they have to support them, how to take personal responsibility and work towards their professional and personal goals as a unique, talented individual.

An initial My Way Code workshop will be delivered and is based on a part of life we are very familiar with; travelling and already familiar road signs.

Reviewing the results and evaluation report we will then work with employers to create a bespoke support program to address employees' specific needs and wishes according to the resources of the business, but not compromising employees' needs, as identified through the initial My Way Code workshops. Find out more about the programme at mywaycode.org @MWCSONI



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Various packages of support
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