

National Stress Awareness Day

2nd November 2022



11,000,000

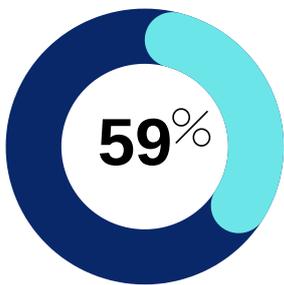
adults in the UK say they have felt “unable to cope” due to the rising cost of living

[Source](#)

822,000

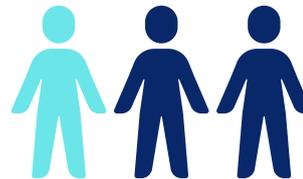
workers were affected by work-related stress, depression or anxiety in 20/21. This represents 2,480 per 100,000 workers

[Source](#)



UK adults say that the cost of living crisis has had a negative impact on their mental health, such as leaving them feeling anxious, depressed or hopeless

[Source](#)



1 in 3 parents fear the cost of living crisis will affect their children’s mental health

[Source](#)

Financial Resources and Supports

[Click on images to download information](#)



Mental Health Resources and Supports

