

Stress Stigma Solutions

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Prospect Research



@ProspectPage

1 in 6

stress anxiety depression

1 in 5

stigma will mark them out

Prospect stresses

- work intensification
- job insecurity
- skills undervalued
- change
- performance management
- bullying
- long hours
- trauma
- techno-stress

solutions

Members

- awareness
- self-help options
- stress portal
- WTYT
- LM competence
- speaking up

Employers

- awareness
- assessment
- business case
- prevention
- mitigation
- coherence

You

- protect yourself
- know help & law
- compliance
- gather evidence
- use rights
- RECRUIT!



Good work

