



There is a  
proven link  
between  
**long-hours  
working  
and major  
depression**



[#eyeshalfshut](#)

# Research has found that work is the most stressful factor in people's lives

Industries that have a long-hours working culture have been shown to be responsible for many stress-related health issues, both physical and mental.

Overwork and the resulting stress can lead to conditions that affect the way a person feels, thinks and acts. These conditions can last for a short time or they can be a long-term condition like depression, anxiety disorders, schizophrenia and eating disorders.

## Mental health and safety

If you work 11 or more hours a day you are twice as likely to suffer from major depression as those working the standard eight-hour day.

In 2016/17, stress, depression or anxiety accounted for 40% of all work-related ill health cases and 49% of all working days lost due to ill health, according to the Health and Safety Executive.

It is good practice to have a trained first aider/medic within the working environment to deal with physical accidents and injuries. But hardly any film and TV productions have support for mental health concerns.



## What BECTU has achieved so far

BECTU has successfully negotiated away unlimited unpaid overtime in most UK TV drama and in major motion pictures.

The union's construction agreement has cut the standard freelance week from 55 hours to 37.5. We are now campaigning to establish an industry-wide commission on the unhealthy and counterproductive long hours culture in the UK film and TV industries.

BECTU wants to open conversations with productions to encourage a better support structure for workers who may be experiencing mental health concerns while working.

We promote mental health first aid training to members so that they can deal with the increased risk of mental health issues among colleagues in a long-hours working culture.

## Please sign our petition

We have drawn up a petition calling for an industry-wide commission to reduce long hours working. Thousands of workers in film and TV have already signed it – please add your name today: <http://bit.ly/eyes-petition>

See our Eyes Half Shut Facebook page for updates on the campaign and use [#eyeshalfshut](https://www.facebook.com/bectueyeshalfshut/) on any social media posts.

[www.facebook.com/bectueyeshalfshut/](http://www.facebook.com/bectueyeshalfshut/)

Join us! Get involved! [www.bectu.org.uk/join](http://www.bectu.org.uk/join)

## Support from other organisations

**Mind Helpline: 0300 123 3393**, Monday to Friday from 9:00 – 6:00. [www.mind.org.uk](http://www.mind.org.uk)

**Samaritans helpline: 116 123** (free), open 24 hours a day, seven days a week including Christmas Day.

**NHS Moodzone interactive web pages:**  
<http://bit.ly/nhs-moodzone>



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