

Training for line managers should focus on primary prevention of mental ill-health at work

This article focuses on the mental health of working-age adults who are not being treated by statutory mental health services. It proposes preventive approaches to mental ill-health through line manager training and support.

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Work-related mental ill-health is a significant public health concern, which has been exacerbated by the Covid-19 pandemic. In 2021–2022, the UK Labour Force Survey identified 914,000 workers suffering from work-related stress, depression, or anxiety resulting in 17 million working days lost, an average of 18.6 days per case.¹ This accounts for more than half of all work-related ill-health cases and working days lost due to ill-health (51% and 55%, respectively),¹ with a significant economic impact.²

While acknowledging the talents and strengths of multitudes of managers

across sectors, a lack of managerial support is one of the leading causes of common mental health problems in a workplace context.³ Although line managers significantly influence employees' mental health outcomes across various work contexts,^{3,4} support offered is highly variable and managing employees with mental health concerns can be perceived by their supervisors as a source of stress.⁵ It is well-established that managers play a vital role in managing psychosocial risks in the workplace,⁶ but some may lack the necessary resources or support within their organisation to enact this. At an individual level, they may lack the knowledge or skills to ensure jobs are designed and managed to prevent work-related stress, supervise an employee with mental ill-health or navigate the complexities of return-to-work to support those who have been absent.

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Furthermore, mental health stigma continues to exist in the work context.⁷ Managers' behaviours towards employees with mental health issues are related to their own attitudes towards mental illness and their confidence in discussing mental health.⁸ These are modifiable factors that could be targeted through line manager



training. However, workplace interventions targeting managers are limited and tend to be based on secondary- and tertiary-level intervention. Secondary-level interventions are all about detection and management of stress and mental health problems by increasing employees' awareness, knowledge, skills, and coping resources. Tertiary-level interventions involve minimising the effects of poor mental health at work once they have occurred through the treatment of symptoms and provision of remedial support.

In a national survey, only 8% of UK managers reported they had received training to support return-to-work.⁹ This is being addressed in the UK through the PROWORK study: PROMoting a Sustainable and Healthy Return to WORK. This involves the development and testing of toolkits for workers and line managers that aim to support sickness absence and return-to-work in mental health, through knowledge building, problem-solving, action planning, goal setting, and positive communication.¹⁰ PROWORK is one example of a return-to-work intervention which aims to improve psychological and physical capacity among workers who are already off sick. This approach is supported by a systematic review and meta-analysis showing that training managers in workplace mental health can improve their knowledge, attitudes

Prevention Of Mental Ill Health At Work A Conference

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Prevention of Mental Ill Health at Work Rachel Jenkins, Natalie Coney, 1992-01-01 Time off work with stress related illness is estimated to have increased by 500% since the mid 1950s How can businesses address the problems of ill health at work This publication based on a conference of the CBI and the Department of Health examines the subject and proposes steps which employers can take to reduce the costs of mental ill health to business Prevention of Mental Ill Health at Work Natalie Coney, Rachel Jenkins, 1992 National Library of Medicine Current Catalog National Library of Medicine (U.S.), 1990 *Prevention*, 1980 **Current Catalog** National Library of Medicine (U.S.), 1983 First multi year cumulation covers six years 1965 70 **Preventing Mental Illness** Despo Kritsotaki, Vicky Long, Matthew Smith, 2018-10-16 This book provides an overview of a diverse array of preventive strategies relating to mental illness and identifies their achievements and shortcomings The chapters in this collection illustrate how researchers clinicians and policy makers drew inspiration from divergent fields of knowledge and practice from eugenics genetics and medication to mental hygiene child guidance social welfare public health and education from risk management to radical and social psychiatry architectural design and environmental psychology It highlights the shifting patterns of biological social and psychodynamic models while adopting a gender perspective and considering professional developments as well as changing social and legal contexts including deinstitutionalisation and social movements Through vigorous research the contributors demonstrate that preventive approaches to mental health have a long history and point to the conclusion that it might well be possible to learn from such historical attempts The book also explores which of these approaches are worth considering in future and which are best confined to the past Within this context the book aims at stoking and informing debate and conversation about how to prevent mental illness and improve mental health in the years to come Chapters 3 10 and 12 of this book are available open access under a CC BY 4 0 license at link springer com **Proceedings of the ... Annual Meeting of the Conference of State and Provincial Health Authorities of North America**, 1924 *ADAMHA News*, 1983 **Reducing Risks for Mental Disorders** Institute of Medicine, Committee on Prevention of Mental Disorders, 1994-01-01 The understanding of how to reduce risk factors for mental disorders has expanded remarkably as a result of recent scientific advances This study mandated by Congress reviews those advances in the context of current research and provides a targeted definition of prevention and a conceptual framework that emphasizes risk reduction Highlighting opportunities for and barriers to interventions the book draws on successful models for the prevention of cardiovascular disease injuries and smoking In addition it reviews the risk factors associated with Alzheimer s disease schizophrenia alcohol abuse and dependence depressive disorders and conduct disorders and evaluates current illustrative prevention programs The models and examination provide a framework for the design application and evaluation of interventions intended to prevent mental disorders and the transfer of knowledge about prevention from research to clinical practice The book presents a focused

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