



YOUNG MEMBERS' **MENTAL HEALTH** MATTERS

In a 2022 survey, 80% of UNISON's young members told us they had had a mental health problem in the last year.

We all have difficult times, and sometimes that's because of work: because we're overworked, stressed, or working in a tough environment. Or we may be having problems in our personal lives and need a little extra support in the workplace.



UNISON believes mental health is a trade union issue and looking after each other is a fundamental part of the trade union movement.

How we look after our members:

- We negotiate on workload, pay and working conditions – all things which can have a huge effect on mental health.
- Our health and safety reps tackle hazards at work which affect both mental and physical health.
- We support our members if they need some extra help, such as time off or reasonable adjustments due to mental health problems.
- We fight for fairness and equality in the workplace. Everyone has the right to a workplace free of prejudice, discrimination and harassment.
- We campaign for stronger employment protections, such as more secure work and the Right to Disconnect.
- We provide training for members on stress awareness and mental health at work.
- Our welfare service, There For You, provides support to our members when they're going through difficult times.

Let's look after each other – in UNISON.