

# ADDICTION & THE WORK PLACE

How many people in your company are struggling  
with emotional or mental issues?

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The statistics in this PDF version are based on  
100 employees in a company.



2 OUT OF YOUR 100 COLLEAGUES MAY EXPERIENCE...

## BURNOUT



Burnout often affects highly committed, hardworking individuals. It creates physical, emotional and mental exhaustion and individuals often become disillusioned and loses all interest and motivation. The incidence of Burnout continues to rise in the UK.

14% of HR managers interviewed have lost one or more members of staff due to burnout.

Source: [hse.gov.uk](https://www.hse.gov.uk)

[Find out more about burnout](#) →

10 OUT OF YOUR 100 COLLEAGUES MAY EXPERIENCE...

## DEPRESSION



Depression occurs in 10% of the population in Britain at any one time but because of fear, stigma and widespread misunderstanding, as many as 70% of depression sufferers will leave their condition untreated. Common signs of depression in employees are an increase in sick days, loss of motivation, incomplete tasks, extra fatigue or lethargy and withdrawing socially or colleagues or social events.

In 2012 46.7 million prescriptions were written for anti-depressants costing £270m - an increase of 23% on 2010.

Source: [www.nice.org.uk](http://www.nice.org.uk)

[Find out more about depression](#) →





3 OUT OF YOUR 100 COLLEAGUES MAY EXPERIENCE...

## SEX ADDICTION



Addictions are not only about Drugs and Alcohol. Addictions can be behavioural and include sex, gambling, internet and food. All addictions, however, lead to loss of control, compulsivity and erratic behaviour and half of all addicts are suffering from mental health problems and are self-medicating to mask the symptoms.

A third of sex addicts are female

Source: [www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov)

[Find out more about sex addiction](#) →

6 OUT OF YOUR 100 COLLEAGUES MAY EXPERIENCE...

## SELF HARM



Self-harm can include cutting, burning, punching or swallowing things. Many self-harm in private and suffer in silence. The UK has one of the highest incidences of self-harm in Europe and it can be very difficult for people to understand.

About 1 in 10 people will self harm at some point in their lives.

Source: [www.nice.org.uk](http://www.nice.org.uk)

[Find out more about self harm](#) →





5 OUT OF YOUR 100 COLLEAGUES MAY EXPERIENCE...

## ADHD



ADHD is not just a childhood problem. Many adults with ADHD have no idea that the problems they have are caused by undiagnosed ADHD. Individuals with ADHD often have difficulty concentrating, angry outbursts, disorganised, poor social skills, mood problems and act recklessly.

Many people also don't realise that in as much as 60% of all cases, the symptoms will continue into adulthood.

Source: [www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov)

[Find out more about ADHD](#) →

9 OUT OF YOUR 100 COLLEAGUES MAY HAVE A PROBLEM WITH...

## DRUGS



Issues with addictions are among the most prevalent, costly and least intervened problems in the workplace today. Recent research claims that 2.7% of employees are estimated to go to work with drugs in their system while the World Drug Report found that 2.2% of adults have used cocaine in the last year and 6.8% have used cannabis.

The World Health Organisation found that 17 million workdays are lost to hangovers and alcohol related illnesses each year costing employers £6.4 billion

Source: [www.gov.uk](http://www.gov.uk)

[Find out more about drugs](#) →





18 OUT OF YOUR 100 COLLEAGUES MAY HAVE PROBLEMS WITH...

## ALCOHOL



It is estimated that 2 million adults in the UK have an addiction. 9 out of 100 men and 4 out of 100 women are dependent on alcohol.

The World Health Organisation found that 17 million workdays are lost to hangovers and alcohol related illnesses each year costing employers £6.4 billion

Source: [www.nice.org.uk](http://www.nice.org.uk)

[Find out more about alcohol](#) →



5 OUT OF YOUR 100 COLLEAGUES MAY BE A...

## PSYCOPATH AT WORK



Characterised by being superficial, grandiose, manipulative, lacking in remorse and empathy, aggressive and uncaring, a Psychopath may not be your idea of a great at boss! Though they can display charm, self-confidence and charisma they often are poor people managers, poor decision makers, adopt unethical or illegal behaviour, have no loyalty and perpetuate negative behaviours.

Studies estimate the prevalence of psychopathy in the general population at 1% and 15% in the prison population.

Source: [www.bjp.rpsych.org](http://www.bjp.rpsych.org)

[Find out more about psychopath's at work](#) →





2 OUT OF YOUR 100 COLLEAGUES MAY EXPERIENCE...

## INTERNET PORN ADDICTION



1 in 10 websites are pornographic and 25% of web searches are porn related - addiction to pornography is becoming a huge problem. Although more research needs to be undertaken it is known that it can seriously affect an individual's emotional and sexual well-being leading to a higher chance of severe clinical depression.

4% of men aged 18-24 said they used adult sites for more than 10 hours a week.

Source: [www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov)

[Find out more about internet porn addiction](#) →

INTERESTED IN FINDING OUT MORE?  
SEE HOW CLINICAL PARTNERS CAN HELP YOU.  
SIMPLY CONTACT

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[www.clinical-partners.co.uk](http://www.clinical-partners.co.uk)