

More people than ever before are being harmed by work-related stress as pressure at work increases.

Work-related stress damages both your mental and physical health; in extremes it can kill.

Don't wait until you are at breaking point.

Join UCU's anti-stress and bullying campaign.



The latest figures from the Health and Safety Executive show:

- ▶ **244,000 new cases were reported in the UK last year.**
- ▶ **11.3 million working days were lost due to stress – up from 10.4 million in 2011/12.**
- ▶ **Workers aged 45-54 suffer most.**
- ▶ **Women have higher rates than men.**
- ▶ **Education is one of the worst occupational sectors.**
- ▶ **Larger workplaces have the highest rates.**

See <http://www.hse.gov.uk/statistics/causdis/stress/index.htm> for more information

Work-related stress is endemic in higher and further education, and employers no longer seem to exercise an adequate duty of care towards staff.

UCU hears of more cases of bullying and harassment used as a way of forcing through unrealistic and excessive workloads.

We are told of members working 50–60 or more hours a week. We hear of members whose health is so permanently damaged they are unable to continue in work.

Work-related stress damages both your mental and physical health; in extremes it can kill.

It's time to stop it. We have to be able to say NO collectively to excessive demands. We can only do that effectively when we are strong and well organised. The remedy is in our own hands.

So join in and support UCU's anti-stress and bullying activities. Tell us about your experience; help to build up a dossier so we can take up issues with the employer. If you are not already a member, join UCU today and give us that extra strength we need to get things changed.

**DON'T GET TO BREAKING POINT. SAY NO TO EXCESSIVE WORKLOADS.
IF YOU ARE NOT YET A UCU MEMBER, JOIN TODAY: JOIN.UCU.ORG.UK**