Stress and mental health at work

Are any of the following initiatives available in your workplace? (% 'Yes')

- Awareness raising or other activities to provide information on safety and health: 59% (BG), 47% (EU27)
- Access to counselling or psychological support: 38% (BG), 26% (EU27)
- Information and training on well-being and coping with stress: 42% (BG), 31% (EU27)
- Consultation of workers about stressful aspects of work: 43% (BG), 27% (EU27)

Do you agree or disagree with the following statements on stress and mental health in your workplace? (%)

- Disclosing a mental health condition would have a negative impact on my career: 16% (BG), 34% (EU27), 32% (BG), 13% (EU27), 4% (BG), 13% (EU27)
- The COVID-19 pandemic has made it easier to talk about stress and mental health at work: 11% (BG), 40% (EU27), 33% (BG), 13% (EU27), 5% (BG), 7% (EU27)
- I would feel comfortable speaking to my manager or supervisor about my mental health: 18% (BG), 40% (EU27), 25% (BG), 12% (EU27), 5% (BG), 7% (EU27)
- My work stress has increased as a result of the COVID-19 pandemic: 16% (BG), 28% (EU27), 35% (BG), 20% (EU27), 1% (BG), 1% (EU27)

Safety and health at work is everyone’s concern. It’s good for you. It’s good for business.
### Work-related health problems

In the last 12 months, have you experienced any of the following health problems caused or made worse by your work? (Multiple answers possible, %)

<table>
<thead>
<tr>
<th>Health Problem</th>
<th>Overall</th>
<th>BG</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall fatigue</td>
<td>37</td>
<td>33</td>
</tr>
<tr>
<td>Headaches, eyestrain</td>
<td>34</td>
<td>39</td>
</tr>
<tr>
<td>Bone, joint or muscle problems or pain</td>
<td>30</td>
<td>25</td>
</tr>
<tr>
<td>Stress, depression or anxiety</td>
<td>27</td>
<td>19</td>
</tr>
<tr>
<td>Infectious diseases (including COVID-19)</td>
<td>21</td>
<td>18</td>
</tr>
<tr>
<td>Another health problem related to your work</td>
<td>6</td>
<td>5</td>
</tr>
<tr>
<td>Accident or injuries</td>
<td>5</td>
<td>4</td>
</tr>
<tr>
<td>None of these</td>
<td>33</td>
<td>35</td>
</tr>
</tbody>
</table>

### Managing safety and health at work

Do you think the safety rules at your place of work are a good thing to have or do they make your job more difficult to do? (%)

- A good thing: 81%
- Make your job more difficult to do: 10%
- Both: 4%
- Does not apply/No safety rules at work: 4%
- Don’t know: 2%

Do you agree or disagree with the following statements? (% Total 'Agree')

1. Safety problems are addressed promptly in my workplace: 81%
2. There are good measures to protect workers' health in my workplace: 82%
3. Workers are encouraged to report safety and health issues in my workplace: 79%
4. Organisations with high safety and health standards are more likely to attract job-seekers: 78%