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% ± 73% (FI)
- Access to counselling or psychological support: 38% ± 74% (FI)
- Information and training on well-being and coping with stress: 42% ± 64% (FI)
- Consultation of workers about stressful aspects of work: 43% ± 57% (FI)

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:
  - Strongly agree: 16% ± 34% (FI)
  - Agree: 32% ± 13% (FI)
  - Disagree: 4% (FI)

- The COVID-19 pandemic has made it easier to talk about stress and mental health at work:
  - Strongly agree: 11% ± 40% (FI)
  - Agree: 33% ± 13% (FI)
  - Disagree: 5% (FI)

- I would feel comfortable speaking to my manager or supervisor about my mental health:
  - Strongly agree: 18% ± 40% (FI)
  - Agree: 25% ± 12% (FI)
  - Disagree: 5% (FI)

- My work stress has increased as a result of the COVID-19 pandemic:
  - Strongly agree: 16% ± 28% (FI)
  - Agree: 35% ± 20% (FI)
  - Disagree: 1% (FI)
**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>Finland (FI)</th>
<th>Other (c2)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall fatigue</td>
<td>37</td>
<td>49</td>
</tr>
<tr>
<td>Headaches, eyestrain</td>
<td>34</td>
<td>42</td>
</tr>
<tr>
<td>Bone, joint or muscle problems or pain</td>
<td>30</td>
<td>36</td>
</tr>
<tr>
<td>Stress, depression or anxiety</td>
<td>27</td>
<td>42</td>
</tr>
<tr>
<td>Infectious diseases (including COVID-19)</td>
<td>21</td>
<td>28</td>
</tr>
<tr>
<td>Another health problem related to your work</td>
<td>6</td>
<td>9</td>
</tr>
<tr>
<td>Accident or injuries</td>
<td>5</td>
<td>9</td>
</tr>
<tr>
<td>None of these</td>
<td>33</td>
<td>19</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
g- 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