

IT WON'T ALWAYS BE THIS OBVIOUS

1 in 5 employee absences are due to work related stress. For the good of your staff and your business, it's time to prioritise mental wellbeing in the workplace.

Find out more at [HSA.ie](https://www.hsa.ie).



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Caution

Mind your Mind

As an employer you are responsible for the physical health & safety of your staff, but what about their mental wellbeing? 1 in 5 of employee absences are due to work related stress.

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BEWARE

Stress Risk

As an employer you are responsible for the physical health & safety of your staff, but what about their mental wellbeing?
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Handle With Care

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S.A.D Action

If feeling Stressed, Anxious or Depressed



1 Sound the alarm - let your employer know how you are feeling.



2 Talk about it.



3 Get some air, take a walk, breathe.



4 Remember there is support here for you.



5 Don't let it get bottled up, always ask for help.

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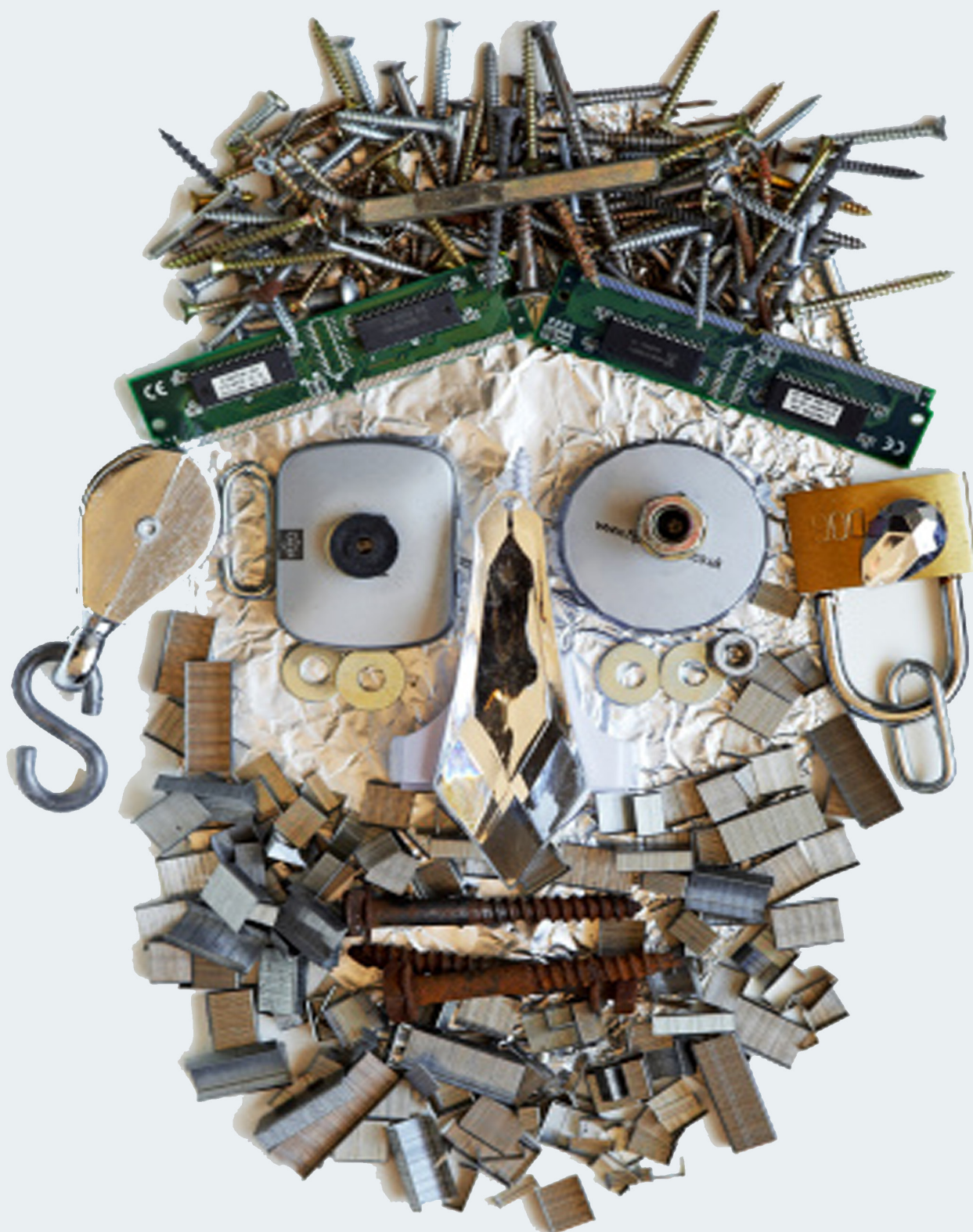
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1 IN 5 EMPLOYEE ABSENCES ARE DUE TO WORK RELATED STRESS



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Idea 1, Version 1 (More employee focused)

Direction	Voice	Sound FX
Voice is clear and authoritative.	<p>FVO: Attention: this is a health and safety announcement. Employees suffering from stress, anxiety or depression please take note of the following actions. First, sound the alarm. Let your employer know how you are feeling. Step two: talk about it. Step three: get some air, take a walk. Breath. Step 4: Always remember that there is a support system here for you and finally, step 5: never bottle it up, always ask for help. Thank you.</p>	<p>Announcement bell tinkle *ding dong ding* Voice sounds like it's coming over a PA system.</p>
	<p>MVO: As employers we're all familiar with physical health & safety warnings in the workplace; but when was the last time you thought about your staff's mental wellbeing? Right now, 1 in 5 work absences are due to work related stress. For the good of your staff and your business it's time to make mental health a priority. Find out more at hsa.ie. Brought to you by the health & safety authority.</p>	

Idea 1, Version 2 (More Employer Focused)

Direction	Voice	Sound FX
	<p>You've protected their feet with steel toed boots, and warned against falling debris; safeguarded against accidents with high-vis jackets and staved off hard knocks with the provision of hard hats. Employers, you've got your employees' physical health covered but did you know 1 in 5 work absences are due to work related stress? For the good of your staff and your business, it's time to make workplace mental health a priority. Find out more at hsa.ie. Brought to you by the health & safety authority.</p>	<p>[suggestion] sounds that match the actions being described (boots being pulled on/heavy footsteps, someone slipping on wet floor etc.)</p>

Idea 1, Version 3 (different industry)

Direction	Voice	Sound FX
	<p>You've appointed the fire warden, placed extinguishers in every room; warned against slipping on wet floors, and pointed out low hanging beams to stop heads getting bumped. Employers, you've got your employees' physical health covered but did you know 1 in 5 work absences are due to work related stress? For the good of your staff and your business, it's time to make workplace mental health a priority. Find out more at hsa.ie. Brought to you by the health & safety authority.</p>	

Idea 2

Direction	Voice	Sound FX
<p>One by one we hear routine/familiar office noises introduced which build up on each other. Each sound repeats and builds on the next one creating a head-splitting din, building to a crescendo.</p>		<p>Keyboard typing hard Phone ringing Papers shuffling Staplers People chatting Water cooler bubbling Printer/photocopier noise Doors slamming Fan blowing Etc.</p>
		Cry of exasperation
	<p>MVO: At work, sometimes it can all get a little bit too much, in fact 20% of employee absences are due to work related stress. Employers, for the good of your staff and your business it's time to prioritise workplace mental health. Find out more at hsa.ie. Brought to you by the health and safety authority.</p>	