MENTAL DISORDERS - Work-related mental disorders are a national priority

6% of all workers comp claims are for mental disorders

- 27% Anxiety disorder
- 43% Reaction to stressors
- 11% Post-traumatic stress disorder
- 14% Anxiety/depression mixed
- 5% Short-term shock + other mental disorders

Types of mental disorders

Work-related stressors

- 29% Other mental stress factors
- 33% Work pressures
- 21% Harassment and/or bullying
- 17% Exposure to violence
- 11% Post-traumatic stress disorder

Work-related mental stress is caused by prolonged and/or repeated exposure to work related stressors.

Typical business and personal cost

- Physical injury claims:
  - $8,000 typical claim payment
  - 5 weeks typical time off work

- Mental disorder claims:
  - $22,200 typical claim payment
  - 13.3 weeks typical time off work

Cost of lost productivity per year:

- $10.9 billion

Most at risk occupations

- 1st Responders: police services, paramedics and fire fighters
- Welfare and community workers
- Prison officers
- Bus drivers and rail drivers

Prevention

You can change these statistics!

- Principles of Good Work Design: A work health and safety handbook
- Preventing Psychological Injury under the Work Health and Safety Laws

For prevention, better management and return to work advice see your local work health and safety regulator or workers' compensation authority.

Sources of information:
Safe Work Australia’s National Data Set for Compensation-based Statistics (NDS)
Workers Compensation claims for the period 2007-2008 to 2011-2012