



Mates in Mind urge that immediate action is needed to tackle higher than average suicide rates across transport sector

During Road Safety Week 2019, taking place 18-24 November, Mates in Mind are urging transport and logistic organisations to lead the way and prioritise the mental wellbeing of their workforces in light of the above average suicide rate.

“Mates in Mind understand that supporting good mental health across a workplace is an essential part of ensuring the positive overall health and safety of a workforce. With the high-risk nature of mental ill-health beginning to be widely addressed across transport and logistics, we are supporting organisations to step up and change this – and Road Safety Week provides the perfect opportunity to do just this,” said Martin Lockham, Transport Sector Manager for Mates in Mind.

According to a report published by Deloitte in 2017, **transport, shipping and logistics sector** had the highest level of absenteeism within the private sector industries surveyed, whereas transport and communications equally experienced the second greatest level of workplace stress.

Given that the most recent report from the Health and Safety Executive stated that in 2018/19 stress, depression or anxiety accounted for 44% of all work-related ill health cases and 54% of all working days lost due to ill health, this serves as further evidence that the cost of poor mental health to UK businesses is hugely significant.

More so within the transport and logistics sector, this impact is reflected in the concerning statistics from the Office for National Statistics, who in 2017 reported that drivers of work lift trucks had a suicide rate 85% higher than the national average. Van drivers were noted to have a rate 25% higher, and drivers of large good vehicles 20% higher than the national average.

Martin continued:

“The need for industry leaders to take direct action within the transport and logistics sector is becoming increasingly obvious. Recent reports reflect the harsh reality that many across the industry are struggling with their day-to-day activities, and for many organisations, the task of tackling the challenge of mental ill-health can seem daunting. But we are here to help.

“Working alongside industry partners across the industry, Mates in Mind is proud to be delivering the support, education, resources and materials that organisations need to improve the mental health of their workforces. Using a joined-up approach to mental health, we are offering more than a tick-box mentality to tackling the issue. It is essential that with an issue such as this, change that is being delivered is sustainable, and our approach in partnering to with organisations to provide them with the skills, clarity and confidence to raise awareness, improve understanding and address the stigma that surrounds mental health, is proven.

“This Road Safety Week, we are calling on leaders from across the transport and logistics industry to use the week as an opportunity to join us and take action to improve the health of their workforces, and through this, the health and sustainability of their whole organisation.”



Notes to editor

About Mates in Mind

1. Mates in Mind is a registered charity working in the UK that aims to provide clear information to employers on available support and guidance on mental health, mental illness and mental wellbeing, and how they can address this within their organisations. Mates in Mind looks to make sense of what options and support are available to employers wishing to promote improved mental health within their workforce.
2. Mates in Mind is a collaboration of founding partners: Health in Construction Leadership Group and the British Safety Council. It is also supported by construction industry charities and bodies and has various Mates in Mind business champions, including Balfour Beatty; DE Group; Galliford Try; Mineral Products Association; RSE Group; Sellafeld; Tarmac; and Tideway. Quotes of support from these organisations are available on request.
3. Mates in Mind works alongside organisations from across the Transport and Logistics sector including Focus Group Logistics, Maersk UK and Ireland, Port of London Authority.
4. Mates in Mind was the result of a Health in Construction Leadership Group summit in early 2017 for construction industry CEOs and senior leaders who voted overwhelmingly to improve the mental wellbeing of its workforce. At an event in January 2017, Mates in Mind was launched, and the pilot phase was started. Mates in Mind was featured in the *Thriving at Work* report published in October 2017.
5. More details on Mates in Mind is available at www.matesinmind.org
6. Mates in Mind must only be referred to in acronym form as MinM.

Mates in Mind's networks

- Website: www.matesinmind.org
- Twitter: www.twitter.com/matesinmind
- Facebook: www.facebook.com/matesinmind
- LinkedIn group: www.linkedin.com/company/matesinmind
- Instagram: @matesinmind

Media requests

For any interview requests please contact:



Alexandra Best

Marketing Manager

T: +44 (0)20 8600 1095

E: Alexandra.Best@matesinmind.org