Mental health
What you need to know

Facts and figures

1 in 6 people will struggle this week\(^1\)

43.4% of adults believe they have had a diagnosable mental health condition at some point in their lives\(^1\)

16 million people in the UK

or 1 in 4 will struggle with their mental health at some point each year. Whether it’s anxiety, depression, bipolar disorder, schizophrenia, or any other kind of mental illness.\(^2\)

A change in mental health can affect anyone at any time.

It’s more common among women, but generally more life threatening for men – who are three times more likely to commit suicide as a result.\(^1\)

What would it mean for you?

There are many different ways of coping with mental illness.

- You could begin counselling
- You could be given medication that causes side effects
- You may be advised to stay in hospital for a while

All these things are likely to result in time off work. In fact, in 2017/2018, stress, depression or anxiety was the cause of 44% of work-related illnesses, resulting in 15.4 million lost working days. You could also find that you need extra support in daily life.\(^3\)

Here’s how Zurich can help

Zurich provides protection and support for you and your family when you need it the most. When you call to make a claim, you’ll get a dedicated claims specialist who’ll listen to what’s going on, look to pay your claim as quickly as possible, and see you through the whole journey.

We also give you access to Zurich Support Services, an independent team of counsellors and advisers who are available 24 hours a day, seven days a week.

You can call them at any time of the day or night, about anything that’s on your mind. And your family can call for support, as well.

2018 claims
The facts:

- 28% of income protection claims we paid to our customers were due to mental illness.
- We paid out 96% of all protection claims.

Sources:
3. ‘Work-related Stress, Depression or Anxiety in Great Britain’, Health & Safety Executive (2018).

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