



# 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

### Mechanism



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

**\$10.9 billion**



Cost of lost productivity per year

## 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