

Road Haulage sector

Minds in Business

Helping organisations address mental health



Mental health issues are the biggest cause of lost workdays in the UK, costing businesses up to £45 billion a year in lost revenues. Mental health issues at work can lead to incidents with a devastating impact.

Since the pandemic and subsequent rise in online shopping, the UK has seen increased reliance on the road haulage industry to keep goods moving. However, delivery deadlines, traffic jams and periods of isolation on the road all take their toll on drivers' wellbeing, with the result that around half of HGV and delivery drivers report feeling stressed or anxious at work. Recent research from Mind shows:

- > One quarter of HGV drivers will experience mental health issues at some point.
- > 22% of drivers have been diagnosed with a mental health problem, but fewer than half have told their manager.
- > Due to stigma around mental health, most workers calling in sick due to stress will give a different reason to their manager.

Improve your mental health strategy

As a leading business insurer, QBE has almost a century of experience in insuring commercial vehicles. We insure all types of fleets, including some of the UK's best known companies with thousands of vehicles on the road.

To help you evaluate and improve your mental health strategy, we have a new 'Minds in Business' mental health strategic assessment tool that's unique in the insurance market.

Minds in Business has been developed in collaboration with renowned mental health charity Mind, organisational culture and human error specialists Anker and Marsh, and business and personal resilience specialists Petros, so you can have confidence in the process and outcomes.

When you engage with Minds in Business, you'll be posed a series of questions designed to consider your strategic approach to:

- > Leadership
- > Planning
- > Support
- > Organisational confidence and capability
- > Performance evaluation

After you've completed the process, you'll be given a bespoke risk improvement plan along with a proposed timeframe for completion. You'll also be signposted to a suite of resources and guidance to help you, much of which is provided by our carefully selected specialist partners.

We believe that Minds in Business can lead to healthier and happier employees, fewer workplace incidents, an improved claims experience and resultant improved business performance.

Just a small improvement in an organisation's approach towards mental health can help to significantly address some of the issues and alarming statistics above.

How to access Minds in Business

Access to Minds in Business is through our QRisk online risk management platform, available only to QBE customers.

QRisk offers you a wide range of guidance and self assessment tools to help reduce the chances or impact of an unexpected event - from managing your ESG (environmental, social, and corporate governance) risk, preventing common accidents in your workplace, or even improving your company's risk culture. QRisk can make it easier than ever to understand and manage the risks for your business.

You can work through each online module in QRisk at your own pace, taking what you need, at your discretion. You're in full control.

Please contact David Dexter david.dexter@uk.qbe.com or Steve Field steve.field@uk.qbe.com for more information.

QBE European Operations

30 Fenchurch Street
London EC3M 3BD
tel +44 (0)20 7105 4000
QBEurope.com

