

# 70 per cent of carers say work negatively affecting mental health



**The mental health crisis in social care has been laid bare.**

A GMB survey showing seventy per cent of care workers say understaffing is negatively affecting their mental health.

In the poll of almost 900 care workers, 50 per cent say the abuse they received at work – mental, physical or even sexual, has negative impacts on their mental health.



There are at least 150,000 vacancies in the care sector, according to the latest figures.

Meanwhile GMB research estimates more than half of care workers suffer violent attacks at work.

The findings will be discussed at GMB's annual conference in Bournemouth, where care workers will take to the stage today [Wednesday].

**Natalie Grayson, GMB National Officer, said:**

"Our care sector is beyond the point of crisis.

"These dedicated professionals deal with crushing workloads, violence in the workplace and terrible terms and conditions.

"Care workers are leaving the profession in droves – and new immigration legislation is making it even harder to replace them.

"Whoever wins the election next month, they need to grasp the nettle of social care, which has been avoided for so long.

"Sectoral bargaining for care will help – because if we want to avoid the entire system collapsing, we need to start by giving care workers a minimum of a minimum of £15 per hour."

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