



## Sick notes for stress - related disorders are on the rise

**Itv News** - 10 February 2020

Stress-related sick notes issued by doctors have increased by 8% last year, according to new research.

Partner [Sophie Vanhegan](#) notes there were 741,210 “fit notes” handed out due to stress, compared with 686,670 the previous year.

The report detailed the total number of fit notes issued, which has increased by 4% to 9.7 million.

Sophie commented: “Mental health in the workplace is having something of a #MeToo moment. It is important that employers keep up with that change.

“Employers need to have adequate policies and practices in place for supporting employees returning to work after a period of leave due to stress.

“If someone returning from a stress-related absence has been stripped of their previous responsibilities, or is otherwise treated less favourably than before, then they may have grounds for a disability discrimination claim.

“Failing to make reasonable adjustments for those returning from stress-related absences could also leave employers exposed to claims.

“For example, it may be reasonable for an employer to allow a phased return to work or offer them greater support with their workload.”

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Read the full article [here](#).