

Mental health concerns for the nation's van drivers.

Exclusive research commissioned by Mercedes-Benz Vans UK Ltd to mark Mental Health Awareness Week 2017 has explored for the first time the issue of mental health within an often overlooked yet vital business community - the nation's van drivers, delivery professionals and van operators - who help to keep business moving.



The research, conducted amongst 2,000 van owners and operators, highlighted that almost one in five ^[1] van drivers describes their current mental health as poor or very poor, with three-quarters ^[2] commenting that work is a contributory factor.

More than half of van drivers with poor mental health said that increased time pressures (52%) and increased workload (50%) are factors affecting their mental health, with one in three believing that job uncertainty is contributing to their poor mental health and 17% of delivery drivers adding that road congestion is impacting on their state of mind. ^[3]

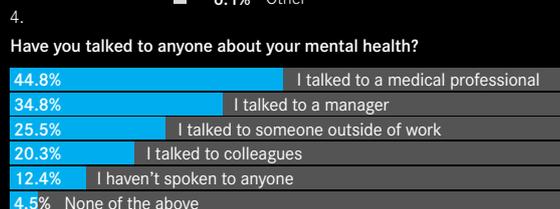
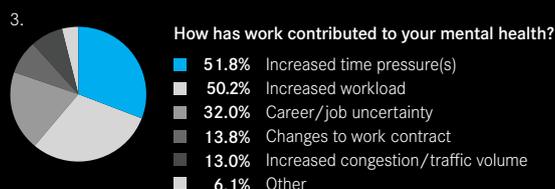
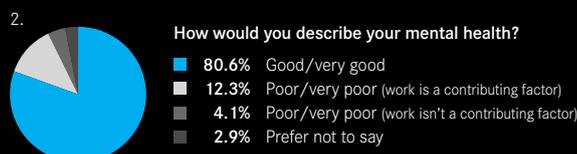
Despite this, only one in three van drivers who believes their mental health to be suffering have spoken to their manager about their concerns, with more than one in 10 (12%) who haven't spoken to anyone about their mental health at all. ^[4]

Steve Bridge, Managing Director, Mercedes-Benz Vans UK Ltd, commented: "With a continued surge in online shopping, an increasing reliance on same-day deliveries and spiralling traffic volumes across the UK, the real-world pressures on van drivers are changing.

"Our research findings act as a clear call to van drivers to talk about their mental health concerns and work pressures with their employers and for employers to actively listen to the real concerns of their workforce not only during Mental Health Awareness Week but beyond."

James Harris, a spokesperson for the Mental Health Foundation said of the research: "Compared to the national average, these figures indicate that van drivers are experiencing an increased rate of poor mental health. In part this may be explained by the pressures of the job, and the fact that van drivers can often be isolated.

"This is important because we know that men are less likely to reach out for help, and are four times more likely to end their life by suicide. We need to create a culture in which anyone experiencing problems can ask for help in the knowledge that they will be supported."



More information regarding mental health and tips on how to look after it, can be found at www.mentalhealth.org.uk

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About Mercedes-Benz Vans UK Ltd: Mercedes-Benz Vans UK Ltd is the sales and marketing organisation responsible for all Daimler Van products and services in Britain. In 2016, Mercedes-Benz Vans celebrated its best ever year in the UK, with 36,952 vehicles registered – a seventh consecutive year of growth. The team at Mercedes-Benz Vans UK Ltd have a combined 1,031 years of service with the brand, averaging more than 10 years direct experience with the brand each. The nationwide Dealer network of 116 sites employs more than 4,000 colleagues.

