

# UK Workforce on the Brink: Burnout Crisis Fuelling Surge in Sick Leave, New Report Finds

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A staggering 91% of UK adults have experienced high or extreme levels of pressure or stress in the past year, according to the [Mental Health UK](#) Burnout Report 2026. The findings paint a grim picture of the national workforce, where chronic stress is increasingly driving employees into long-term sick leave.

The report reveals a significant disconnect between corporate rhetoric and employee experience. Despite years of increased focus on workplace wellbeing, just one in four workers (25%) feel that their mental health is genuinely prioritised and supported by their employer. This perceived lack of support is being cited as a primary factor in the growing rates of absenteeism across the private and public sectors.

## A Generation Under Pressure

The data identifies a deepening generational divide in workplace resilience. Adults aged 25-34 have emerged as the most stressed demographic, with 96% reporting high or extreme stress levels over the last 12 months—overtaking the 35-44 age bracket as the group most at risk of burnout.

For the youngest members of the workforce (aged 18-24), the situation remains critical. Nearly two in five (39%) of this group were forced to take time off in the past year due to poor mental health caused by workplace pressure. This cohort also reported a significant breakdown in trust, with many stating they no longer feel comfortable disclosing stress to their line managers for fear of negative professional consequences.

## The “Sickness Surge”

The economic impact of this crisis is becoming undeniable. The report found that one in five UK workers (20%) needed to take time off in the last year specifically due to mental health challenges triggered by stress.

Industry experts warn that this “sickness surge” is a direct result of unmanaged workloads and “presenteeism”—the practice of working while ill. One in five adults admitted that while stress had severely impacted their productivity, they did not adjust their hours or seek support, eventually leading to a total collapse in health.

## Root Causes: Workload and Job Security

When asked to identify the primary drivers of their burnout, the respondents highlighted a toxic combination of professional and external pressures:

- High Workload: Cited by 42% as the leading cause of workplace stress.
- Unpaid Overtime: A persistent culture of “always-on” digital connectivity.
- Job Insecurity: Fears regarding redundancy and the impact of the cost-of-living crisis.
- External Stressors: Poor sleep (61%) and financial worries (48%) were noted as critical factors that bleed into professional performance.

## A Call for National Action

Mental Health UK is calling for an urgent intervention from both the government and business leaders to define what a “good workplace” looks like in 2026. The charity argues that mental health support must move beyond “tick-box” exercises and into the core of operational strategy.

“The findings underline an urgent need for employers and the government to act together to prevent burnout and protect the UK’s economic health,” the report stated. “We cannot afford to have a workforce where three-quarters of people feel their wellbeing is an afterthought.”

The charity recommends that organisations move toward “diagnostic-led” maintenance of their staff’s mental health, providing managers with the training and autonomy to offer meaningful adjustments before employees reach the point of crisis.