

## Stress Awareness Month: What PTSG is Doing About it

3 hours ago



April is Stress Awareness Month and this year's theme - #BeTheChange - is a call to move beyond awareness and into action. Not just recognising stress but asking what is actually being done about it.

Facilities management is a demanding environment by nature. Budget constraints, an increasingly complex compliance landscape, the Building Safety Act, rising client expectations and constant operational responsiveness - these aren't occasional stressors. For many of [PTSG's](#) people, whether on-site managing a complex job or coordinating from an office, they are the daily reality.

The HSE's 2024/25 data shows 964,000 workers in Great Britain are affected by work-related stress, depression or anxiety, accounting for 22.1 million lost working days - with each affected person taking an average of 22.9 days off work.

Around 30% of employees don't feel able to raise stress openly with a line manager and research from the CIPD shows that while 89% of organisations now prioritise mental health, only 29% actually train line managers in it - a significant gap between intent and capability.

PTSG is committed to closing that gap. Terry Wilcock, Group Health & Wellbeing Director, PTSG" explained: Stress doesn't always announce itself. It builds quietly - through missed breaks, skipped lunches and days where you haven't spoken to a single colleague about anything other than work. These things may seem small, but over time they matter.

"At PTSG, we want our people to know that looking after yourself isn't a luxury - it's part of how we work. That means taking breaks, stepping away from your desk or role and investing in the relationships around you. And it means knowing that if you're struggling, there is somewhere to turn and someone who will

listen. That's what our mental health first aiders, employee assistance programmes and wellbeing hub are here for - as a genuine resource for every one of our 3,200 people.

"This month we've been encouraging everyone across PTSG to take one small action. Check in with a colleague and reach out to a mental health first aider if they need support. Because those moments matter more than we often realise."