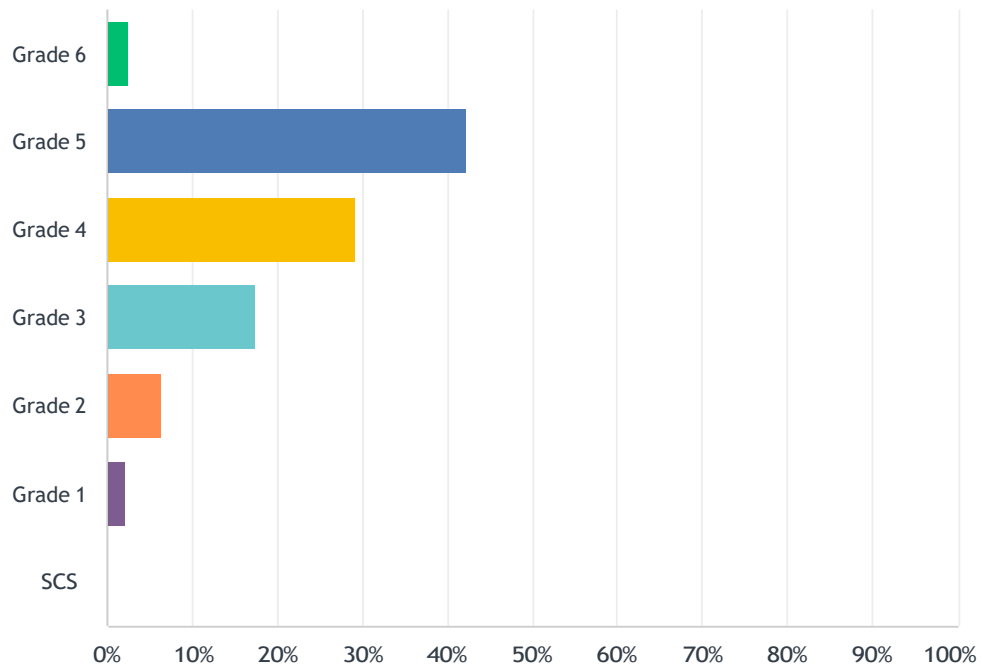
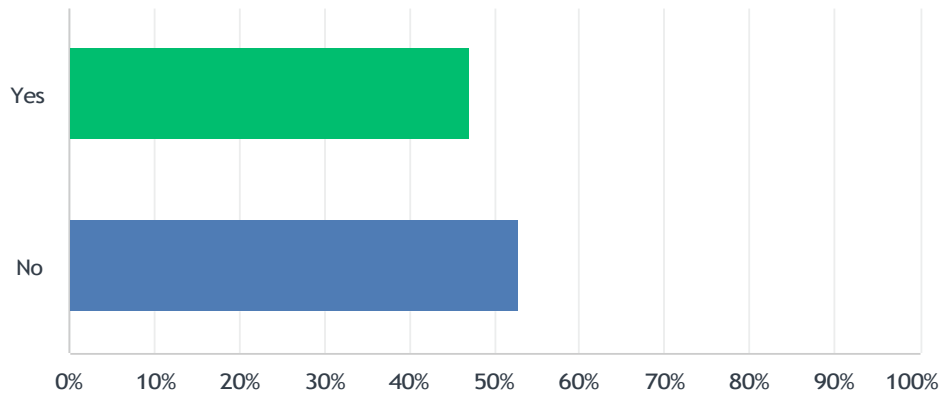


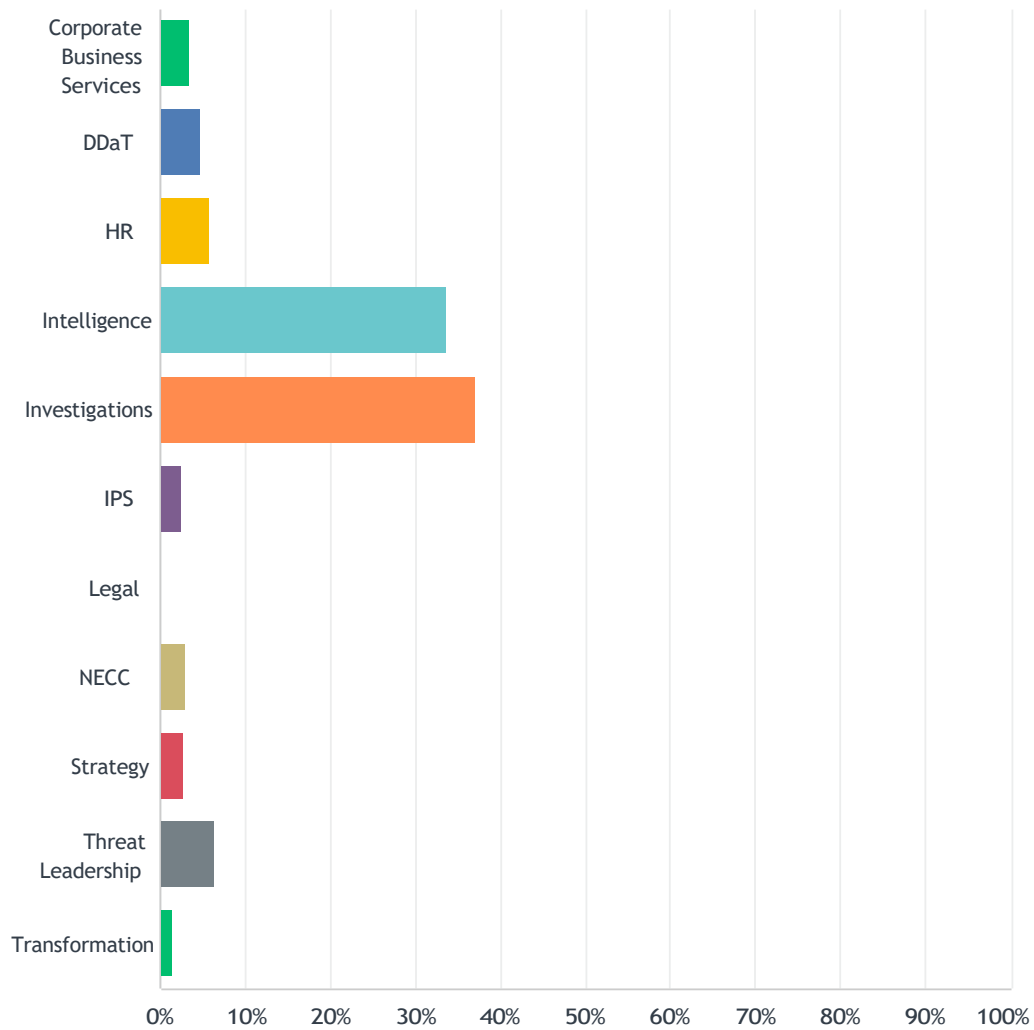
## Q1 What is your Agency Grade (Substantive Grade Only)



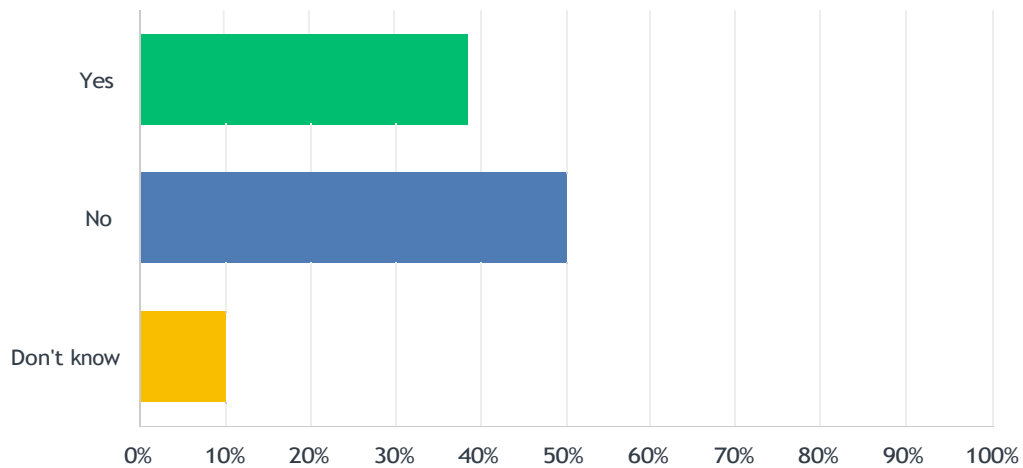
## Q2 Do you currently have delegated operational powers?



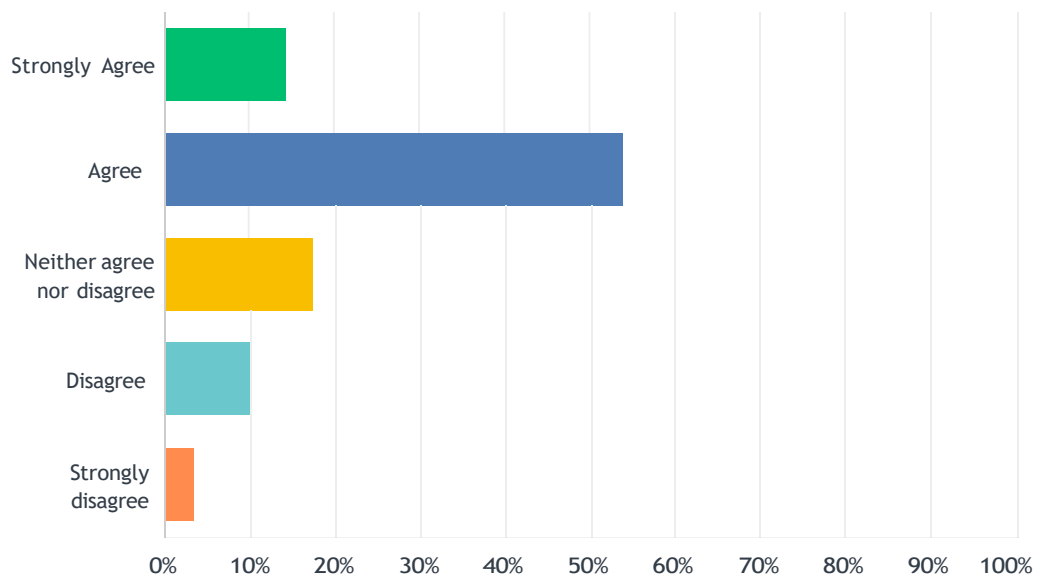
### Q3 In which command area do you normally work?



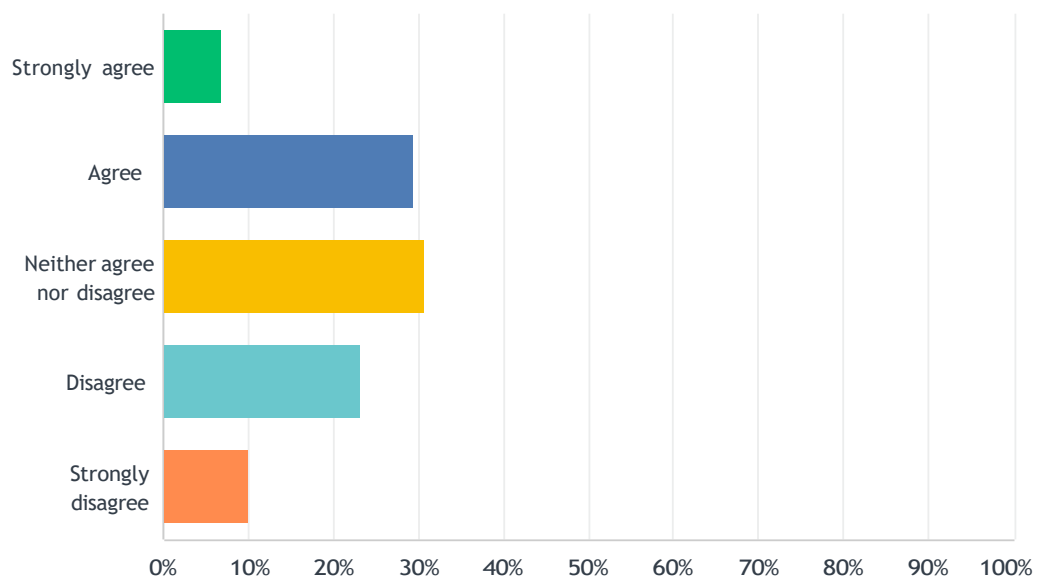
### Q4 Do you think that your organisation takes positive action on health and wellbeing?



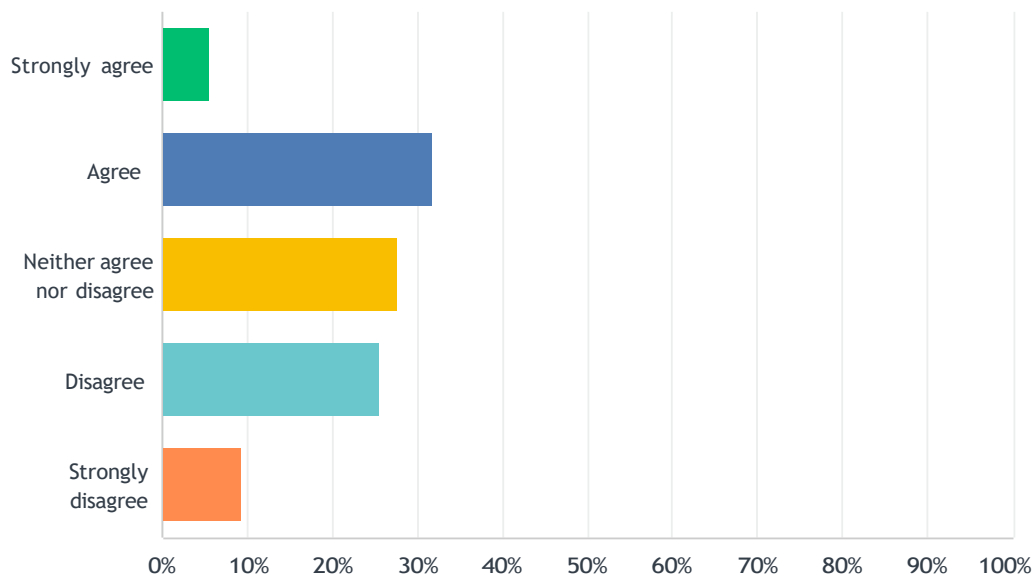
Q5 I know where to get support if my mental health is being impacted.



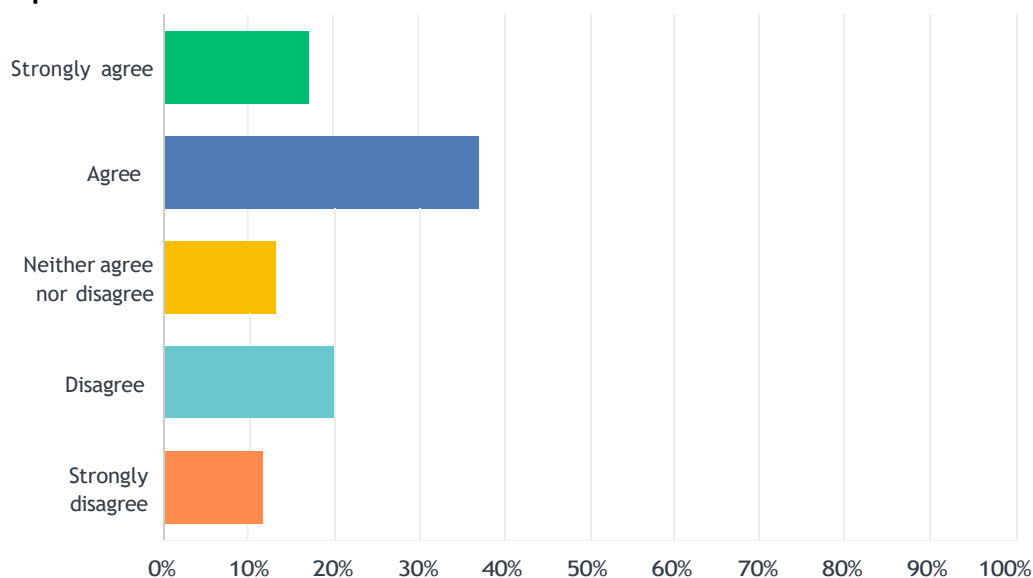
Q6 My organisation supports employees who experience mental health problems (which might include anxiety, stress or depression).



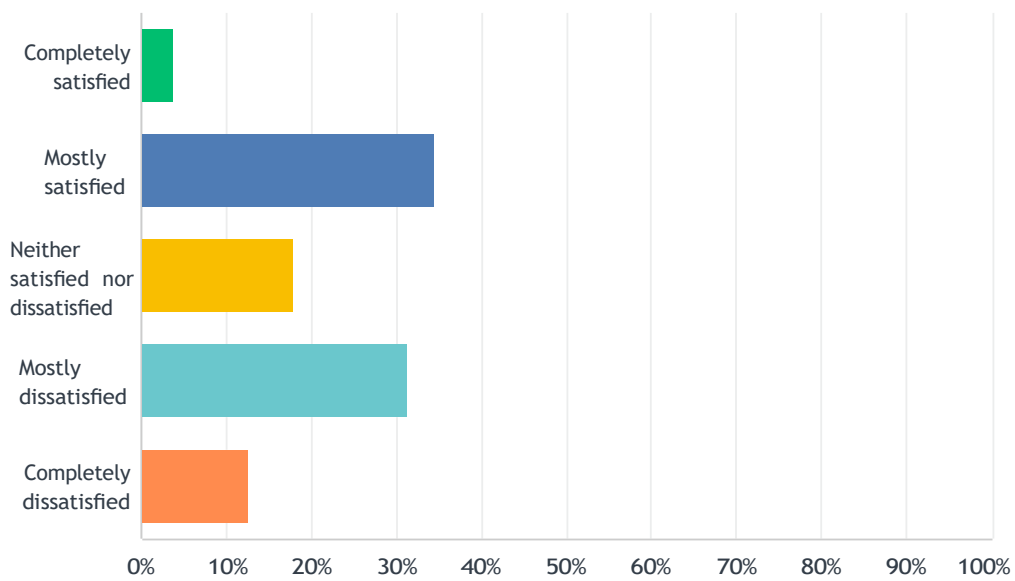
Q7 My organisation has an inclusive working environment in which staff are encouraged to talk openly about mental health problems - (which might include anxiety, stress or depression).



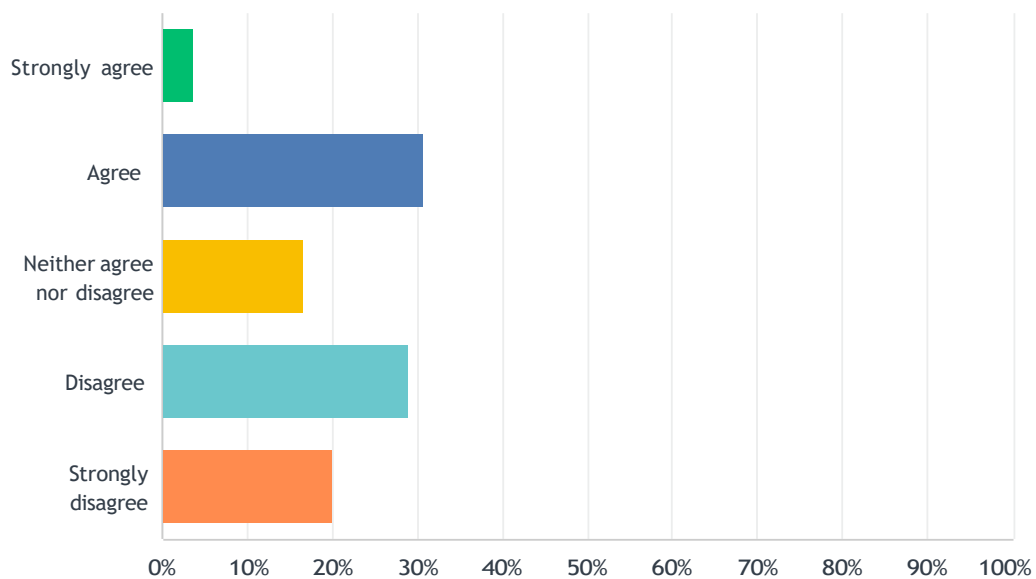
Q8 I would be confident talking to my line manager about a mental health problem – which might include anxiety, stress or depression.



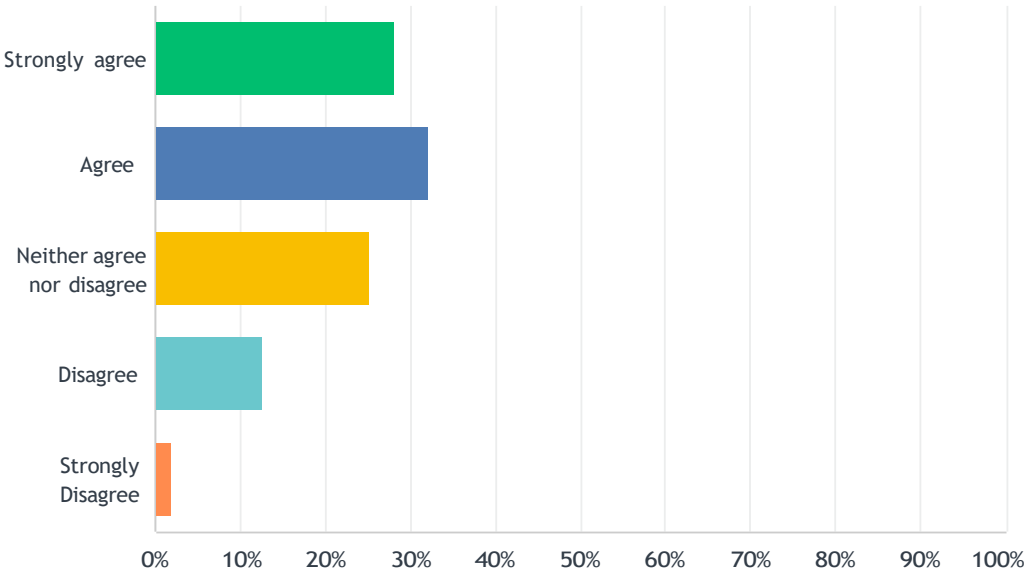
## Q9 How satisfied or dissatisfied are you with your present job overall?



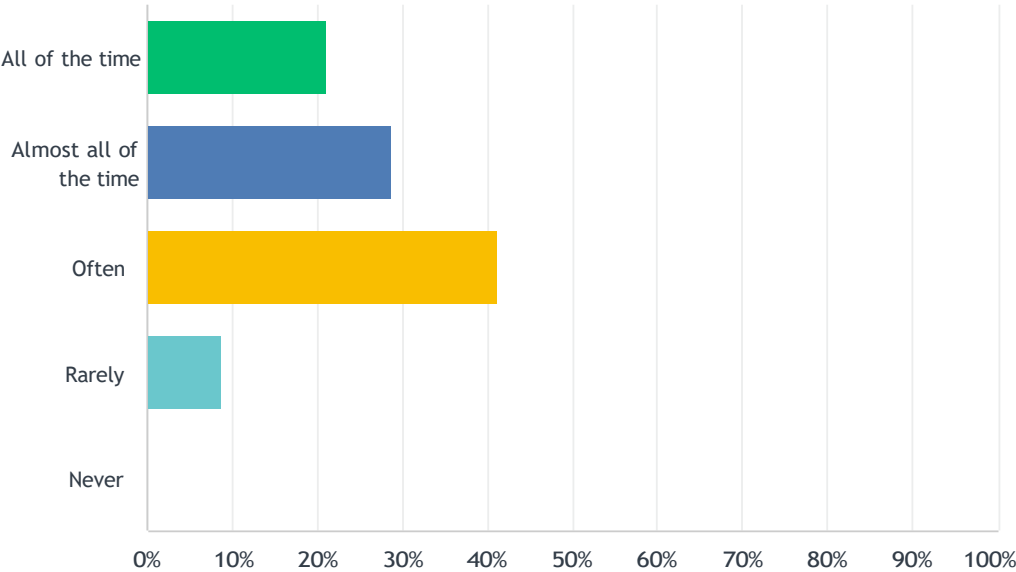
## Q10 I have an acceptable workload.



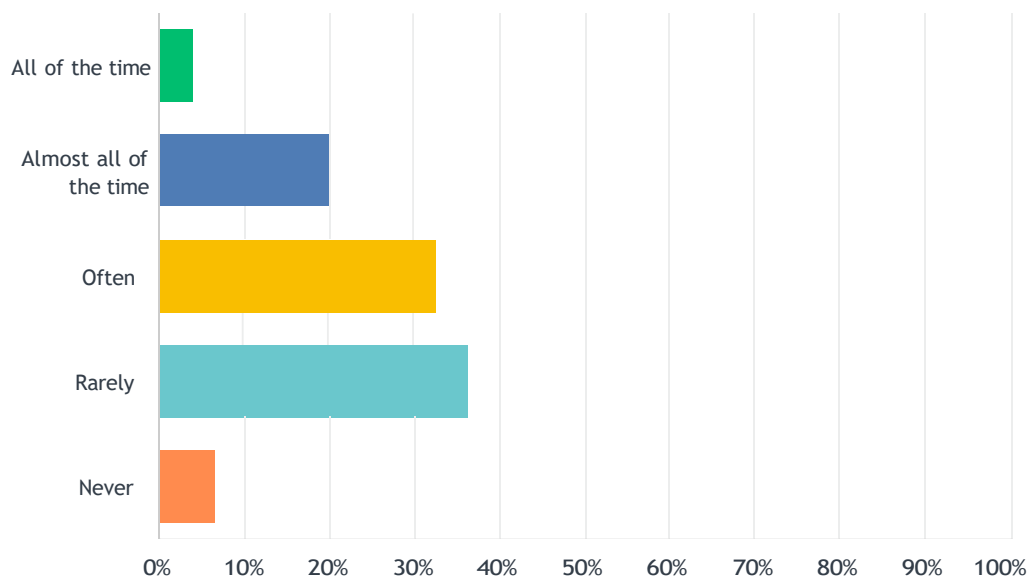
Q11 Since this time last year, my workload has increased significantly.



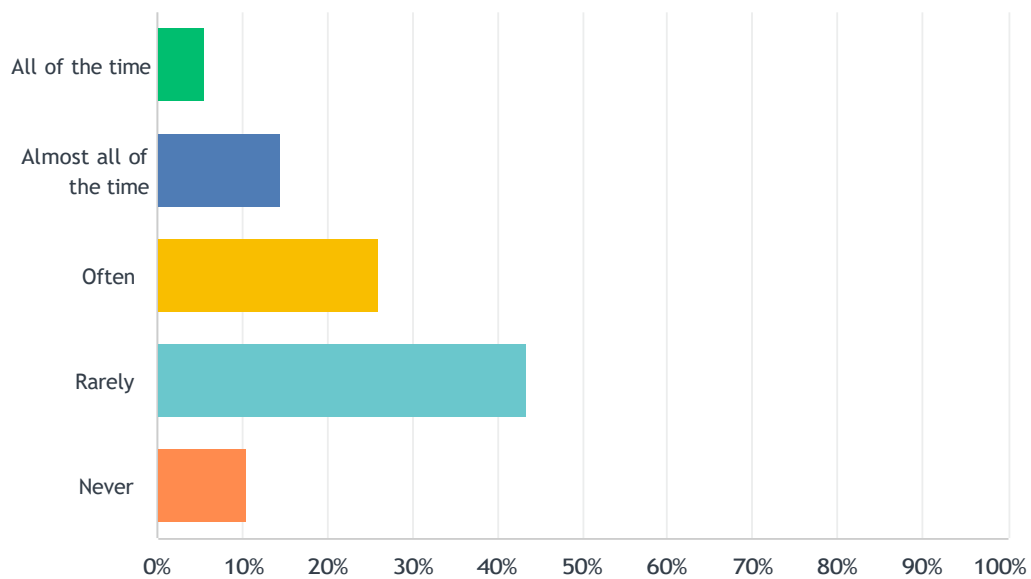
Q12 My job involves working to tight deadlines.



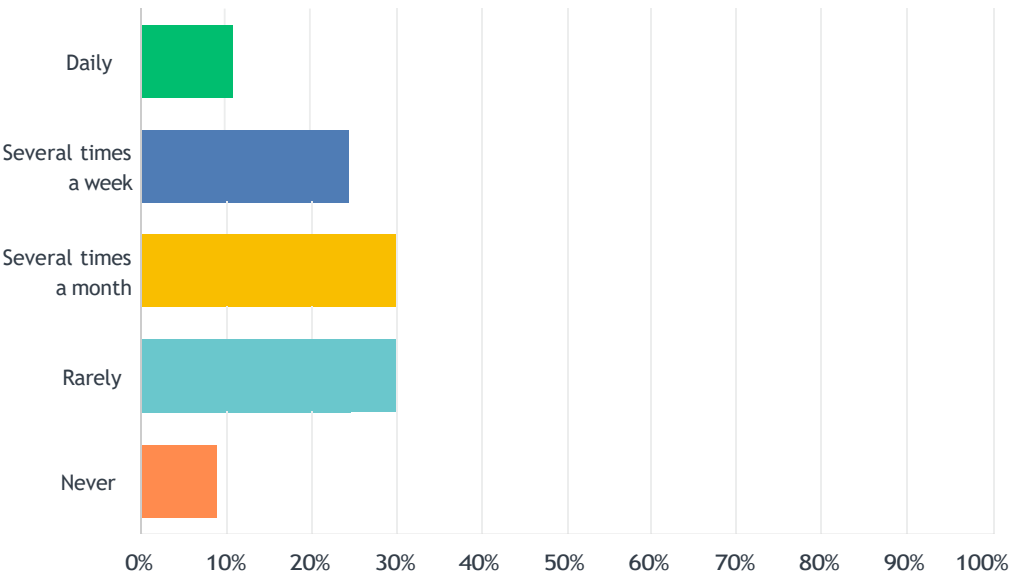
Q13 I have enough time to get the job done.



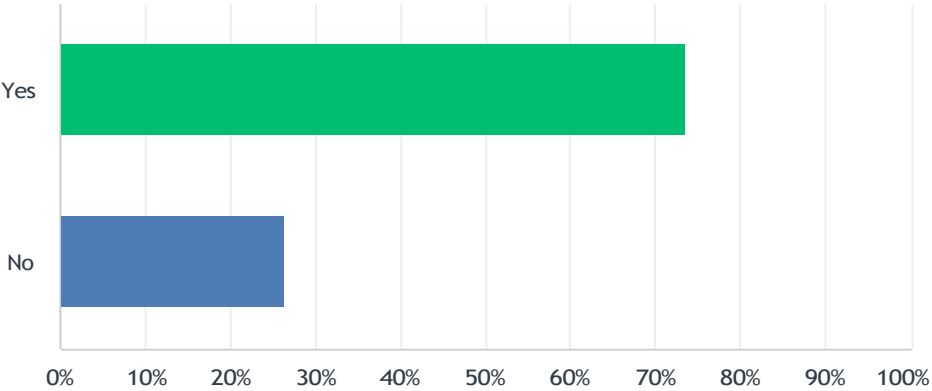
Q14 I take sufficient breaks throughout the working day (lunch, toilet, screen breaks etc).



Q15 How often have you worked in your free time to meet work demands?

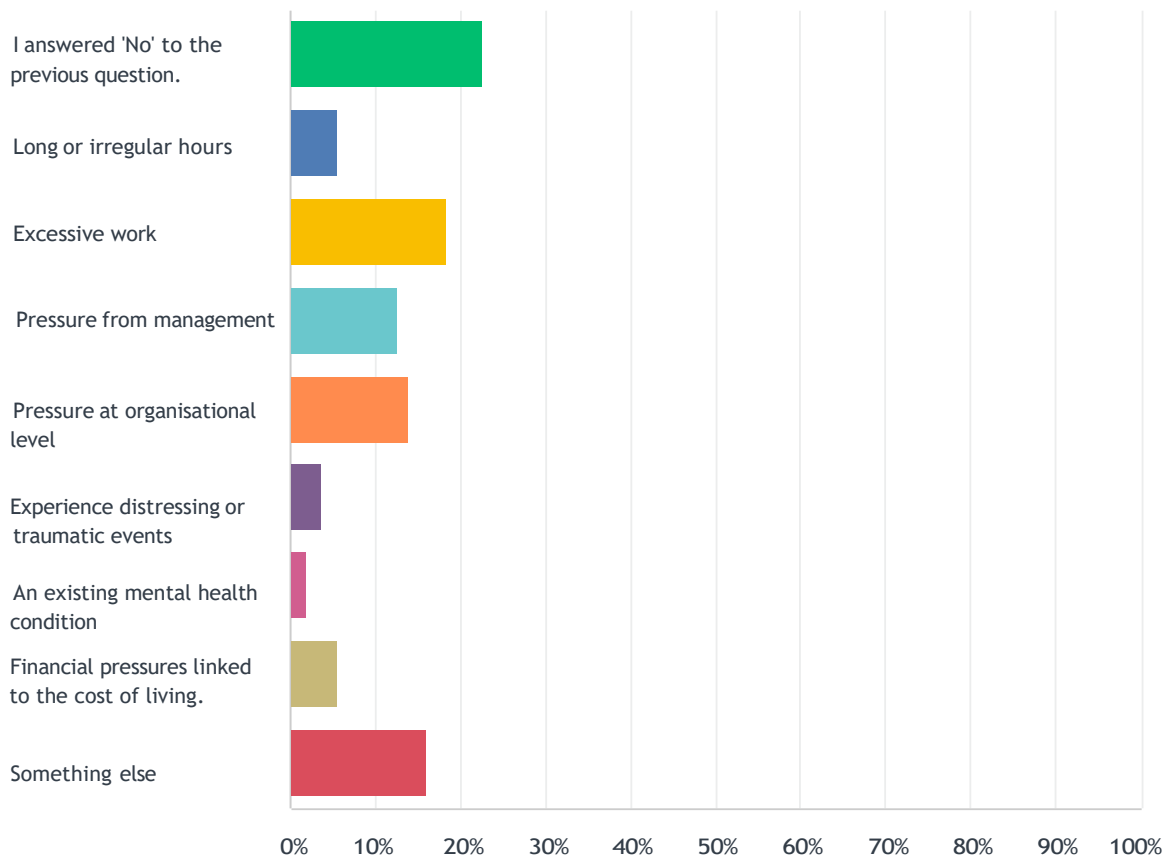


Q16 Are there any elements of your work which cause you to become low, depressed, stressed or unwell.

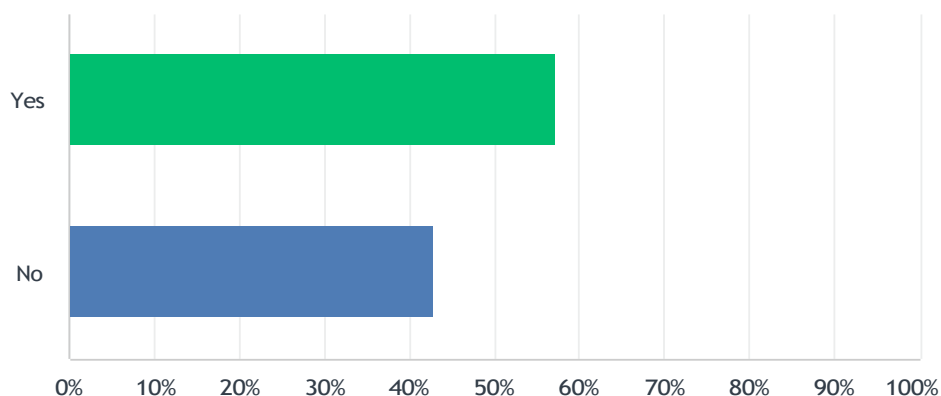




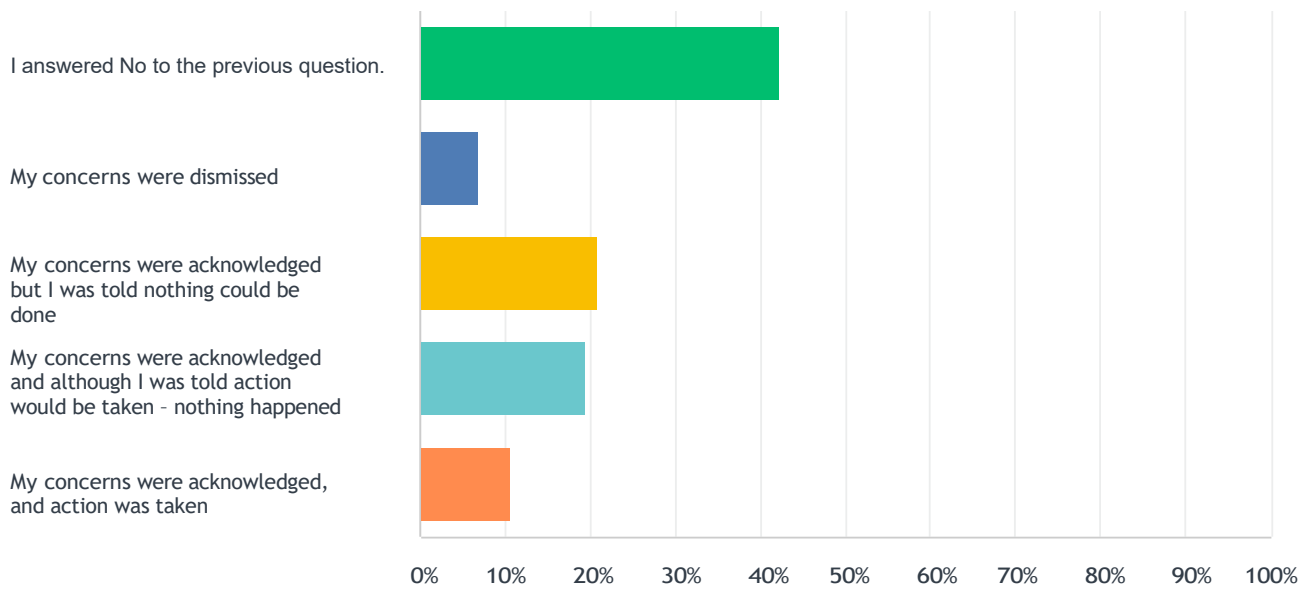
**Q17 Please select the most significant factor from the following list which may cause you to become low, stressed, depressed or unwell.**



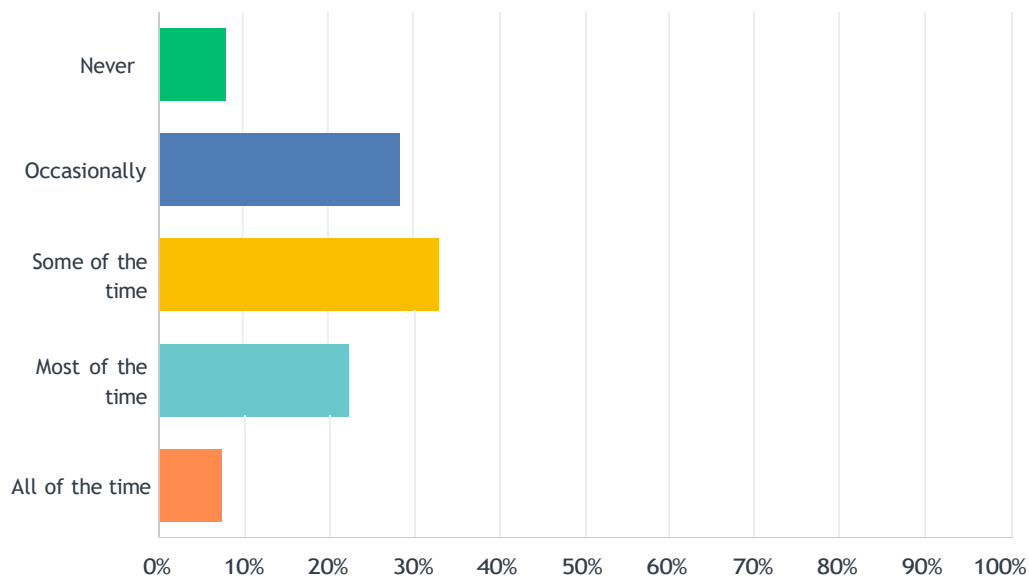
**Q18 Have you ever raised concerns about the issues which cause you to become low, stressed, depressed or unwell?**



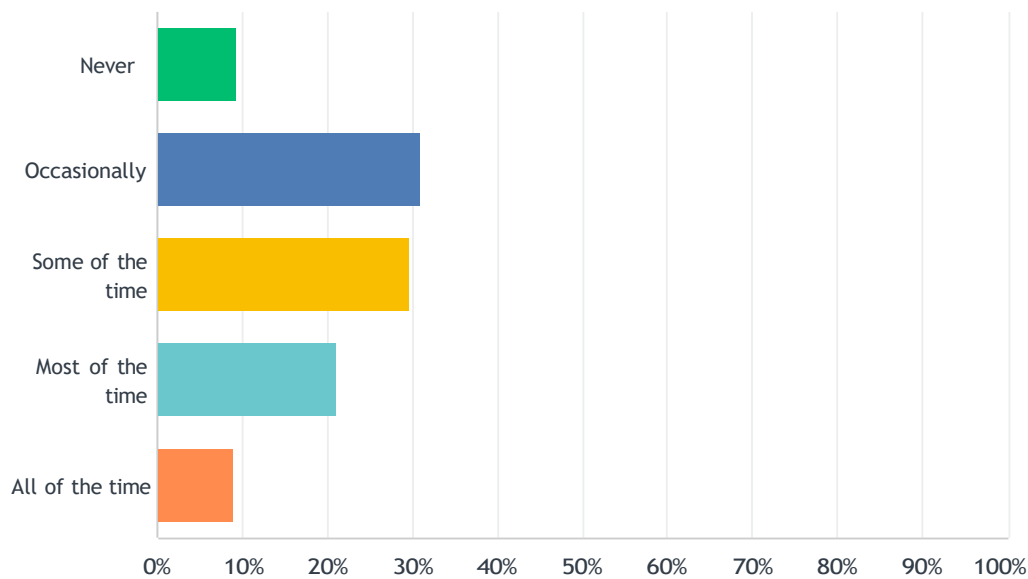
### Q19 If having raised a concern, which statement best describes the outcome.



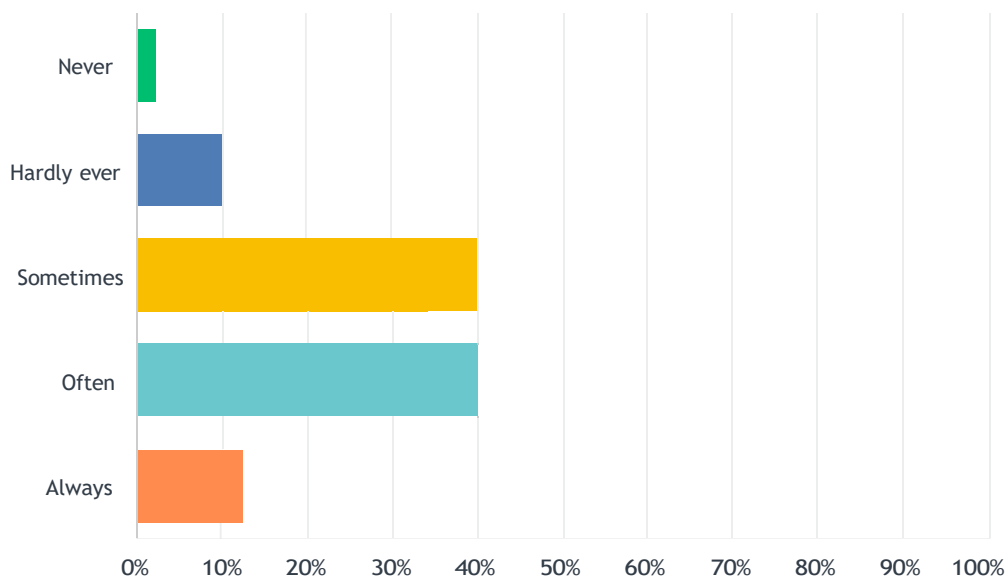
### Q20 After I leave work, I keep worrying about work related problems.



Q21 I find it difficult to unwind at the end of the working day.



Q22 How often do you feel too tired after work to enjoy the things you would like to do at home.



Q23 How do you feel about the balance between the time you spend on your paid work and the time you spend on other aspects of your life?

