

Education sector

The effect of mental health and burnout on employee wellbeing



Education sector professionals face rising mental health challenges, as teachers, team leaders, and support staff struggle with change, pressure, and presenteeism.

Mental health in education is under strain, contributing to 55% of employees in the sector looking to move away from the industry.

The effect of burnout in the industry

82%

of teachers think that work has negatively affected their mental health.

77%

of education professionals say they feel burnout at least some of the time.

46%

of education professionals feel burnt out 'often' or 'all the time'.

Key takeaways



Ask staff about their priorities to ensure wellbeing initiatives are tailored and impactful.



Clear, accessible policies improve consistency and ensure people know who to contact when they need support.



Supportive leadership and strong manager relationships can improve morale and reduce staff turnover rates.

The top reasons for burnout in the education sector

Working long hours

37%

Lack of work-life balance

37%

Stress outside of work

35%