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# The dual crisis of cost of living and mental health

For Mental Health Day Keith blogs about how the current cost of living crisis and other daily issues are affecting our mental health.

The theme of this year's World Mental Health day is "Make Mental Health & Well-being For All A Global Priority".

The Covid pandemic left many people isolated and lonely and only exacerbated the global mental health situation. An estimated 1 in 8 globally, pre-pandemic lived with poor mental health. The World Health Organization (WHO) estimates the first year of the pandemic increased that by 25%. With most of us working at home, often in unsuitable or even unsafe conditions, we lost the support of and personal contact with our friends and colleagues.

From conflicts and famines to stress and financial worries, the causes of global mental ill health are as varied as the people who suffer with it. Those last two issues, however, are some of the main causes of mental ill-health in the developed world and amongst PCS members.

Job cuts, low pay and attacks on our terms and conditions leave many members struggling to make ends meet and worrying how to feed themselves and their children and the cost of living crisis leaves many worrying about turning the heating on. The recent members' cost of living survey showed it to be having a significant impact on the mental wellbeing of many of our members. Our members work incredibly hard every day to serve others and yet receive only anxiety and financial worries in return.

Here and across the world, workers are fighting back for better pay and terms and conditions and we can do that during [our national ballot](#) now. Protecting our fellow members will benefit all of us whether that be by winning fair pay that removes financial worries, or fighting to keep the jobs and sick pay, terms and conditions of those who have to take time off because of mental ill health.