**MENTAL HEALTH ISSUES IN LOCATIONS vs WORK LOAD/WAIT TIMES IN THE NHS IN LOCATIONS month of March 2025**

We use absences due to mental health to measure mental health issues

We use wait times in the NHS to measure the work load

Sickness absence rate is calculated by dividing the sum total sickness absence days (including non-working days) by the sum total days available per month for each member of staff.

In [1] it shows that since 2023 to present day, the number of total absences due to mental health (anxiety/stress/depression/other psychiatric illnesses) was between 20-30% across the UK. So we will find 25% of the absence rate to find approximately the rate of absences that were due to the mental health.

We found that the highest average wait time was found in the East of England region, so cities including Cambridge, Norwich, Peterborough, Ipswich, and Chelmsford and was found to be 14.36 weeks. And the lowest average was found in the North East and Yorkshire Commissioning region and was found at 10.63 weeks which includes cities like Newcastle, Sunderland, Durham, Leeds, Sheffield, and York.

We found that the region with the highest rate of absence was found in the North West with 1.295% and the region with the lowest rate was London at 0.957%.

We found that according to the data we have used there was a -0.18 pearsons correlation coefficient shown between absence rates and waiting times.

***REFERENCES***

[1] <https://digital.nhs.uk/data-and-information/publications/statistical/nhs-sickness-absence-rates/march-2025>

<https://digital.nhs.uk/data-and-information/publications/statistical/nhs-sickness-absence-rates> - absences rates (%)