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**For immediate release**

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## Overtime can be a major depression risk

The links between working longer hours and depression are a major concern for the Community and Public Sector Union.

CPSU/CSA Branch Secretary Toni Walkington made the comment after a UK report has been released saying people who worked more than 11 hours a day were 2.4 times more likely to suffer from depression than those who worked 7-8 hours a day.

The five-year survey was published by the PLoS One Scientific Journal last week and involved 2000 middle-aged public servants.

Ms Walkington said public servants in Western Australia were under immense pressure to continually produce quality services in increasingly difficult circumstances.

A CPSU/CSA survey returned by 4300 public servants late last year revealed 64 per cent had an increased workload in the last two years.

It also said 32% of them went to work on weekends and rostered days off and didn't get paid.

Ms Walkington said 96% of respondents said the government needed to deliver good pay and conditions or experienced public servants would leave the system, going to other states or industries.

She said increased workload was a major talking point in many government departments where staff were under pressure and could create problems such as depression.

"Public servants are under immense pressure to produce quality services in increasingly difficult circumstances and cost-cutting and under-resourcing just makes it tougher."

**FOR COMMENT:**

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