

# Do you have 'Square Mile Syndrome'?

## **According to an independent mental health hospital a large number of city workers are seeking advice for mental health disorders and substance misuse, could you be one of them?**

[Laura Deeley](#)

As the country's financial crisis worsens, an increasing number of city workers are reportedly seeking advice on mental health disorders, such as anxiety, depression and stress.

According to Capio Nightingale, a private hospital based in Marylebone, the number of people asking about mental health disorders and treatments has increased by 33 per cent in the past three months, while those seeking advice on drug and alcohol misuse has risen by 30 per cent.

The hospital says city workers are suffering from 'Square-Mile Syndrome' - a term used to explain the mental health problems such as depression, stress and anxiety which arise from fear of job loss and financial insecurity, and may also be linked to increased alcohol and drug use.

If you're worried you may be suffering from a mental health condition or if you should be concerned about your drug or alcohol use, answer our online questionnaires, compiled by Dr Jim Bolton and Dr Martin Briscoe, consultant psychiatrists and members of the Royal College of Psychiatrists Public Education Editorial Board.

[Am I stressed?](#)

[Am I depressed?](#)

[Do I have bipolar disorder?](#)

[Am I drinking too much?](#)

[Do I have a drug problem?](#)