

# Mental Health Statistics

People experience mental and emotional distress irrespective of age, gender, religion, country or society.

- 1 in 4 British adults experience at least one diagnosable mental health problem in any one year, and 1 in 6 experiences this at any given time.

- *The Office for National Statistics Psychiatric Morbidity report (2001)*

- Mixed anxiety & depression is the most common mental disorder in Britain
- Women are more likely to have been treated for a mental health problem than men
- About 10% of children have a mental health problem at any one time
- Depression affects 1 in 5 older people living in the community and 2 in 5 living in care homes
- British men are three times as likely as British women to die by suicide
- The UK has one of the highest rates of self harm in Europe, at 400 per 100,000 population
- Only 1 in 10 prisoners has no mental disorder

- *The Mental Health Foundation*

- Although mental disorders are widespread, serious cases are concentrated among a relatively small proportion of people who experience more than one mental health problem (this is known as 'co-morbidity').

- *The British Journal of Psychiatry (2005)*

- It is estimated that approximately 450 million people worldwide have a mental health problem

- *World Health Organisation (2001)*

- Between 8-12% of the population experience depression in any year

- *The Office for National Statistics Psychiatric Morbidity report (2001)*

- About half of people with common mental health problems are no longer affected after 18 months, but poorer people, the long-term sick and unemployed people are more likely to be still affected than the general population.

- *Better Or Worse: A Longitudinal Study Of The Mental Health Of Adults In Great Britain, National Statistics (2003)*

- Depression is more common in women than men. 1 in 4 women will require treatment for depression at some time, compared to 1 in 10 men. The reasons for this are unclear, but are thought to be due to both social and biological factors. It has also been suggested that depression in men may have been under diagnosed because they present to their GP with different symptoms.

- *National Institute For Clinical Excellence (2003)*



- Women are twice as likely to experience anxiety as men. Of people with phobias or OCD, about 60% are female.
  - *The Office for National Statistics Psychiatric Morbidity report (2001)*
- Men are more likely than women to have an alcohol or drug problem. 67% of British people who consume alcohol at 'hazardous' levels, and 80% of those dependent on alcohol are male. Almost three quarters of people dependent on cannabis and 69% of those dependent on other illegal drugs are male.
  - *The Office for National Statistics Psychiatric Morbidity report (2001)*
- In general, rates of mental health problems are thought to be higher in minority ethnic groups than in the white population, but they are less likely to have their mental health problems detected by a GP.
  - *Inside Outside: Improving Mental Health Services For Black and Minority Ethnic Communities in England, National Institute For Mental Health In England (2003)*
- One in four unemployed people has a common mental health problem
  - *The Office for National Statistics Psychiatric Morbidity report (2001)*
- One in ten children between the ages of one and 15 has a mental health disorder
  - *The Office for National Statistics Mental health in children and young people in Great Britain (2005)*
- Estimates vary, but research suggests that 20% of children have a mental health problem in any given year, and about 10% at any one time.
  - *Lifetime Impacts: Childhood and Adolescent Mental Health, Understanding The Lifetime Impacts, Mental Health Foundation (2005)*
- Rates of mental health problems among children increase as they reach adolescence. Disorders affect 10.4% of boys aged 5-10, rising to 12.8% of boys aged 11-15, and 5.9% of girls aged 5-10, rising to 9.65% of girls aged 11-15
  - *Mental Disorder More Common In Boys, National Statistics (2004)*
- Dementia affects 5% of people over the age of 65 and 20% of those over 80. About 700,000 people in the UK have dementia (1.2% of the population) at any one time.
  - *National Institute For Clinical Excellence (2004)*
- In 2004, more than 5,500 people in the UK died by suicide
  - *Samaritans Information Resource Pack (2004)*

