



Approximately

1/4

people in the UK will experience a mental health problem each year.



The overall number of people with mental health problems has not changed significantly in recent years, but worries about things like money, jobs and benefits can make it harder for people to cope.

In England

1 in 6

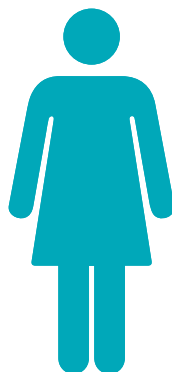
people report experiencing a common mental health problem (such as anxiety and depression) in any given week.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

It appears that how people cope with mental health problems is getting worse as the number of people who self-harm or have suicidal thoughts is increasing.

Various social factors put women at greater risk of poor mental health than men.

However, women's readiness to talk about their feelings and their strong social networks can help protect their mental health.



There are about

6,000 suicides

in the UK each year and it's the biggest killer of men up to the age of 49. **Men account for three-quarters of the total figure.**



49%

of 18-24 year olds who have experienced

high levels of stress, felt that comparing themselves to others was a source of stress. Not all life events are negative and even positive changes, such as moving to a bigger house, gaining a job promotion or going on holiday can be sources of stress.

Suicidal Thoughts

20.6 in 100 people

Suicide Attempts

6.7 in 100 people

Self-harm

7.3 in 100 people

Psychotic Disorder

0.7 in 100 people

Bipolar Disorder

2.0 in 100 people

Antisocial Personality Disorder

3.3 in 100 people

Borderline Personality Disorder

2.4 in 100 people

Generalised anxiety disorder

5.9 in 100 people

Depression

3.3 in 100 people

Phobias

2.4 in 100 people

OCD

1.3 in 100 people

Panic Disorder

0.6 in 100 people

PTSD

4.4 in 100 people

Mixed Anxiety and Depression

7.8 in 100 people



People with severe mental health problems have an average reduced life expectancy of between 10 and 25 years. They are twice as likely to die from coronary heart disease and four times more likely to die from respiratory disease.

Just 6% of UK health research spending goes on mental health despite mental health disorders affecting one in four of the population.

Our Response

The Foundation's partnership with **Depaul UK** will support delivery of the Improving Mental Health of Homeless Young People in the North East programme. This three-year programme will support 300 young people to develop resilience, positivity and mindfulness.

The Foundation's partnership with **British Asian Trust** will help with tackling the taboos associated to mental health in Pakistan, providing care, training and expertise to benefit the almost 50 million population of the country suffering from mental health problems through the Mental Health and Wellbeing programme.