

Mental Health in the UK

What is mental health?

Mental health is our emotional, psychological and social well-being. It can affect how we think, feel, and act.

16 million

people experience a mental illness in the UK

7.8%

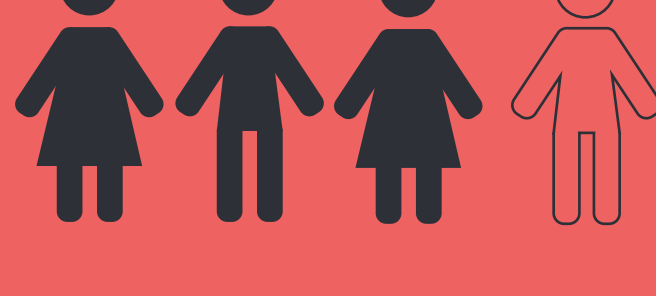
With mixed **anxiety** and **depression** being the most common mental disorder.

of people meet the criteria for diagnosis.

Did you know?

3 in 4

mental illness start in childhood



75%

of young people with mental health problems are **not** receiving treatment

10 Years



is the average wait for effective treatment

Between 2003 - 2013

18,220

people with mental health problems took their own lives

£115 million

is invested in the UK on mental health on average each year.

Funding per person

£178

Cancer research

£110

Dementia research

Mental health research

£8

= 22x less funding than cancer

Support Line: 020 85554 9004
The Samaritans: 116 123
Rethink: 0300 5000 927
Childline: 0800 1111

Sources:

<https://www.mqmentalhealth.org/articles/research-funding-landscape>
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