

# 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>  
[http://b3cdn.net/joinmq/1f731755e4183d5337\\_apm6b0gll.pdf](http://b3cdn.net/joinmq/1f731755e4183d5337_apm6b0gll.pdf)  
<https://s3.eu-central-1.amazonaws.com/www.joinmq.org/MQ+Manifesto+for+young+people's+mental+health+2017.pdf>  
<https://www.mentalhealth.org.uk/statistics>  
[http://webarchive.nationalarchives.gov.uk/20180328130852tf\\_/http://content.digital.nhs.uk/catalogue/PUB21748/apms-2014-full-rpt.pdf/](http://webarchive.nationalarchives.gov.uk/20180328130852tf_/http://content.digital.nhs.uk/catalogue/PUB21748/apms-2014-full-rpt.pdf/)



