

# 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

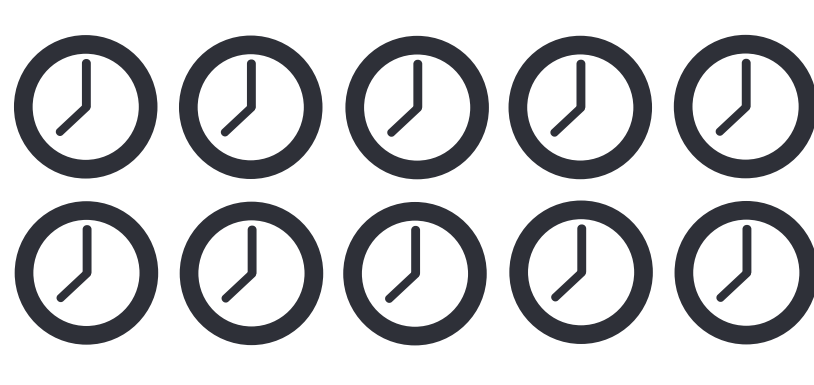
mental illness start in childhood



# 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)  
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