

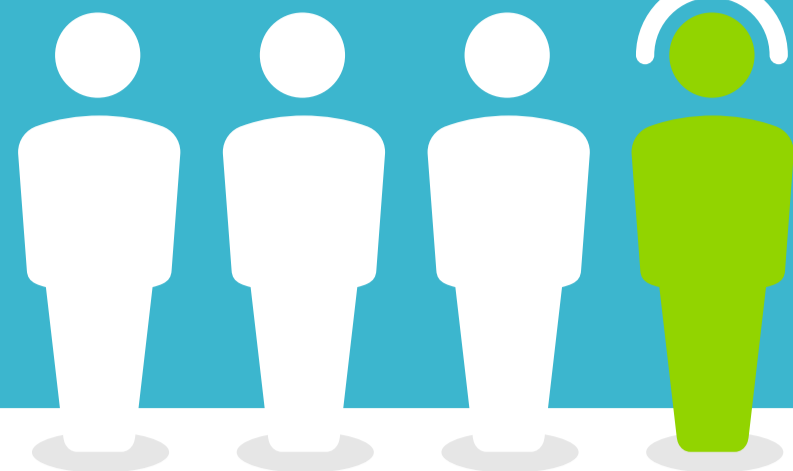


The State of Mental Health in the UK

1 in 4

people will experience a mental health problem each year

Main Source: Mind



The following mental health conditions affect this many people

Mental health condition	Affects X amount of people
Depression	2.6 in 100 people
Anxiety	4.7 in 100 people
Mixed Anxiety and Depression	9.7 in 100 people
Phobias	2.6 in 100 people
OCD	1.3 in 100 people
Panic Disorder	1.2 in 100 people

Source: The Health & Social Care Information Centre, 2009, Adult psychiatric morbidity in England, Results of a household survey

Source: Adult psychiatric morbidity in England, 2007, Results of a household survey.



23%

of adults screened were positive for at least one of the conditions under the study

Of that 23%,

19.1%

had 2 conditions while

12.2%

had three or more



Main Source: NHS Confed

The proportion of the English population aged 16-64, meeting the criteria for one common mental health condition, increased from

15.5%

in 1993

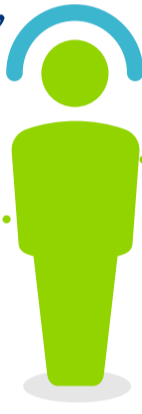
to

17.6%

in 2007

24%

of those with a common mental health condition were receiving treatment.



Household income strongly correlates with incidence of common mental health problems – particularly with men.

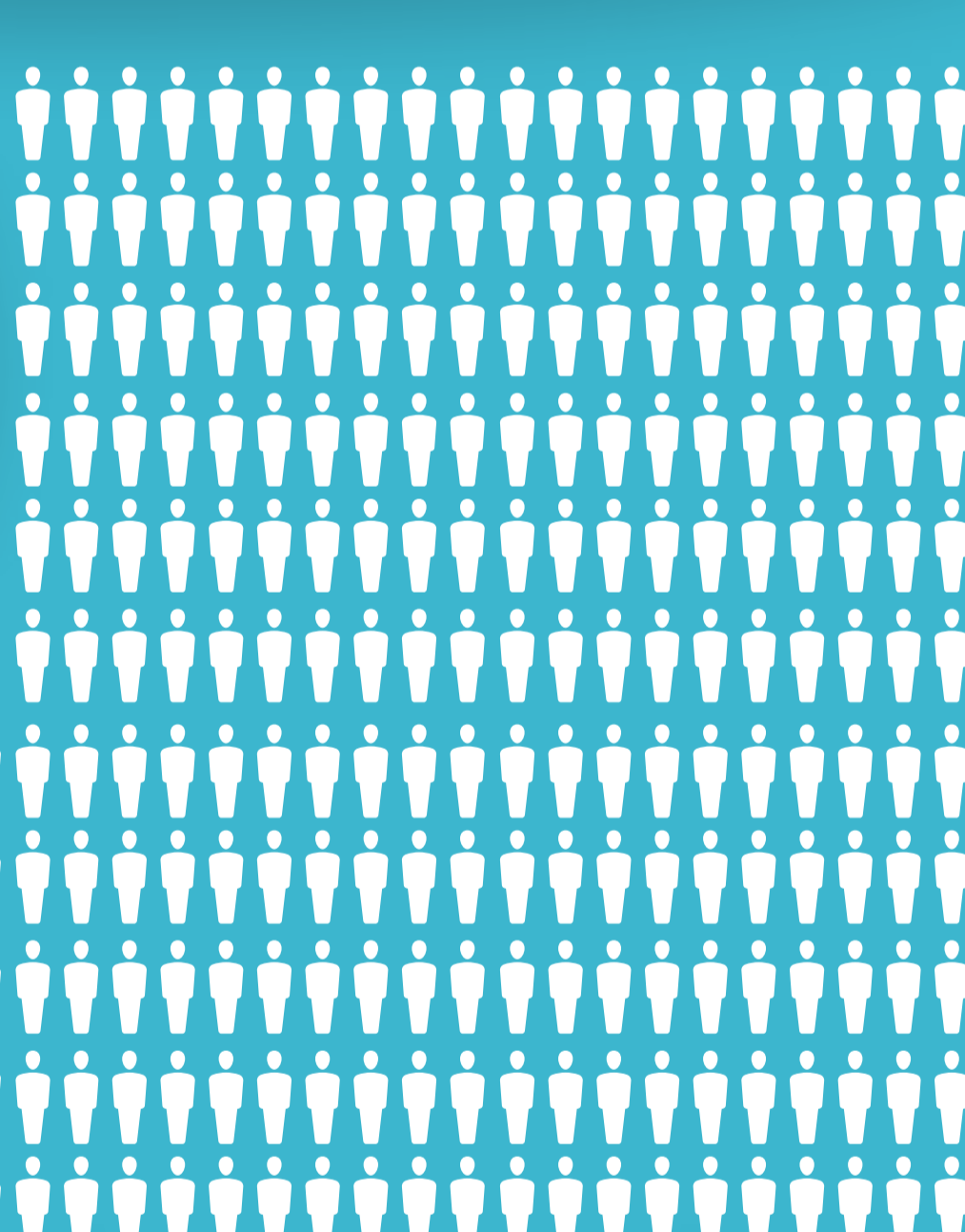
After adjusting for age, men in the lowest household income group were three times more likely to have a common mental health condition than those in the highest income households.

*Health & Social Care Information Centre (January 2009), Adult Psychiatric Morbidity in England – 2007



300 in 1000

will experience mental health problems each year



Of those 300

230

will visit a GP

Of those 230

120

will be diagnosed with a mental health problem

Of those 120

24

will be referred to a specialist psychiatric hospital**

** Goldberg, D., and Huxley, P. (1992) Common Mental Disorders - A Bio-Social Model.

OVER

1.25 million

people used the NHS mental health services in 2010 – the highest number of individuals since data collection began

The 2010 figures for the number of people accessing mental health services were 4% higher than the previous year – the numbers rose for men, women, all age groups and ethnic groups.***

*** The NHS Information Centre (2011) Mental Health Bulletin, Forth report from mental health minimum datasheet (MHMDS) annual returns 2010.

The percentage of people receiving counselling with a mental health condition

Mental health condition	Percentage receiving counselling
Depression	11%
Anxiety	5%
Mixed Anxiety and Depression	2%
Phobias	15%
OCD	10%
Panic Disorder	11%

Source for table: Office for National Statistics (2000), Psychiatric morbidity among adults living in private households in Great Britain.

Useful resources

- Chrysalis courses website - www.chrysaliscourses.co.uk
- Chrysalis Not For Profit Blog - www.chrysalisnotforprofit.co.uk
- Chrysalis Facebook - www.facebook.com/ChrysalisNotForProfit
- Chrysalis Twitter - twitter.com/chrysalisonline

