



**Hammersley Homes**

## **Mental Health Facts and Figures**

**From the Mental Health First Aid website**

**<https://mhfaengland.org/mhfa-centre/research-and-evaluation/mental-health-statistics/#impact>**

## Perceptions of mental ill health

- **Over a third of the public think people with a mental health issue are likely to be violent**

Time to Change. *Attitudes to Mental Illness 2014 Research Report* [Internet]. 2015. Available from: [time-to-change.org.uk](http://time-to-change.org.uk)

- **People with severe mental illness are more likely to be the victims, rather than the perpetrators, of violent crime**

Khalifeh H, Johnson S, Howard LM, Borschmann R, Osborn D, Dean K, et al. *Violent and non-violent crime against adults with severe mental illness*. *Br J Psychiatry* [Internet]. 2015 Apr 1 [cited 2016 Dec 2];206(4):275–82. Available from: [ncbi.nlm.nih.gov](http://ncbi.nlm.nih.gov)

Latalova K, Kamaradova D, Prasko J. *Violent victimization of adult patients with severe mental illness: a systematic review*. *Neuropsychiatr Dis Treat* [Internet]. 2014 [cited 2018 Jun 26];10:1925–39. Available from: [ncbi.nlm.nih.gov](http://ncbi.nlm.nih.gov)

de Vries B, van Busschbach JT, van der Stouwe ECD, Aleman A, van Dijk JJM, Lysaker PH, et al. *Prevalence rate and risk factors of victimization in adult patients with a psychotic disorder: A systematic review and meta-analysis*. *Schizophr Bull* [Internet]. 2018 Mar 14 [cited 2018 Jun 26]; Available from: [academic.oup.com](http://academic.oup.com)

Khalifeh H, Oram S, Osborn D, Howard LM, Johnson S. *Recent physical and sexual violence against adults with severe mental illness: a systematic review and meta-analysis*. *Int Rev Psychiatry* [Internet]. 2016 Sep 2 [cited 2020 Jan 14];28(5):433–51. Available from: [tandfonline.com](http://tandfonline.com)

- **People with mental ill health are more dangerous to themselves than to others: 80-90% of people who die by suicide are experiencing mental distress**

Cavanagh JTO, Carson AJ, Sharpe M, Lawrie SM. *Psychological autopsy studies of suicide: a systematic review*. *Psychol Med* [Internet]. 2003 Apr [cited 2016 Dec 1];33(3):395–405. Available from: [ncbi.nlm.nih.gov](http://ncbi.nlm.nih.gov)

Cho S-E, Na K-S, Cho S-J, Im J-S, Kang S-G. *Geographical and temporal variations in the prevalence of mental disorders in suicide: Systematic review and meta-analysis*. *J Affect Disord* [Internet]. 2016 Jan 15 [cited 2018 May 9];190:704–13. Available from: [ncbi.nlm.nih.gov](http://ncbi.nlm.nih.gov)

- **Poor mental health impacts on individuals and their families, in lost income, lower educational attainment, quality of life and a much shorter life span**

World Health Organization. *Investing in mental health: evidence for action* [Internet]. 2013. Available from: [apps.who.int](http://apps.who.int)

Kang H-J, Kim S-Y, Bae K-Y, Kim S-W, Shin I-S, Yoon J-S, et al. *Comorbidity of depression with physical disorders: research and clinical implications*. *Chonnam Med J* [Internet]. 2015 Apr [cited 2016 Dec 1];51(1):8–18. Available fro: [ncbi.nlm.nih.gov](http://ncbi.nlm.nih.gov)

Walker ER, McGee RE, Druss BG. *Mortality in mental disorders and global disease burden implications a systematic review and meta-analysis*. *JAMA Psychiatry* [Internet]. 2015 Apr 1 [cited 2020 Jan 14];72(4):334–41. Available from: [jamanetwork.com](http://jamanetwork.com)

## The impact of mental ill health

- **1 in 4 people experience mental health issues each year**

*Mental Health Taskforce NE. The Five Year Forward View for Mental Health. 2016 [cited 2017 May 23]; Available from: [england.nhs.uk](http://england.nhs.uk)*
- **792 million people are affected by mental health issues worldwide**

*Ritchie H, Roser M. Mental Health [Internet]. 2018 [cited 2019 Sep 6]. Available from: [ourworldindata.org](http://ourworldindata.org)*
- **At any given time, 1 in 6 working-age adults have symptoms associated with mental ill health**

*McManus S, Bebbington P, Jenkins R, Brugha T. Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014 [Internet]. Leeds; 2016. Available from: [content.digital.nhs.uk](http://content.digital.nhs.uk)*
- **Mental illness is the second-largest source of burden of disease in England. Mental illnesses are more common, long-lasting and impactful than other health conditions**

*Public Health England. Health profile for England: 2019 [Internet]. 2019. Available from: [gov.uk](http://gov.uk)*
- **Mental ill health is responsible for 72 million working days lost and costs £34.9 billion each year**

*Centre for Mental Health. Mental health at work: The business costs ten years on [Internet]. 2017 [cited 2017 Oct 16]. Available from: [centreformentalhealth.org.uk](http://centreformentalhealth.org.uk)*  
Note: Different studies will estimate the cost of mental ill health in different ways. Other reputable research estimates this cost to be as high as £74–£99 billion
- **The total cost of mental ill health in England is estimated at £105 billion per year**

*Mental Health Taskforce NE. The Five Year Forward View for Mental Health. 2016 [cited 2017 May 23]; Available from: [england.nhs.uk](http://england.nhs.uk)*
- **People with a long-term mental health condition lose their jobs every year at around double the rate of those without a mental health condition. This equates to 300,000 people – the equivalent of the population of Newcastle or Belfast**

*Stevenson D, Farmer P. Thriving at work: The Independent Review of Mental Health and Employers [Internet]. 2017 [cited 2017 Nov 22]. Available from: [gov.uk](http://gov.uk)*

- **75% of mental illness (excluding dementia) starts before age 18**  
 Davies SC. *Annual Report of the Chief Medical Officer 2013, Public Mental Health Priorities: Investing in the Evidence* [Internet]. 2014. Available from: gov.uk  
 Kessler RC, Berglund P, Demler O, Jin R, Merikangas KR, Walters EE. *Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication*. *Arch Gen Psychiatry* [Internet]. 2005 Jun 1 [cited 2018 Oct 16];62(6):593. Available from: archpsyc.jamanetwork.com  
 Note: Dementia is more accurately described as a progressive neurological disorder (a condition affecting the brain's structure and subsequent function over time), and typically does not occur before the age of 30
  - **Men aged 40-49 have the highest suicide rates in the UK**  
 Office for National Statistics. *Suicides in the UK: 2018 registrations* [Internet]. 2019 [cited 2020 Jan 6]. Available from: ons.gov.uk
  - **70-75% of people with diagnosable mental illness receive no treatment at all**  
 Davies SC. *Annual Report of the Chief Medical Officer 2013, Public Mental Health Priorities: Investing in the Evidence* [Internet]. 2014. Available from: gov.uk  
 Alonso J, Liu Z, Evans-Lacko S, Sadikova E, Sampson N, Chatterji S, et al. *Treatment gap for anxiety disorders is global: Results of the World Mental Health Surveys in 21 countries*. *Depress Anxiety* [Internet]. 2018 Mar [cited 2018 Jun 26];35(3):195–208. Available from: ncbi.nlm.nih.gov  
 Evans-Lacko S, Aguilar-Gaxiola S, Al-Hamzawi A, Alonso J, Benjet C, Bruffaerts R, et al. *Socio-economic variations in the mental health treatment gap for people with anxiety, mood, and substance use disorders: results from the WHO World Mental Health (WMH) surveys*. *Psychol Med* [Internet]. 2017 [cited 2018 Jun 26];1–12. Available from: kclpure.kcl.ac.uk
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## The impact of mental ill health in young people

- **Mental ill health is the second-largest cause of burden of disease in England**  
 Public Health England. *Health profile for England: 2019* [Internet]. 2019. Available from: gov.uk
- **The economic costs of mental health issues in England have been estimated at £105 billion each year**  
 Mental Health Taskforce NE. *The Five Year Forward View for Mental Health*. 2016 [cited 2017 May 23]; Available from: england.nhs.uk

- **In an average classroom, ten children will have witnessed their parents separate, eight will have experienced severe physical violence, sexual abuse or neglect, one will have experienced the death of a parent and seven will have been bullied**

*Faulkner J. Class of 2011 Yearbook: How happy are young people and why does it matter? [Internet]. Doncaster; 2011 [cited 2017 May 31]. Available from: relate.org.uk*

- **Half of mental ill health starts by age 15, and 75% develops by age 18**

*Kessler RC, Berglund P, Demler O, Jin R, Merikangas KR, Walters EE. Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. Arch Gen Psychiatry [Internet]. 2005 Jun 1 [cited 2018 Oct 16];62(6):593. Available from: archpsyc.jamanetwork.com*

*Davies SC. Annual Report of the Chief Medical Officer 2013, Public Mental Health Priorities: Investing in the Evidence [Internet]. 2014. Available from: gov.uk*

- **12.8% of young people aged 5-19 meet clinical criteria for a mental health disorder**

*Sadler K, Vizard T, Ford T, Goodman A, Goodman R, Mcmanus S. Mental Health of Children and Young People in England, 2017: Trends and characteristics [Internet]. 2018 [cited 2019 Jan 7]. Available from: digital.nhs.uk*

- **Women between the ages of 16 and 24 are almost three times as likely (26%) to experience a common mental health issue as males of the same age (9%)**

*McManus S, Bebbington P, Jenkins R, Brugha T. Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014 [Internet]. Leeds; 2016. Available from: content.digital.nhs.uk*

- **The percentage of young people aged 5-15 with depression or anxiety increased from 3.9% in 2004 to 5.8% in 2017**

*Sadler K, Vizard T, Ford T, Goodman A, Goodman R, Mcmanus S. Mental Health of Children and Young People in England, 2017: Trends and characteristics [Internet]. 2018 [cited 2019 Jan 7]. Available from: digital.nhs.uk*

- **About 20% of young people with mental ill health wait more than six months to receive care from a specialist**

*Mandalia D, Ford T, Hill S, Sadler K, Vizard T, Goodman A, et al. Mental Health of Children and Young People in England, 2017: Professional services, informal support, and education [Internet]. 2018 [cited 2019 Jan 7]. Available from: digital.nhs.uk*

- **In a 2018 OECD survey of 15-year-olds, the UK ranked 29th for life satisfaction, out of a total of 30 OECD countries**

*OECD. PISA 2018 Results Volume III: What school life means for students' lives [Internet]. Paris; 2019. Available from: oecd.org*

- About 10% of young people aged 8-15 experience a low sense of wellbeing**

Note: This report also states that older age groups have poorer wellbeing than younger age groups

Rees G, Goswami H, Pople L, Bradshaw J, Keung A, Main G. *The Good Childhood Report 2013* [Internet]. 2013 [cited 2019 Feb 14]. Available from: [childrenssociety.org.uk](http://childrenssociety.org.uk)
  - Only one in eight children who have been sexually abused come to the attention of statutory agencies**

Children’s Commissioner for England. *Protecting children from harm: A critical assessment of child sexual abuse in the family network in England and priorities for action* [Internet]. London; 2015 [cited 2019 Feb 14]. Available from: [childrenscommissioner.gov.uk](http://childrenscommissioner.gov.uk)
  - Up to 25% of teenagers have experienced physical violence in their intimate partner relationships**

Barter C, McCarry M, Berridge D, Evans K. *Partner exploitation and violence in teenage intimate relationships*. 2009. Available from: [nspcc.org.uk](http://nspcc.org.uk)

Leen E, Sorbring E, Mawer M, Holdsworth E, Helsing B, Bowen E. *Prevalence, dynamic risk factors and the efficacy of primary interventions for adolescent dating violence: An international review*. *Aggress Violent Behav* [Internet]. 2013 Jan 1 [cited 2019 Feb 15];18(1):159–74. Available from: [sciencedirect.com](http://sciencedirect.com)

Young H, Turney C, White J, Bonell C, Lewis R, Fletcher A. *Dating and relationship violence among 16–19 year olds in England and Wales: a cross-sectional study of victimization*. *J Public Health (Bangkok)* [Internet]. 2018 Dec 1 [cited 2019 Feb 15];40(4):738–46. Available from: [academic.oup.com](http://academic.oup.com)

Barter C, Stanley N, Wood M, Lanau A, Aghtaie N, Larkins C, et al. *Young people’s online and face-to-face experiences of interpersonal violence and abuse and their subjective impact across five European countries*. *Psychol Violence* [Internet]. 2017 Jul [cited 2019 Feb 15];7(3):375–84. Available from: [doi.apa.org](http://doi.apa.org)
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## Mental ill health in the workplace

- 1 in 6 workers will experience depression, anxiety or problems relating to stress at any one time**

McManus S, Bebbington P, Jenkins R, Brugha T. *Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014* [Internet]. Leeds; 2016. Available from: [content.digital.nhs.uk](http://content.digital.nhs.uk)

- There were 602,000 cases of work-related stress, depression or anxiety in 2018/19 in Great Britain**

*Health and Safety Executive. Work-related Stress, Depression or Anxiety Statistics in Great Britain 2019 [Internet]. 2019 [cited 2020 Jan 6]. Available from: [hse.gov.uk](http://hse.gov.uk)*
- In 2018/19, stress, depression or anxiety were responsible for 44% of all cases of work-related ill health and 54% of all working days lost due to health issues in GB**

*Health and Safety Executive. Work-related Stress, Depression or Anxiety Statistics in Great Britain 2019 [Internet]. 2019 [cited 2020 Jan 6]. Available from: [hse.gov.uk](http://hse.gov.uk)*
- 1 in 5 people take a day off due to stress. Yet, 90% of these people cited a different reason for their absence**

*Mind. Work is biggest cause of stress in people's lives [Internet]. 2013. Available from: [mind.org.uk](http://mind.org.uk)*
- Presenteeism accounts for 2 times more losses than absences**

*Centre for Mental Health. Mental health at work: The business costs ten years on [Internet]. 2017 [cited 2017 Oct 16]. Available from: [centreformentalhealth.org.uk](http://centreformentalhealth.org.uk)*
- Every year it costs business £1,300 per employee whose mental health needs are unsupported**

*Centre for Mental Health. Mental health at work: The business costs ten years on [Internet]. 2017 [cited 2017 Oct 16]. Available from: [centreformentalhealth.org.uk](http://centreformentalhealth.org.uk)*
- Mental ill health is responsible for 72 million working days lost and costs £34.9 billion each year**

*Centre for Mental Health. Mental health at work: The business costs ten years on [Internet]. 2017 [cited 2017 Oct 16]. Available from: [centreformentalhealth.org.uk](http://centreformentalhealth.org.uk)*

Note: Different studies will estimate the cost of mental ill health in different ways. Other reputable research estimates this cost to be as high as £74-£99 billion (5)

*Stevenson D, Farmer P. Thriving at work: The Independent Review of Mental Health and Employers [Internet]. 2017 [cited 2017 Nov 22]. Available from: [gov.uk](http://gov.uk)*
- People with a long-term mental health condition lose their jobs every year at around double the rate of those without a mental health condition. This equates to 300,000 people – the equivalent of the population of Newcastle or Belfast**

*Stevenson D, Farmer P. Thriving at work: The Independent Review of Mental Health and Employers [Internet]. 2017 [cited 2017 Nov 22]. Available from: [gov.uk](http://gov.uk)*

- **9% of employees who disclosed mental health issues to their line manager reported being disciplined, dismissed or demoted**

*Business in the Community. Mental Health at Work 2019: Time To Take Ownership [Internet]. 2019. Available from: wellbeing.bitc.org.uk*

Note: The percentage of people reporting discipline, dismissal or demotion in the Business in the Community report has reduced over the last three years: it was 15% in 2017, 11% in 2018 and 9% in 2019.

- **69% of UK line managers say that supporting employee wellbeing is a core skill, but only 13% have received mental health training. 35% of line managers reported a wish for basic training in common mental health conditions**

*Business in the Community. Mental Health at Work 2019: Time To Take Ownership [Internet]. 2019. Available from: wellbeing.bitc.org.uk*

## Mental ill health in LGBT+ and BAME communities

- **People who identify as LGBT+ are more likely to have suicidal thoughts, and attempt suicide, than those who do not identify as LGBT+**

*Chakraborty A, McManus S, Brugha TS, Bebbington P, King M. Mental health of the non-heterosexual population of England. Br J Psychiatry [Internet]. 2011 Feb 2 [cited 2019 Jun 12];198(2):143–8. Available from: cambridge.org*

*King M, Semlyen J, Tai SS, Killaspy H, Osborn D, Popelyuk D, et al. A systematic review of mental disorder, suicide, and deliberate self harm in lesbian, gay and bisexual people. BMC Psychiatry [Internet]. 2008 Dec 18 [cited 2016 Dec 1];8(1):70. Available from: bmcp psychiatry.biomedcentral.com*

*Bailey L, J. Ellis S, McNeil J. Suicide risk in the UK trans population and the role of gender transition in decreasing suicidal ideation and suicide attempt. Ment Heal Rev J [Internet]. 2014 Dec 2 [cited 2019 Jun 13];19(4):209–20. Available from: emeraldinsight.com*

- **People who identify as LGBT+ are at increased risk of developing anxiety disorders**

*Plöderl M, Tremblay P. Mental health of sexual minorities. A systematic review. Int Rev Psychiatry [Internet]. 2015 Sep 3 [cited 2019 Jun 13];27(5):367–85. Available from: tandfonline.com*

*Bouman WP, Claes L, Brewin N, Crawford JR, Millet N, Fernandez-Aranda F, et al. Transgender and anxiety: A comparative study between transgender people and the general population. Int J Transgenderism [Internet]. 2017 Jan 2 [cited 2019 Jun 13];18(1):16–26. Available from: tandfonline.com*



- **Self-harm is more common in ex-service personnel, young people, women, LGBT+ community, prisoners, asylum seekers, and people who have experienced physical, emotional or sexual abuse**

Royal College of Psychiatrists. *Self-harm, suicide and risk: helping people who self-harm* [Internet]. 2010. Available from: [rcpsych.ac.uk](http://rcpsych.ac.uk)

- **Up to 16% of people who identify as LGBT+ experience symptoms of an eating disorder**

Bachmann CL, Gooch B. *LGBT in Britain: Health report* [Internet]. London; 2018 [cited 2019 May 22]. Available from: [stonewall.org.uk](http://stonewall.org.uk)

Connolly MD, Zervos MJ, Barone CJ, Johnson CC, Joseph CLM. *The mental health of transgender youth: Advances in understanding*. *J Adolesc Heal* [Internet]. 2016 Nov 1 [cited 2019 Jun 11];59(5):489–95. Available from: [sciencedirect.com](http://sciencedirect.com)

- **Psychosis is more common among BAME groups**

McManus S, Bebbington P, Jenkins R, Brugha T. *Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014* [Internet]. Leeds; 2016. Available from: [content.digital.nhs.uk](http://content.digital.nhs.uk)

Kirkbride JB, Hameed Y, Ioannidis K, Ankireddypalli G, Crane CM, Nasir M, et al. *Ethnic minority status, age-at-immigration and psychosis risk in rural environments: Evidence from the SEPEA study*. *Schizophr Bull* [Internet]. 2017 [cited 2019 Jun 7];43(6):1251–61. Available from: [academic.oup.com](http://academic.oup.com)

Kirkbride J, Errazuriz A, Croudace T, Morgan C, Jackson D, McCrone P, et al. *Systematic Review of the Incidence and Prevalence of Schizophrenia and Other Psychoses in England*. [Internet]. 2012. Available from: [psychiatry.cam.ac.uk](http://psychiatry.cam.ac.uk)

Kirkbride JB, Errazuriz A, Croudace TJ, Morgan C, Jackson D, Boydell J, et al. *Incidence of schizophrenia and other psychoses in England, 1950-2009: a systematic review and meta-analyses*. *PLoS One* [Internet]. 2012 [cited 2016 Dec 1];7(3):e31660. Available from: [ncbi.nlm.nih.gov](http://ncbi.nlm.nih.gov)

Halvorsrud K, Nazroo J, Otis M, Brown Hajdukova E, Bhui K. *Ethnic inequalities in the incidence of diagnosis of severe mental illness in England: a systematic review and new meta-analyses for non-affective and affective psychoses* [Internet]. Vol. 54, *Social Psychiatry and Psychiatric Epidemiology*. 2019 [cited 2020 Jan 9]. p. 1311–23. Available from: [link.springer.com](http://link.springer.com)

- **Mental health issues are more likely to affect young people who identify as LGBT+ than those who do not**

Connolly MD, Zervos MJ, Barone CJ, Johnson CC, Joseph CLM. *The mental health of transgender youth: Advances in understanding*. *J Adolesc Heal* [Internet]. 2016 Nov 1 [cited 2019 Jun 11];59(5):489–95. Available from: [sciencedirect.com](http://sciencedirect.com)

Marcheselli F, Brodie E, Yeoh SN, Pearce N, McManus S, Sadler K, et al. *Mental Health of Children and Young People in England, 2017: Behaviours, lifestyles and identities* [Internet]. 2018 [cited 2019 Jan 7]. Available from: [digital.nhs.uk](http://digital.nhs.uk)

Butler C, Joiner R, Bradley R, Bowles M, Bowes A, Russell C, et al. *Self-harm prevalence and ideation in a community sample of cis, trans and other youth*. *Int J Transgenderism* [Internet]. 2019 [cited 2019 Jun 10]; Available from: [tandfonline.com](http://tandfonline.com)

Calzo JP, Austin SB, Micali N. Sexual orientation disparities in eating disorder symptoms among adolescent boys and girls in the UK. *Eur Child Adolesc Psychiatry* [Internet]. 2018 Nov 17 [cited 2019 Jun 11];27(11):1483–90. Available from: [link.springer.com](http://link.springer.com)

Lucassen MF, Stasiak K, Samra R, Frampton CM, Merry SN. Sexual minority youth and depressive symptoms or depressive disorder: A systematic review and meta-analysis of population-based studies. *Aust New Zeal J Psychiatry* [Internet]. 2017 Aug [cited 2020 Jan 15];51(8):774–87. Available from: [journals.sagepub.com](http://journals.sagepub.com)

- **Young people who identify as LGBT+ are more likely to report self-harming than young people who do not identify as LGBT+**

Butler C, Joiner R, Bradley R, Bowles M, Bowes A, Russell C, et al. Self-harm prevalence and ideation in a community sample of cis, trans and other youth. *Int J Transgenderism* [Internet]. 2019 [cited 2019 Jun 10]; Available from: [tandfonline.com](http://tandfonline.com)

Irish M, Solmi F, Mars B, King M, Lewis G, Pearson RM, et al. Depression and self-harm from adolescence to young adulthood in sexual minorities compared with heterosexuals in the UK: a population-based cohort study. *Lancet Child Adolesc Heal* [Internet]. 2019 Feb 1 [cited 2019 Jun 11];3(2):91–8. Available from: [sciencedirect.com](http://sciencedirect.com)

- **Young people from BAME and migrant backgrounds are more likely to show developmental difficulties associated with psychosis and develop psychotic disorders later in life**

Kirkbride JB, Hameed Y, Ioannidis K, Ankireddypalli G, Crane CM, Nasir M, et al. Ethnic minority status, age-at-immigration and psychosis risk in rural environments: Evidence from the SEPEA study. *Schizophr Bull* [Internet]. 2017 [cited 2019 Jun 7];43(6):1251–61. Available from: [academic.oup.com](http://academic.oup.com)

Laurens KR, Cullen AE. Toward earlier identification and preventative intervention in schizophrenia: evidence from the London Child Health and Development Study. *Soc Psychiatry Psychiatr Epidemiol* [Internet]. 2016 [cited 2019 Jun 7];51:475–91. Available from: [link.springer.com](http://link.springer.com)

- **Symptoms of depression are more common and severe in young people who identify as LGBT+ than in those who do not identify as LGBT+**

Butler C, Joiner R, Bradley R, Bowles M, Bowes A, Russell C, et al. Self-harm prevalence and ideation in a community sample of cis, trans and other youth. *Int J Transgenderism* [Internet]. 2019 [cited 2019 Jun 10]; Available from: [tandfonline.com](http://tandfonline.com)

Lucassen MF, Stasiak K, Samra R, Frampton CM, Merry SN. Sexual minority youth and depressive symptoms or depressive disorder: A systematic review and meta-analysis of population-based studies. *Aust New Zeal J Psychiatry* [Internet]. 2017 Aug [cited 2020 Jan 15];51(8):774–87. Available from: [journals.sagepub.com](http://journals.sagepub.com)

Irish M, Solmi F, Mars B, King M, Lewis G, Pearson RM, et al. Depression and self-harm from adolescence to young adulthood in sexual minorities compared with heterosexuals in the UK: a population-based cohort study. *Lancet Child Adolesc Heal* [Internet]. 2019 Feb 1 [cited 2019 Jun 11];3(2):91–8. Available from: [sciencedirect.com](http://sciencedirect.com)

- **Adolescents who identify as LGBT+ are at increased risk of anxiety disorders**

Jones A, Robinson E, Oginni O, Rahman Q, Rimes KA. Anxiety disorders, gender nonconformity, bullying and self-esteem in sexual minority adolescents: prospective birth cohort study. *J Child Psychol Psychiatry* [Internet]. 2017 Nov 1 [cited 2019 Jun 7];58(11):1201–9. Available from: doi.wiley.com

Thorne N, Witcomb GL, Nieder T, Nixon E, Yip A, Arcelus J. A comparison of mental health symptomatology and levels of social support in young treatment seeking transgender individuals who identify as binary and non-binary. *Int J Transgenderism* [Internet]. 2018 May 8 [cited 2019 Jun 11];1–10. Available from: tandfonline.com

- **11% - 32% of young people who identify as LGBT+ have attempted suicide in their lifetime**

Connolly MD, Zervos MJ, Barone CJ, Johnson CC, Joseph CLM. The mental health of transgender youth: Advances in understanding. *J Adolesc Heal* [Internet]. 2016 Nov 1 [cited 2019 Jun 11];59(5):489–95. Available from: sciencedirect.com

Irish M, Solmi F, Mars B, King M, Lewis G, Pearson RM, et al. Depression and self-harm from adolescence to young adulthood in sexual minorities compared with heterosexuals in the UK: a population-based cohort study. *Lancet Child Adolesc Heal* [Internet]. 2019 Feb 1 [cited 2019 Jun 11];3(2):91–8. Available from: sciencedirect.com

Rimes KA, Goodship N, Ussher G, Baker D, West E. Non-binary and binary transgender youth: Comparison of mental health, self-harm, suicidality, substance use and victimization experiences. *Int J Transgenderism* [Internet]. 2017 [cited 2019 Jun 10]; Available from: tandfonline.com

- **Young people who identify as LGBT+ are more likely to show symptoms of eating disorders than those who do not identify as LGBT+**

Connolly MD, Zervos MJ, Barone CJ, Johnson CC, Joseph CLM. The mental health of transgender youth: Advances in understanding. *J Adolesc Heal* [Internet]. 2016 Nov 1 [cited 2019 Jun 11];59(5):489–95. Available from: sciencedirect.com

Calzo JP, Austin SB, Micali N. Sexual orientation disparities in eating disorder symptoms among adolescent boys and girls in the UK. *Eur Child Adolesc Psychiatry* [Internet]. 2018 Nov 17 [cited 2019 Jun 11];27(11):1483–90. Available from: link.springer.com

Coelho JS, Suen J, Clark BA, Marshall SK, Geller J, Lam PY. Eating Disorder Diagnoses and Symptom Presentation in Transgender Youth: a Scoping Review [Internet]. Vol. 21, *Current Psychiatry Reports*. Current Medicine Group LLC 1; 2019 [cited 2020 Jan 15]. Available from: link.springer.com

- **People who identify as LGBT+ are at increased risk of both mental ill health and substance misuse**

Chakraborty A, McManus S, Brugha TS, Bebbington P, King M. Mental health of the non-heterosexual population of England. *Br J Psychiatry* [Internet]. 2011 Feb 2 [cited 2019 Jun 12];198(2):143–8. Available from: cambridge.org

King M, Semlyen J, Tai SS, Killaspy H, Osborn D, Popelyuk D, et al. A systematic review of mental disorder, suicide, and deliberate self-harm in lesbian, gay and bisexual

people. *BMC Psychiatry* [Internet]. 2008 Dec 18 [cited 2016 Dec 1];8(1):70. Available from: [bmcp psychiatry.biomedcentral.com](http://bmcp psychiatry.biomedcentral.com)

Bachmann CL, Gooch B. *LGBT in Britain: Health report* [Internet]. London; 2018 [cited 2019 May 22]. Available from: [stonewall.org.uk](http://stonewall.org.uk)

- **Ex-service personnel who identify as LGBT+ are more likely to have suicidal thoughts, and attempt suicide, than those who do not identify as LGBT+**

Mark KM, McNamara KA, Gribble R, Rhead R, Sharp M-L, Stevelink SAM, et al. *The health and well-being of LGBTQ serving and ex-serving personnel: a narrative review. Int Rev Psychiatry* [Internet]. 2019 Jan 2 [cited 2019 Jun 25];31(1):75–94. Available from: [tandfonline.com](http://tandfonline.com)

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## Mental ill health in the UK armed forces

- **4,214 or 2.7% of UK armed forces personnel were assessed with a mental disorder in 2018/19**

Ministry of Defence. *UK Armed Forces Mental Health: Annual Summary & Trends Over Time, 2007/08 - 2018/19* [Internet]. Bristol; 2019 [cited 2019 Jun 21]. Available from: [assets.publishing.service.gov.uk](http://assets.publishing.service.gov.uk)

- **In 2016/17, over 24,000 ex-service personnel used primary care NHS therapeutic services in England, a 15.4% increase on the previous year**

Ministry of Defence. *The Armed Forces Covenant Annual Report 2017* [Internet]. 2017 [cited 2018 Jan 8]. Available from: [gov.uk](http://gov.uk)

Note: Primary care services are those which can be accessed through a GP, or self-referral, and don't require a specialist referral

- **NHS England spends £6.4 million per year on bespoke mental health services for ex-service personnel, in addition to the £11.4 billion spending on mental health for the general population**

Ministry of Defence. *The Armed Forces Covenant Annual Report 2017* [Internet]. 2017 [cited 2018 Jan 8]. Available from: [gov.uk](http://gov.uk)

- **Stigma is a frequently reported barrier to help-seeking. Armed forces personnel fear differential treatment from unit leaders, being labelled 'weak' or 'malingerers', or becoming 'non-deployable'**

Sharp M-L, Fear NT, Rona RJ, Wessely S, Greenberg N, Jones N, et al. *Stigma as a Barrier to Seeking Health Care Among Military Personnel With Mental Health Problems. Epidemiol Rev* [Internet]. 2015 [cited 2017 Dec 8];37:144–62. Available from: [kcl.ac.uk](http://kcl.ac.uk)

Coleman SJ, Stevelink SAM, Hatch SL, Denny JA, Greenberg N. *Stigma-related barriers and facilitators to help seeking for mental health issues in the armed forces: a systematic*

review and thematic synthesis of qualitative literature [Internet]. 2017 [cited 2018 Jan 18]. Available from: [kcl.ac.uk](http://kcl.ac.uk)

Rafferty L, Stevelink, Sharon A. M., Greenberg, Neil, Wessely, Simon. Stigma and barriers to care in service leavers with mental health problems [Internet]. London; 2017 [cited 2017 Dec 8]. Available from: [kcl.ac.uk](http://kcl.ac.uk)

Note: A malingeringer is defined as a person who pretends to be ill to avoid having to work

- **Up to 71% of military personnel who experience mental ill health don't seek professional help**

Hom MA, Stanley IH, Schneider ME, Joiner TE. A systematic review of help-seeking and mental health service utilization among military service members. *Clin Psychol Rev* [Internet]. 2017 Apr 1 [cited 2019 Jun 21];53:59–78. Available from: [sciencedirect.com](http://sciencedirect.com)

Stevelink SAM, Jones N, Jones M, Dyball D, Khera CK, Pernet D, et al. Do serving and ex-serving personnel of the UK armed forces seek help for perceived stress, emotional or mental health problems? *Eur J Psychotraumatol* [Internet]. 2019 [cited 2019 Jun 21];10(1). Available from: [tandfonline.com](http://tandfonline.com)

- **Although reported mental health issues doubled in the UK armed forces between 2005-2014, only 1 in 20 ex-service personnel experiencing symptoms of mental ill health sought help**

The Royal British Legion. A UK Household Survey of the Ex-Service Community [Internet]. 2014 [cited 2018 Jan 9]. Available from: [compasspartnership.co.uk](http://compasspartnership.co.uk)

- **84% of ex-service personnel reporting psychological issues did not access professional help**

The Royal British Legion. A UK Household Survey of the Ex-Service Community [Internet]. 2014 [cited 2018 Jan 9]. Available from: [compasspartnership.co.uk](http://compasspartnership.co.uk)

- **62% of males and 46% of females in the UK armed forces were identified as drinking hazardous amounts of alcohol**

Ministry of Defence. Alcohol Usage in the UK Armed Forces 1 June 2016 to 31 May 2017 [Internet]. 2017 [cited 2018 Jan 9]. Available from: [gov.uk](http://gov.uk)

- **Service personnel are 2-5 times more likely to be dependent on alcohol than the general population**

The Royal British Legion. A UK Household Survey of the Ex-Service Community [Internet]. 2014 [cited 2018 Jan 9]. Available from: [compasspartnership.co.uk](http://compasspartnership.co.uk)

Fear NT, Iversen A, Meltzer H, Workman L, Hull L, Greenberg N, et al. Patterns of drinking in the UK Armed Forces. *Addiction* [Internet]. 2007 Nov 1 [cited 2019 Jun 21];102(11):1749–59. Available from: [doi.wiley.com](http://doi.wiley.com)

McManus S, Bebbington P, Jenkins R, Brugha T. Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014 [Internet]. Leeds; 2016. Available from: [content.digital.nhs.uk](http://content.digital.nhs.uk)

- **1 in 10 ex-service personnel has an issue with alcohol misuse, equivalent to 270,000 people**

*The Royal British Legion. A UK Household Survey of the Ex-Service Community [Internet]. 2014 [cited 2018 Jan 9]. Available from: [compasspartnership.co.uk](http://compasspartnership.co.uk)*

- **Ex-service personnel with problematic alcohol intake are less likely to seek medical advice, and more likely to avoid seeking help due to stigma or self-stigma**

*The Royal British Legion. A UK Household Survey of the Ex-Service Community [Internet]. 2014 [cited 2018 Jan 9]. Available from: [compasspartnership.co.uk](http://compasspartnership.co.uk)*

*Note: More information about veterans' reasons for not seeking help for alcohol-related issues can be found in*

*Kiernan MD, Osbourne A, McGill G, Jane Greaves P, Wilson G, Hill M. Are veterans different? Understanding veterans' help-seeking behaviour for alcohol problems. Health Soc Care Community [Internet]. 2018 Sep 1 [cited 2019 Jun 21];26(5):725–33. Available from: [doi.wiley.com](https://doi.wiley.com)*

- **Exposure to combat and traumatic events during service significantly increases the risk of violent offending**

*Macmanus D, Dean K, Jones M, Rona RJ, Greenberg N, Hull L, et al. Violent offending by UK military personnel deployed to Iraq and Afghanistan: a data linkage cohort study. Lancet [Internet]. 2013 [cited 2018 Jan 10];381:907–17. Available from: [thelancet.com](http://thelancet.com)*

*Macmanus D, Rona R, Dickson H, Somaini G, Fear N, Wessely S. Aggressive and Violent Behavior Among Military Personnel Deployed to Iraq and Afghanistan: Prevalence and Link With Deployment and Combat Exposure. 2015 [cited 2018 Jan 11]; Available from: [kcl.ac.uk](http://kcl.ac.uk)*

- **Ex-service personnel with mental health issues, particularly PTSD, often present with comorbid problems of anger and aggression**

*Turgoose D, Murphy D, Turgoose D, Murphy D. Anger and aggression in UK treatment-seeking veterans with PTSD. Healthcare [Internet]. 2018 Jul 21 [cited 2019 Jun 21];6(3):86. Available from: [mdpi.com](http://mdpi.com)*

- **While the UK armed forces does not tolerate domestic violence, 3.6% report family violence and 7.8% report stranger violence immediately following return from deployment**

*Kwan J, Jones M, Somaini G, Hull L, Wessely S, Fear NT, et al. Post-deployment family violence among UK military personnel. Psychol Med [Internet]. 2017 Dec 19 [cited 2018 Feb 5];1–11. Available from: [cambridge.org](http://cambridge.org)*

*Ministry of Defence. JSP 913: Tri-Service Policy on Domestic Abuse and Sexual Violence [Internet]. 2015 [cited 2019 Jun 21]. Available from: [assets.publishing.service.gov.uk](http://assets.publishing.service.gov.uk)*

*Ministry of Defence. No Defence for Abuse: Domestic Abuse Strategy 2018 - 2023 [Internet]. 2018 [cited 2019 Jun 21]. Available from: [assets.publishing.service.gov.uk](http://assets.publishing.service.gov.uk)*

- **Approximately 4% of the prison population in the UK are former members of the armed forces**  
*Ministry of Justice. Experimental Statistics: Ex-service personnel in the prison population, England and Wales [Internet]. 2019. Available from: [assets.publishing.service.gov.uk](https://assets.publishing.service.gov.uk)*
  
- **In 2015 it became a requirement for all prisons to ask whether new inmates have served in the armed forces**  
*Ministry of Justice. More support for veterans in the criminal justice system - GOV.UK [Internet]. 2014 [cited 2018 Feb 2]. Available from: [gov.uk](https://gov.uk)*
  
- **On arrival into prison, ex-service personnel were as likely as the general prisoner population to report problems around issues such as alcohol (17%) and mental health (15%)**  
*HM Inspectorate of Prisons. People in prison: Ex-service personnel [Internet]. 2014 [cited 2018 Jan 19]. Available from: [justiceinspectors.gov.uk](https://justiceinspectors.gov.uk)*
  
- **Ex-service personnel are more likely to report feeling depressed or suicidal on arrival into prison (18% compared to 14%)**  
*HM Inspectorate of Prisons. People in prison: Ex-service personnel [Internet]. 2014 [cited 2018 Jan 19]. Available from: [justiceinspectors.gov.uk](https://justiceinspectors.gov.uk)*
  
- **Compared to those who have not served, ex-service personnel in the criminal justice system are more likely to present with anxiety disorders and hazardous drinking patterns, and less likely to present with schizophrenia and substance misuse**  
*Short R, Dickson H, Greenberg N, MacManus D. Offending behaviour, health and wellbeing of military veterans in the criminal justice system. West JC, editor. PLoS One [Internet]. 2018 Nov 9 [cited 2019 Jun 21];13(11):e0207282. Available from: [dx.plos.org](https://dx.plos.org)*
  
- **The annual suicide rate for the UK armed forces is significantly lower than the UK general population**  
*Ministry of Defence. Suicides in the UK Regular Armed Forces: Annual Summary and Trends Over Time: 1 January 1984 to 31 December 2018 [Internet]. Bristol; 2019 [cited 2019 Jun 24]. Available from: [assets.publishing.service.gov.uk](https://assets.publishing.service.gov.uk)*
  
- **Male suicide rates over the last 20 years are:**
  - 10 per 100,000 in the Army
  - 8 per 100,000 in the Naval service
  - 5 per 100,000 in the RAF

Ministry of Defence. *Suicides in the UK Regular Armed Forces: Annual Summary and Trends Over Time: 1 January 1984 to 31 December 2018* [Internet]. Bristol; 2019 [cited 2019 Jun 24]. Available from: [assets.publishing.service.gov.uk](https://assets.publishing.service.gov.uk)

- **In 2017, the suicide rate among males aged 16–59 years in the UK armed forces was 9 per 100,000, compared to 19 per 100,000 in the UK general population**

Ministry of Defence. *Suicides in the UK Regular Armed Forces: Annual Summary and Trends Over Time: 1 January 1984 to 31 December 2018* [Internet]. Bristol; 2019 [cited 2019 Jun 24]. Available from: [assets.publishing.service.gov.uk](https://assets.publishing.service.gov.uk)

- **The risk of suicide for men aged 24 or younger who have left the armed forces is between two and three times higher than for men the same age who haven't served in the military**

Kapur N, While D, Blatchley N, Bray I, Harrison K. *Suicide after Leaving the UK Armed Forces –A Cohort Study* [Internet]. 2009 [cited 2018 Feb 22]. Available from: [eprints.uwe.ac.uk](https://eprints.uwe.ac.uk)

- **Suicide risk is associated with younger age at discharge, male gender, Army service, lower rank, not being married, and length of service of 4 years or less**

Kapur N, While D, Blatchley N, Bray I, Harrison K. *Suicide after Leaving the UK Armed Forces –A Cohort Study* [Internet]. 2009 [cited 2018 Feb 22]. Available from: [eprints.uwe.ac.uk](https://eprints.uwe.ac.uk)

Harden L, Murphy D. *Risk factors of suicidal ideation in a population of UK military veterans seeking support for mental health difficulties*. *J R Army Med Corps* [Internet]. 2018 Sep 1 [cited 2019 Jun 25];164(5):352–6. Available from: [jramc.bmj.com](https://jramc.bmj.com)

- **Ex-service personnel who identify as LGBT+ are more likely to have suicidal thoughts, and attempt suicide, than those who do not identify as LGBT+**

Mark KM, McNamara KA, Gribble R, Rhead R, Sharp M-L, Stevelink SAM, et al. *The health and well-being of LGBTQ serving and ex-serving personnel: a narrative review*. *Int Rev Psychiatry* [Internet]. 2019 Jan 2 [cited 2019 Jun 13];31(1):75–94. Available from: [tandfonline.com](https://tandfonline.com)

- **4.2% of serving personnel and 6.6% of ex-service personnel report ever having self-harmed, compared to 7.3% in the general population**

McManus S, Bebbington P, Jenkins R, Brugha T. *Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014* [Internet]. Leeds; 2016. Available from: [content.digital.nhs.uk](https://content.digital.nhs.uk)

Jones N, Sharp M-L, Phillips A, Stevelink SAM. *Suicidal Ideation, Suicidal Attempts, and Self-Harm in the UK Armed Forces*. *Suicide Life-Threatening Behav* [Internet]. 2019 [cited 2020 Jan 9];49:1762–79. Available from: [onlinelibrary.wiley.com](https://onlinelibrary.wiley.com)



- **Self-harm is more common in ex-service personnel, young people, women, LGBT+ community, prisoners, asylum seekers, and people who have experienced physical, emotional or sexual abuse**

*American Psychiatric Association. Diagnostic and Statistical Manual of Mental Disorders [Internet]. American Psychiatric Association; 2013 [cited 2018 Oct 15]. Available from: psychiatryonline.org*

- **Reported rates of self-harm in the UK armed forces remain low at 3.1 per 1000 personnel in 2017/18**

*Ministry of Defence. Deliberate Self Harm (DSH) in the UK Armed Forces 1 April 2010 – 31 March 2018 [Internet]. Bristol; 2019 [cited 2019 Jun 25]. Available from: assets.publishing.service.gov.uk*

- **Between 2010/11–2017/18, those at highest risk of self-harm in the UK forces were: Army personnel, females, non-officer ranks, personnel aged under 25 and untrained personnel**

*Ministry of Defence. Deliberate Self Harm (DSH) in the UK Armed Forces 1 April 2010 – 31 March 2018 [Internet]. Bristol; 2019 [cited 2019 Jun 25]. Available from: assets.publishing.service.gov.uk*

- **Between 2010/11 and 2017/18 there were more self-harm incidents in the Army than in the Navy or RAF**

*Ministry of Defence. Deliberate Self Harm (DSH) in the UK Armed Forces 1 April 2010 – 31 March 2018 [Internet]. Bristol; 2019 [cited 2019 Jun 25]. Available from: assets.publishing.service.gov.uk*

Note: As measured by tests of statistical significance, Army personnel had significantly higher rates of self-harm than the other Services in each of the eight years between 2010/11 and 2017/18. There was no significant difference in rates between Naval Service and RAF personnel over the same time period

*Ministry of Defence. Deliberate Self Harm (DSH) in the UK Armed Forces 1 April 2010 – 31 March 2018 [Internet]. Bristol; 2019 [cited 2019 Jun 25]. Available from: assets.publishing.service.gov.uk*

- **Risk factors for self-harm reflect those of the general population – they are not deployment related**

*Ministry of Defence. Deliberate Self Harm (DSH) in the UK Armed Forces 1 April 2010 – 31 March 2018 [Internet]. Bristol; 2019 [cited 2019 Jun 25]. Available from: assets.publishing.service.gov.uk*

*Hines LA, Jawahar K, Wessely S, Fear NT. Self-harm in the UK military [Internet]. Occupational Medicine. 2013 [cited 2018 Feb 6]. Available from: kcl.ac.uk*

- **Using alcohol or drugs increases the risk of self-harm**

*Moller CI, Tait RJ, Byrne DG. Deliberate self-harm, substance use, and negative affect in nonclinical samples: A systematic review. Subst Abus [Internet]. 2013 Apr [cited 2019 Jun 25];34(2):188–207. Available from: tandfonline.com*

Ness J, Hawton K, Bergen H, Cooper J, Steeg S, Kapur N, et al. Alcohol use and misuse, self-harm and subsequent mortality: an epidemiological and longitudinal study from the multicentre study of self-harm in England. *Emerg Med J [Internet]*. 2015 Oct [cited 2016 Dec 1];32(10):793–9. Available from: [ncbi.nlm.nih.gov](http://ncbi.nlm.nih.gov)

- **People who identify as LGBT+ are at increased risk of developing anxiety disorders**

Plöderl M, Tremblay P. Mental health of sexual minorities. A systematic review. *Int Rev Psychiatry [Internet]*. 2015 Sep 3 [cited 2019 Jun 13];27(5):367–85. Available from: [tandfonline.com](http://tandfonline.com)

Bouman WP, Claes L, Brewin N, Crawford JR, Millet N, Fernandez-Aranda F, et al. Transgender and anxiety: A comparative study between transgender people and the general population. *Int J Transgenderism [Internet]*. 2017 Jan 2 [cited 2019 Jun 13];18(1):16–26. Available from: [tandfonline.com](http://tandfonline.com)

- **The symptoms of adjustment disorder include: depressed mood, behaviour changes, outbursts of violence, anxiety, worry, feeling unable to cope, plan ahead, or continue in the present situation, and difficulty in day-to-day living**

Wilson S. *Synopsis of Causation Adjustment Disorder*. 2008 [cited 2018 Jan 30]; Available from: [gov.uk](http://gov.uk)

World Health Organization. *The ICD-10 Classification of Mental and Behavioural Disorders Diagnostic criteria for research [Internet]*. 1993 [cited 2017 Jun 1]. Available from: [who.int](http://who.int)

American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders [Internet]*. American Psychiatric Association; 2013 [cited 2018 Oct 15]. Available from: [psychiatryonline.org](http://psychiatryonline.org)

- **The symptoms of adjustment disorder arise gradually, within a month after a stressful event. They rarely lasts longer than six months**

Wilson S. *Synopsis of Causation Adjustment Disorder*. 2008 [cited 2018 Jan 30]; Available from: [gov.uk](http://gov.uk)

World Health Organization. *The ICD-10 Classification of Mental and Behavioural Disorders Diagnostic criteria for research [Internet]*. 1993 [cited 2017 Jun 1]. Available from: [who.int](http://who.int)

- **Adjustment disorders accounted for 30% of all mental disorders in the armed forces in 2018/19**

Ministry of Defence. *UK Armed Forces Mental Health: Annual Summary & Trends Over Time, 2007/08 - 2018/19 [Internet]*. Bristol; 2019 [cited 2019 Jun 21]. Available from: [assets.publishing.service.gov.uk](http://assets.publishing.service.gov.uk)

- **Rates of adjustment disorders in the UK armed forces were significantly higher than for all other mental disorders between 2007/8 and 2015/16**

*Ministry of Defence. UK Armed Forces Mental Health: Annual Summary & Trends Over Time, 2007/08 - 2018/19 [Internet]. Bristol; 2019 [cited 2019 Jun 21]. Available from: [assets.publishing.service.gov.uk](https://assets.publishing.service.gov.uk)*

- **Higher rates in the armed forces vs the general population may reflect the impact of service life with routine postings and operational tours**

*Ministry of Defence. UK Armed Forces Mental Health: Annual Summary & Trends Over Time, 2007/08 - 2018/19 [Internet]. Bristol; 2019 [cited 2019 Jun 21]. Available from: [assets.publishing.service.gov.uk](https://assets.publishing.service.gov.uk)*

- **In 2018/19, PTSD accounted for 7% of all mental disorders diagnosed in UK armed forces personnel, with the highest percentages in the Army and Royal Marines**

*Ministry of Defence. UK Armed Forces Mental Health: Annual Summary & Trends Over Time, 2007/08 - 2018/19 [Internet]. Bristol; 2019 [cited 2019 Jun 21]. Available from: [assets.publishing.service.gov.uk](https://assets.publishing.service.gov.uk)*

- **In 2018/19, PTSD risk increased by 170% for service personnel previously deployed to Iraq and/or Afghanistan**

*Ministry of Defence. UK Armed Forces Mental Health: Annual Summary & Trends Over Time, 2007/08 - 2018/19 [Internet]. Bristol; 2019 [cited 2019 Jun 21]. Available from: [assets.publishing.service.gov.uk](https://assets.publishing.service.gov.uk)*

- **Diagnosis of PTSD in the UK armed forces remained low at around 2 in 1000 personnel in 2018/19**

*Ministry of Defence. UK Armed Forces Mental Health: Annual Summary & Trends Over Time, 2007/08 - 2018/19 [Internet]. Bristol; 2019 [cited 2019 Jun 21]. Available from: [assets.publishing.service.gov.uk](https://assets.publishing.service.gov.uk)*

- **A study of 100 women caring for a partner with service-related PTSD found: 45% misused alcohol, 39% had depression, 37% had anxiety, and 17% showed symptoms of PTSD**

*Murphy D, Palmer E, Busuttill W. Mental health difficulties and help-seeking beliefs within a sample of female partners of UK veterans diagnosed with post-traumatic stress disorder. J Clin Med [Internet]. 2016 Aug 1 [cited 2019 Jun 25];5(8):68. Available from: [mdpi.com](https://mdpi.com)*

## Mental ill health in higher education students

- **34% of higher education students report having psychological difficulties for which they needed professional help**

*The Insight Network, Dig-In. University Student Mental Health Survey 2018 [Internet]. 2019. Available from: uploads-ssl.webflow.com*

- **In 2016/17, 95 higher education students died by suicide in England and Wales**

*Office for National Statistics. Estimating suicide among higher education students, England and Wales: Experimental Statistics [Internet]. 2018. Available from: ons.gov.uk*

Note: This number is based on a new report from the Office for National Statistics, which is developing new methods of identifying and reporting on suicide deaths in students enrolled in higher education institutions. In comparison to previous reports, this report uses stricter criteria to define who is a HE student. Current estimates of suicide deaths in HE students are therefore more accurate than previous reports. More information on trends over time can be found in:

*Office for National Statistics. Estimating suicide among higher education students, England and Wales: Experimental Statistics [Internet]. 2018. Available from: ons.gov.uk*

- **In 2015, female suicide rates increased in England to their highest levels since 2005**

*Office for National Statistics. Total number of deaths by suicide or undetermined intent for students aged 18 and above in England and Wales [Internet]. 2016. Available from: ons.gov.uk*

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## Depression

- **Depression is one of the leading causes of disability worldwide and a major contributor to suicide and coronary heart disease**

*Global Burden of Disease 2017 Disease and Injury Incidence and Prevalence Collaborators. Global, regional, and national incidence, prevalence, and years lived with disability for 354 diseases and injuries for 195 countries and territories, 1990-2017: A systematic analysis for the Global Burden of Disease Study 2017. Lancet [Internet]. 2018 Nov 10 [cited 2020 Jan 7];392(10159):1789–858. Available from: thelancet.com*

*Chesney E, Goodwin GM, Fazel S. Risks of all-cause and suicide mortality in mental disorders: a meta-review. World Psychiatry [Internet]. 2014 Jun 1 [cited 2017 Jul 10];13(2):153–60. Available from: doi.wiley.com*

*Correll CU, Solmi M, Veronese N, Bortolato B, Rosson S, Santonastaso P, et al. Prevalence, incidence and mortality from cardiovascular disease in patients with pooled and specific severe mental illness: a large-scale meta-analysis of 3,211,768 patients and 113,383,368 controls. World Psychiatry [Internet]. 2017 Jun 1 [cited 2018 Apr 24];16(2):163–80. Available from: doi.wiley.com*

- **24% of women and 13% of men in England are diagnosed with depression in their lifetime**  
 Craig R, Fuller E, Mindell J (Eds). *Health Survey for England 2014: Health, social care and lifestyles [Internet]*. 2015. Available from: [content.digital.nhs.uk](http://content.digital.nhs.uk)
- **Depression often co-occurs with other mental health issues**  
 McManus S, Bebbington P, Jenkins R, Brugha T. *Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014 [Internet]*. Leeds; 2016. Available from: [content.digital.nhs.uk](http://content.digital.nhs.uk)  
 Brent D, Maalouf F. *Depressive disorders in childhood and adolescence*. In: Thapar A, Pine DS, Leckman JF, Scott S, Snowling MJ, Taylor E, editors. *Rutter's Child and Adolescent Psychiatry [Internet]*. 6th Edition. Chichester, UK: John Wiley & Sons, Ltd; 2015 [cited 2019 Feb 15]. p. 874–92. Available from: [doi.wiley.com](https://doi.org/10.1002/9781118746731.ch47)  
 Cullen KR, Bortnova A. *Mood Disorders in Children and Adolescents*. In: Fatemi SH, Clayton P, editors. *The Medical Basis of Psychiatry [Internet]*. 4th Edition. New York, NY: Springer New York; 2016 [cited 2019 Feb 15]. p. 371–400. Available from: [link.springer.com](http://link.springer.com)
- **Depression occurs in 2.1% of young people aged 5-19**  
 Vizard T, Pearce N, Davis J, Sadler K, Ford T, Goodman R, et al. *Mental Health of Children and Young People in England, 2017: Emotional disorders [Internet]*. 2018 [cited 2019 Jan 7]. Available from: [digital.nhs.uk](http://digital.nhs.uk)
- **In 2017, 0.3% of 5-10 year old children met clinical criteria for depression, as did 2.7% of 11-16 year olds and 4.8% of 17-19 year olds**  
 Vizard T, Pearce N, Davis J, Sadler K, Ford T, Goodman R, et al. *Mental Health of Children and Young People in England, 2017: Emotional disorders [Internet]*. 2018 [cited 2019 Jan 7]. Available from: [digital.nhs.uk](http://digital.nhs.uk)
- **Major depression is more common in females than in males**  
 Vizard T, Pearce N, Davis J, Sadler K, Ford T, Goodman R, et al. *Mental Health of Children and Young People in England, 2017: Emotional disorders [Internet]*. 2018 [cited 2019 Jan 7]. Available from: [digital.nhs.uk](http://digital.nhs.uk)
- **Up to 90% of children and young people recover from depression within the first year**  
 Thapar A, Collishaw S, Pine DS, Thapar AK. *Depression in adolescence*. *Lancet [Internet]*. 2012 Mar 17 [cited 2019 Feb 15];379(9820):1056–67. Available from: [ncbi.nlm.nih.gov](http://ncbi.nlm.nih.gov)

## Anxiety

- **There were 8.2 million cases of anxiety in the UK in 2013**

*Fineberg NA, Haddad PM, Carpenter L, Gannon B, Sharpe R, Young AH, et al. The size, burden and cost of disorders of the brain in the UK. J Psychopharmacol [Internet]. 2013 Sep [cited 2016 Dec 2];27(9):761–70. Available from: ncbi.nlm.nih.gov*
  - **Women are twice as likely to be diagnosed with anxiety**

*Walters K, Rait G, Griffin M, Buszewicz M, Nazareth I, Kessler R, et al. Recent Trends in the Incidence of Anxiety Diagnoses and Symptoms in Primary Care. Andersson G, editor. PLoS One [Internet]. 2012 Aug 3 [cited 2016 Dec 2];7(8):e41670. Available from: dx.plos.org*

*Remes O, Brayne C, van der Linde R, Lafortune L. A systematic review of reviews on the prevalence of anxiety disorders in adult populations [Internet]. Vol. 6, Brain and Behavior. 2016 [cited 2016 Dec 2]. p. e00497. Available from: doi.wiley.com*
  - **7.2% of 5-19 year olds experience an anxiety condition**

*Vizard T, Pearce N, Davis J, Sadler K, Ford T, Goodman R, et al. Mental Health of Children and Young People in England, 2017: Emotional disorders [Internet]. 2018 [cited 2019 Jan 7]. Available from: digital.nhs.uk*
  - **In 2017, 3.9% of 5-10 year old children had an anxiety disorder, as did 7.5% of 11-16 year olds and 13.1% of 17-19 year olds**

*Vizard T, Pearce N, Davis J, Sadler K, Ford T, Goodman R, et al. Mental Health of Children and Young People in England, 2017: Emotional disorders [Internet]. 2018 [cited 2019 Jan 7]. Available from: digital.nhs.uk*
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## Suicide

- **Among the general population 20.6% of people have had suicidal thoughts at some time, 6.7% have attempted suicide and 7.3% have engaged in self-harm**

*McManus S, Bebbington P, Jenkins R, Brugha T. Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014 [Internet]. Leeds; 2016. Available from: content.digital.nhs.uk*
- **26.8% of people aged 16-24 report having had suicidal thoughts in their lifetime, a higher percentage than any other age group**

*McManus S, Bebbington P, Jenkins R, Brugha T. Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014 [Internet]. Leeds; 2016. Available from: content.digital.nhs.uk*

- **34.6% of females and 19.3% of males aged 16-24 have had thoughts of suicide in their lifetime**

*McManus S, Bebbington P, Jenkins R, Brugha T. Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014 [Internet]. Leeds; 2016. Available from: [content.digital.nhs.uk](http://content.digital.nhs.uk)*

- **9% of 16-24 year olds have attempted suicide in their lifetime – 5.4% of men, and 12.7% of women**

*McManus S, Bebbington P, Jenkins R, Brugha T. Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014 [Internet]. Leeds; 2016. Available from: [content.digital.nhs.uk](http://content.digital.nhs.uk)*

- **In 2018 there were 6,154 suicides in Great Britain. This means more than 16 people per day took their life. It is estimated that 10-25 times that number attempted suicide**

*Office for National Statistics. Suicides in the UK: 2018 registrations [Internet]. 2019. [cited 2020 Jan 6] Available from: [ons.gov.uk](http://ons.gov.uk)*

*World Health Organization. Preventing Suicide: A Global Imperative [Internet]. 2014. Available from: [apps.who.int](http://apps.who.int)*

Note 1: These statistics refer specifically to Great Britain. The figures were calculated using data from supplementary tables released as part of the ONS' Suicides in the UK: 2018 registrations report and adding together the 2018 suicide figures from England, Scotland and Wales.

Note 2: 2018 saw a change in the standard of proof used by coroners in England and Wales around ruling deaths as suicides. In England and Wales, all deaths caused by suicide are certified by a coroner. In July 2018, the standard of proof used by coroners to determine whether a death was caused by suicide was lowered to the "civil standard" (i.e., balance of probabilities), where previously a "criminal standard" was applied (i.e., beyond all reasonable doubt). The change does not affect Northern Ireland or Scotland. It is likely that lowering the standard of proof will result in an increased number of deaths recorded as suicide. It is not yet possible to establish whether the higher number of recorded suicide deaths are a result of this change. Further information is available from

*Office for National Statistics. Suicides in the UK: 2018 registrations [Internet]. 2019. [cited 2020 Jan 6] Available from: [ons.gov.uk](http://ons.gov.uk)*

- **In 2016/17, 95 higher education students died by suicide in England and Wales**

*Office for National Statistics. Estimating suicide among higher education students, England and Wales: Experimental Statistics [Internet]. 2018. Available from: [ons.gov.uk](http://ons.gov.uk)*

Note: This number is based on a new report from the Office for National Statistics, which is developing new methods of identifying and reporting on suicide deaths in students enrolled in higher education institutions. In comparison to previous reports, this report uses stricter criteria to define who is a HE student. Current estimates of suicide deaths in HE students are therefore more accurate than previous reports. More information on trends over time can be found in

Office for National Statistics. *Estimating suicide among higher education students, England and Wales: Experimental Statistics* [Internet]. 2018. Available from: [ons.gov.uk](https://ons.gov.uk)

- **In 2017, 682 people aged 10-29 died by suicide in England and Wales**

Office for National Statistics. *Suicides in the UK: 2018 registrations* [Internet]. 2019. [cited 2020 Jan 6] Available from: [ons.gov.uk](https://ons.gov.uk)
- **In GB, 1,784 people died in road traffic accidents in 2018**

Department for Transport. *Reported road casualties in Great Britain: 2018 annual report* [Internet]. 2019. Available from: [assets.publishing.service.gov.uk](https://assets.publishing.service.gov.uk)
- **More females attempt suicide than males**

Craig R, Fuller E, Mindell J (Eds). *Health Survey for England 2014: Health, social care and lifestyles* [Internet]. 2015.
- **More men die by suicide: 75% male and 25% female**

Office for National Statistics. *Suicides in the UK: 2018 registrations* [Internet]. 2019. [cited 2020 Jan 6] Available from: [ons.gov.uk](https://ons.gov.uk)
- **Suicide is the most common cause of death for those aged 10-19**

Public Health England. *Health profile for England: 2019* [Internet]. 2019. Available from: [gov.uk](https://gov.uk)
- **In 2015, female suicide rates increased in England to their highest levels since 2005**

Office for National Statistics. *Suicides in the United Kingdom: 2015 registrations* [Internet]. 2016. Available from: [ons.gov.uk](https://ons.gov.uk)
- **80-90% of people who attempt/die by suicide have a mental health condition, but not all are diagnosed**

Arsenault-Lapierre G, Kim C, Turecki G. *Psychiatric diagnoses in 3275 suicides: a meta-analysis. BMC Psychiatry* [Internet]. 2004 Nov 4 [cited 2016 Dec 1];4:37. Available from: [ncbi.nlm.nih.gov](https://ncbi.nlm.nih.gov)

Cho S-E, Na K-S, Cho S-J, Im J-S, Kang S-G. *Geographical and temporal variations in the prevalence of mental disorders in suicide: Systematic review and meta-analysis. J Affect Disord* [Internet]. 2016 Jan 15 [cited 2018 May 9];190:704–13. Available from: [ncbi.nlm.nih.gov](https://ncbi.nlm.nih.gov)

Note: The best and most recently available evidence suggests that the figure is 80.8% overall (10). This research notes that this figure can vary. This depends on factors such as where the studies were conducted, which mental health conditions were examined, and how recently the study was published. Older studies tend to report higher figures, e.g. Arsenault-Lapierre and colleagues published research in 2004 which reports a figure of 87.3% (9). These studies are reviews of ‘psychological autopsy studies’ of



suicide completers. The psychological autopsy method makes use of interviews with family members, medical records, and other relevant documents to assess whether the suicide completer had a mental health condition. Older studies estimated mood disorders were present in 30-90% of suicide cases

Isometsä ET. *Psychological autopsy studies—a review*. *Eur Psychiatry* [Internet]. 2001 Nov [cited 2016 Dec 1];16(7):379–85. Available from: [ncbi.nlm.nih.gov](http://ncbi.nlm.nih.gov)

- **28% of people who complete suicide have been in contact with mental health services in the year before death**

Appleby L, Kapur N, Shaw J, Hunt IM, Ibrahim S, Gianatsi M, et al. *National Confidential Inquiry into Suicide and Homicide by People with Mental Illness. Annual report: England, Northern Ireland, Scotland and Wales*. [Internet]. 2017 [cited 2017 Dec 5]. Available from: [research.bmh.manchester.ac.uk](http://research.bmh.manchester.ac.uk)

- **43% of people aged under 20 are not in contact with health care, social care or justice services at any time before their death by suicide**

Rodway C, Tham SG, Ibrahim S, Turnbull P, Windfuhr K, Shaw J, et al. *Suicide in children and young people in England: a consecutive case series*. *The Lancet Psychiatry* [Internet]. 2016 Aug 1 [cited 2020 Jan 15];3(8):751–9. Available from: [sciencedirect.com](http://sciencedirect.com)

- **ChildLine counselling about suicidal thoughts and feelings reached the highest ever levels with 24,549 sessions in 2017/18**

NSPCC, Childline. *The Courage to Talk: Childline annual review 2017/18* [Internet]. 2018 [cited 2019 Feb 15]. Available from: [learning.nspcc.org.uk](http://learning.nspcc.org.uk)

- **Drug and alcohol misuse increase the risk of suicide attempts and completions**

Hawton K, Casañas I Comabella C, Haw C, Saunders K. *Risk factors for suicide in individuals with depression: a systematic review*. *J Affect Disord* [Internet]. 2013 May [cited 2016 Dec 1];147(1–3):17–28. Available from: [ncbi.nlm.nih.gov](http://ncbi.nlm.nih.gov)

Darvishi N, Farhadi M, Haghtalab T, Poorolajal J. *Alcohol-Related Risk of Suicidal Ideation, Suicide Attempt, and Completed Suicide: A Meta-Analysis*. Voracek M, editor. *PLoS One* [Internet]. 2015 May 20 [cited 2018 May 9];10(5):e0126870. Available from: [dx.plos.org](http://dx.plos.org)

Poorolajal J, Haghtalab T, Farhadi M, Darvishi N. *Substance use disorder and risk of suicidal ideation, suicide attempt and suicide death: a meta-analysis*. *J Public Health (Bangkok)* [Internet]. 2016 Sep 17 [cited 2018 May 9];38(3):e282–91. Available from: [academic.oup.com](http://academic.oup.com)

Conner KR, Bridge JA, Davidson DJ, Pilcher C, Brent DA. *Metaanalysis of Mood and Substance Use Disorders in Proximal Risk for Suicide Deaths*. *Suicide Life-Threatening Behav* [Internet]. 2019 Feb [cited 2020 Jan 7];49(1):278–92. Available from: [doi.wiley.com](http://doi.wiley.com)

## Self-harm

- **The UK has one of the highest self-harm rates in Europe**

Hawton K, Bergen H, Casey D, Simkin S, Palmer B, Cooper J, et al. Self-harm in England: a tale of three cities. Multicentre study of self-harm. *Soc Psychiatry Psychiatr Epidemiol* [Internet]. 2007 Jul [cited 2016 Dec 2];42(7):513–21. Available from: [ncbi.nlm.nih.gov](http://ncbi.nlm.nih.gov)

Schmidtke A, Bille-Brahe U, Deleo D, Kerkhof A, Bjerke T, Crepaf P, et al. Attempted suicide in Europe: rates, trends and sociodemographic characteristics of suicide attempters during the period 1989-1992. Results of the WHO/EURO Multicentre Study on Parasuicide. *Acta Psychiatr Scand* [Internet]. 1996 May 1 [cited 2018 Apr 24];93(5):327–38. Available from: [doi.wiley.com](http://doi.wiley.com)

Geulayov G, Kapur N, Turnbull P, Clements C, Waters K, Ness J, et al. Epidemiology and trends in non-fatal self-harm in three centres in England, 2000-2012: findings from the Multicentre Study of Self-harm in England. *BMJ Open* [Internet]. 2016 Apr 29 [cited 2018 Apr 24];6(4):e010538. Available from: [ncbi.nlm.nih.gov](http://ncbi.nlm.nih.gov)

- **Self-harm is more common in veterans, young people, women, LGBT+, prisoners, asylum seekers, and those who've been abused**

Royal College of Psychiatrists. *Self-harm, suicide and risk: helping people who self-harm* [Internet]. 2010. Available from: [rcpsych.ac.uk](http://rcpsych.ac.uk)

- **Self-harming behaviours can begin at any age, but commonly start between ages 13 and 15**

Morey Y, Mellon D, Dailami N, Verne J, Tapp A. Adolescent self-harm in the community: an update on prevalence using a self-report survey of adolescents aged 13–18 in England. *J Public Health (Bangkok)* [Internet]. 2017 Mar 1 [cited 2019 Feb 14];39(1):58–64. Available from: [academic.oup.com](http://academic.oup.com)

- **About 18% of students aged 12-17 report self-harming at some point in their life. Self-harming is 2-3 times more common females**

Geulayov G, Casey D, McDonald KC, Foster P, Pritchard K, Wells C, et al. Incidence of suicide, hospital-presenting non-fatal self-harm, and community-occurring non-fatal self-harm in adolescents in England (the iceberg model of self-harm): a retrospective study. *The Lancet Psychiatry*. 2018 Feb 1;5(2):167–74

- **25.7% of women and 9.7% of men aged 16-24 report having self-harmed at some point in their life**

McManus S, Bebbington P, Jenkins R, Brugha T. *Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014* [Internet]. Leeds; 2016. Available from: [content.digital.nhs.uk](http://content.digital.nhs.uk)

- **18,778 children and young people were admitted to hospital for self-harm in England and Wales in 2015/16, a 14% rise from 2013/14**

NSPCC. Rise in children hospitalised for self-harm as thousands contact Childline | NSPCC [Internet]. 2016 [cited 2017 Jul 14]. Available from: [nspcc.org.uk](http://nspcc.org.uk)

- **In 2018/19, ChildLine provided 13,406 counselling sessions about self-harm across the UK**

NSPCC, Childline. Childline annual review 2018/19 [Internet]. Available from: [learning.nspcc.org.uk](http://learning.nspcc.org.uk)

- **People who self-harm are approximately 49 times more likely to die by suicide**

Hawton K, Bergen H, Cooper J, Turnbull P, Waters K, Ness J, et al. Suicide following self-harm: findings from the Multicentre Study of Self-Harm in England, 2000-2012. *J Affect Disord* [Internet]. 2015 Apr 1 [cited 2018 Apr 24];175:147–51. Available from: [ncbi.nlm.nih.gov](http://ncbi.nlm.nih.gov)

Note 1: Further information on suicide risk following self-harm can be found in:

Geulayov G, Casey D, Bale L, Brand F, Clements C, Farooq B, et al. Suicide following presentation to hospital for non-fatal self-harm in the Multicentre Study of Self-harm: a long-term follow-up study. *The Lancet Psychiatry* [Internet]. 2019 Dec 1 [cited 2020 Jan 7];6(12):1021–30. Available from: [thelancet.com](http://thelancet.com)

Carr MJ, Ashcroft DM, Kontopantelis E, While D, Awenat Y, Cooper J, et al. Premature death among primary care patients with a history of self-harm. *Ann Fam Med* [Internet]. 2017 May 1 [cited 2020 Jan 7];15(3):246–54. Available from: [annfammed.org](http://annfammed.org)

Note 2: Information on suicide risk following self-harm in children and young people can be found in:

Castellví P, Lucas-Romero E, Miranda-Mendizábal A, Parés-Badell O, Almenara J, Alonso I, et al. Longitudinal association between self-injurious thoughts and behaviors and suicidal behavior in adolescents and young adults: A systematic review with meta-analysis [Internet]. Vol. 215, *Journal of Affective Disorders*. Elsevier B.V.; 2017 [cited 2020 Jan 15]. p. 37–48. Available from: [sciencedirect.com](http://sciencedirect.com)

Hawton K, Bale L, Brand F, Townsend E, Ness J, Waters K, et al. Mortality in children and adolescents following presentation to hospital after non-fatal self-harm in the Multicentre Study of Self-harm: a prospective observational cohort study. *Lancet Child Adolesc Heal* [Internet]. 2020 Jan [cited 2020 Jan 15]; Available from: [linkinghub.elsevier.com](http://linkinghub.elsevier.com)

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## Eating disorders

- **6.4% of people in England have experienced symptoms of an ED**

McManus S, Meltzer H, Brugha T, Bebbington P, Jenkins R. Adult psychiatric morbidity in England, 2007. Results of a household survey [Internet]. 2009. Available from: [content.digital.nhs.uk](http://content.digital.nhs.uk)

- **About 25% of those experiencing ED symptoms are male**

Sweeting H, Walker L, MacLean A, Patterson C, Räisänen U, Hunt K. Prevalence of eating disorders in males: a review of rates reported in academic research and UK mass

media. *Int J Mens Health* [Internet]. 2015 [cited 2016 Dec 2];14(2). Available from: [ncbi.nlm.nih.gov](http://ncbi.nlm.nih.gov)

- **The peak age of onset for an eating disorder diagnosis is between 16 and 20 years**

Wood S, Marchant A, Allsopp M, Wilkinson K, Bethel J, Jones H, et al. *Epidemiology of eating disorders in primary care in children and young people: A Clinical Practice Research Datalink study in England*. *BMJ Open* [Internet]. 2019 Jul 1 [cited 2020 Jan 7];9(8). Available from: [bmjopen.bmj.com](http://bmjopen.bmj.com)

- **Up to 725,000 people in the UK have an eating disorder**

Beat. *The costs of eating disorders: Social, health and economic impact* [Internet]. 2015. Available from: [beateatingdisorders.org.uk](http://beateatingdisorders.org.uk)

Note: 13.1% of 16-24 year olds have experienced symptoms of an eating disorder in the past year

McManus S, Meltzer H, Brugha T, Bebbington P, Jenkins R. *Adult psychiatric morbidity in England, 2007. Results of a household survey* [Internet]. 2009. Available from: [content.digital.nhs.uk](http://content.digital.nhs.uk)

- **0.4% of 5-19 year olds experience symptoms of an eating disorder**

Marcheselli F, McManus S, Sadler K, Vizard T, Ford T, Goodman A, et al. *Mental Health of Children and Young People in England, 2017: Autism spectrum, eating and other less common disorders* [Internet]. 2018 [cited 2019 Jan 7]. Available from: [digital.nhs.uk](http://digital.nhs.uk)

- **Hospital Episode Statistics data shows 2,703 people were admitted to hospital for an eating disorder in 2015/16, an 8% drop from the previous 12 months. 91% were female**

Health and Social Care Information Centre. *Hospital Episode Statistics: Provisional monthly topic of interest: Eating disorders* [Internet]. 2016 [cited 2017 Jul 17]. Available from: [content.digital.nhs.uk](http://content.digital.nhs.uk)

- **The most common age of hospital admission for an eating disorder was 15 years for both females and males**

Health and Social Care Information Centre. *Hospital Episode Statistics: Provisional monthly topic of interest: Eating disorders* [Internet]. 2016 [cited 2017 Jul 17]. Available from: [content.digital.nhs.uk](http://content.digital.nhs.uk)

- **Anorexia often co-occurs with other mental and physical health issues**

Zipfel S, Giel KE, Bulik CM, Hay P, Schmidt U. *Anorexia nervosa: aetiology, assessment, and treatment*. *The Lancet Psychiatry* [Internet]. 2015 Dec 1 [cited 2019 Feb 15];2(12):1099–111. Available from: [linkinghub.elsevier.com](http://linkinghub.elsevier.com)

- **The average age of onset for anorexia is 16 years**  
Crow SJ, Eckert ED. *Anorexia Nervosa and Bulimia Nervosa*. In: Fatemi SH, Clayton P, editors. *The Medical Basis of Psychiatry* [Internet]. 4th Edition. New York, NY: Springer New York; 2016 [cited 2019 Feb 15]. p. 211–28. Available from: [link.springer.com](http://link.springer.com)
- **About 50% of patients with anorexia fully recover, about 30% improve and about 20% stay chronically ill**  
Crow SJ, Eckert ED. *Anorexia Nervosa and Bulimia Nervosa*. In: Fatemi SH, Clayton P, editors. *The Medical Basis of Psychiatry* [Internet]. 4th Edition. New York, NY: Springer New York; 2016 [cited 2019 Feb 15]. p. 211–28. Available from: [link.springer.com](http://link.springer.com)  
Steinhausen H-C. *The outcome of anorexia nervosa in the 20th century*. *Am J Psychiatry* [Internet]. 2002 Aug 1 [cited 2019 Feb 15];159(8):1284–93. Available from: [psychiatryonline.org](http://psychiatryonline.org)
- **0.8% of people in the UK meet criteria for bulimia**  
Solmi F, Hotopf M, Hatch SL, Treasure J, Micali N. *Eating disorders in a multi-ethnic inner-city UK sample: prevalence, comorbidity and service use*. *Soc Psychiatry Psychiatr Epidemiol* [Internet]. 2016 Mar 2 [cited 2019 Feb 15];51(3):369–81. Available from: [link.springer.com](http://link.springer.com)
- **Bulimia is most commonly diagnosed in females aged 16-20**  
Wood S, Marchant A, Allsopp M, Wilkinson K, Bethel J, Jones H, et al. *Epidemiology of eating disorders in primary care in children and young people: A Clinical Practice Research Datalink study in England*. *BMJ Open* [Internet]. 2019 Jul 1 [cited 2020 Jan 7];9(8). Available from: [bmjopen.bmj.com](http://bmjopen.bmj.com)  
American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders* [Internet]. American Psychiatric Association; 2013 [cited 2018 Oct 15]. Available from: [psychiatryonline.org](http://psychiatryonline.org)  
National Institute for Health and Care Excellence (NICE). *Eating disorders: recognition and treatment*. *NICE Guideline NG69* [Internet]. 2017 [cited 2017 May 23]. Available from: [nice.org.uk](http://nice.org.uk)
- **Bulimia is most commonly diagnosed in females aged 16-20**  
Wood S, Marchant A, Allsopp M, Wilkinson K, Bethel J, Jones H, et al. *Epidemiology of eating disorders in primary care in children and young people: A Clinical Practice Research Datalink study in England*. *BMJ Open* [Internet]. 2019 Jul 1 [cited 2020 Jan 7];9(8). Available from: [bmjopen.bmj.com](http://bmjopen.bmj.com)
- **45% of people with bulimia recover fully, 27% improve, 23% stay chronically ill**  
Steinhausen H-C, Weber S. *The outcome of bulimia nervosa: findings From one-quarter century of research*. *Am J Psychiatry* [Internet]. 2009 Dec 1 [cited 2017 Jul 19];166(12):1331–41. Available from: [psychiatryonline.org](http://psychiatryonline.org)

- **Binge eating disorders is more common than anorexia or bulimia: 3.6% of people in the UK meet criteria for binge eating disorder**

*Solmi F, Hotopf M, Hatch SL, Treasure J, Micali N. Eating disorders in a multi-ethnic inner-city UK sample: prevalence, comorbidity and service use. Soc Psychiatry Psychiatr Epidemiol [Internet]. 2016 Mar 2 [cited 2019 Feb 15];51(3):369–81. Available from: link.springer.com*

- **People with eating disorders are at high risk of premature death and suicide**

*Chesney E, Goodwin GM, Fazel S. Risks of all-cause and suicide mortality in mental disorders: a meta-review. World Psychiatry [Internet]. 2014 Jun 1 [cited 2017 Jul 10];13(2):153–60. Available from: doi.wiley.com*

## Psychosis and schizophrenia

- **6% of the population say they have experienced at least one symptom of psychosis**

*McManus S, Bebbington P, Jenkins R, Brugha T. Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014 [Internet]. Leeds; 2016. Available from: content.digital.nhs.uk*

- **Research suggests that 9.8% of children and young people have experienced symptoms of psychosis**

*Healy C, Brannigan R, Dooley N, Coughlan H, Clarke M, Kelleher I, et al. Childhood and adolescent psychotic experiences and risk of mental disorder: A systematic review and meta-analysis [Internet]. Vol. 49, Psychological Medicine. Cambridge University Press; 2019 [cited 2020 Jan 7]. p. 1589–99. Available from: cambridge.org*

- **Psychosis usually first emerges in young people between the ages of 15 and 30**

*Drake RJ, Addington J, Viswanathan AC, Lewis SW, Cotter J, Yung AR, et al. How age and gender predict illness course in a first-episode nonaffective psychosis cohort. J Clin Psychiatry [Internet]. 2016 [cited 2019 Feb 14];77(3):e283-9. Available from: europepmc.org*

- **Males have a higher risk of developing schizophrenia during their lifetime**

*van der Werf M, Hanssen M, Köhler S, Verkaaik M, Verhey FR, RISE Investigators, et al. Systematic review and collaborative recalculation of 133 693 incident cases of schizophrenia. Psychol Med [Internet]. 2014 [cited 2018 Apr 24];44(1):9–16. Available from: cambridge.org*

- **Age of onset is lower in men**

*Drake RJ, Addington J, Viswanathan AC, Lewis SW, Cotter J, Yung AR, et al. How age and gender predict illness course in a first-episode nonaffective psychosis cohort. J Clin*

Psychiatry [Internet]. 2016 [cited 2019 Feb 14];77(3):e283-9. Available from: [europepmc.org](http://europepmc.org)

Riecher-Rössler A, Butler S, Kulkarni J. Sex and gender differences in schizophrenic psychoses - a critical review. Arch Womens Ment Health [Internet]. 2018 Dec 16 [cited 2019 Feb 15];21(6):627–48. Available from: [link.springer.com](http://link.springer.com)

Eranti S V., MacCabe JH, Bundy H, Murray RM. Gender difference in age at onset of schizophrenia: a meta-analysis. Psychol Med [Internet]. 2013 Jan 8 [cited 2016 Dec 2];43(01):155–67. Available from: [ncbi.nlm.nih.gov](http://ncbi.nlm.nih.gov)

Miettunen J, Immonen J, McGrath JJ, Isohanni M, Jääskeläinen E. The Age of Onset of Schizophrenia Spectrum Disorders. In: de Girolamo G, McGorry PD, Sartorius N, editors. Age of Onset of Mental Disorders [Internet]. Springer International Publishing; 2019 [cited 2020 Jan 9]. p. 55–73. Available from: [link.springer.com](http://link.springer.com)

- **Schizophrenia affects less than 1 in 100 people during their lifetime**

Kirkbride J, Errazuriz A, Croudace T, Morgan C, Jackson D, McCrone P, et al. Systematic Review of the Incidence and Prevalence of Schizophrenia and Other Psychoses in England. [Internet]. 2012. Available from: [psychiatry.cam.ac.uk](http://psychiatry.cam.ac.uk)

Simeone JC, Ward AJ, Rotella P, Collins J, Windisch R. An evaluation of variation in published estimates of schizophrenia prevalence from 1990–2013: a systematic literature review. BMC Psychiatry [Internet]. 2015 Dec 12 [cited 2018 Apr 24];15(1):193. Available from: [bmcp psychiatry.biomedcentral.com](http://bmcp psychiatry.biomedcentral.com)

Moreno-Küstner B, Martín C, Pastor L. Prevalence of psychotic disorders and its association with methodological issues. A systematic review and meta-analyses. McKenna PJ, editor. PLoS One [Internet]. 2018 Apr 12 [cited 2019 Sep 7];13(4):e0195687. Available from: [journals.plos.org](http://journals.plos.org)

- **38% of people recover after a first episode of psychosis, and symptoms improve for 58% of people**

Lally J, Ajnakina O, Stubbs B, Cullinane M, Murphy KC, Gaughran F, et al. Remission and recovery from first-episode psychosis in adults: systematic review and meta-analysis of long-term outcome studies. Br J Psychiatry [Internet]. 2017 Dec 2 [cited 2019 Feb 15];211(06):350–8. Available from: [cambridge.org](http://cambridge.org)

Note: This research reviewed rates of remission and recovery for people with first episode psychosis in 79 studies from around the world. It found that 58% of patients with first episode psychosis met criteria for remission (i.e. symptom improvement) over an average of 5.5 years, and 38% met criteria for recovery over an average of 7.2 years

- **21st Century improvements in early intervention and treatment methods, and newer medicines, mean better recovery rates for psychosis and schizophrenia. 10 years after diagnosis:**

- **25% recovered completely from their first episode**
- **25% improved with treatment, recovery of (almost) all previous functioning and had very few relapse events**
- **25% improved, needed significant support to function normally and to get through relapse events**

- **15% led a chronic course with little or no improvement and repeated hospital stays over a prolonged part of adult life**
- **10% died, usually as a result of suicide**

Torrey EF. *Surviving Schizophrenia: A Family Manual*. 6th ed. New York: Harper Perennial; 2013. p. 102

- **Recovery is more likely if psychotic episodes are treated early**

Santesteban-Echarri O, Paino M, Rice S, González-Blanch C, McGorry P, Gleeson J, et al. Predictors of functional recovery in first-episode psychosis: A systematic review and meta-analysis of longitudinal studies. *Clin Psychol Rev [Internet]*. 2017 Dec 1 [cited 2019 Feb 15];58:59–75. Available from: [sciencedirect.com](http://sciencedirect.com)

## Bipolar disorder

- **Around 2% of the population have experienced symptoms of bipolar disorder**

McManus S, Bebbington P, Jenkins R, Brugha T. *Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014 [Internet]*. Leeds; 2016. Available from: [content.digital.nhs.uk](http://content.digital.nhs.uk)

Merikangas KR, Paksarian D. Update on Epidemiology, Risk Factors, and Correlates of Bipolar Spectrum Disorder. In: *The Bipolar Book [Internet]*. Oxford University Press; 2015 [cited 2016 Dec 2]. p. 21–34. Available from: [oxfordmedicine.com](http://oxfordmedicine.com)

Smith DJ, Nicholl BI, Cullen B, Martin D, Ul-Haq Z, Evans J, et al. Prevalence and Characteristics of Probable Major Depression and Bipolar Disorder within UK Biobank: Cross-Sectional Study of 172,751 Participants. Potash JB, editor. *PLoS One [Internet]*. 2013 Nov 25 [cited 2016 Dec 2];8(11):e75362. Available from: [ncbi.nlm.nih.gov](http://ncbi.nlm.nih.gov)

- **Bipolar disorder affects men and women affected equally**

McManus S, Bebbington P, Jenkins R, Brugha T. *Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014 [Internet]*. Leeds; 2016. Available from: [content.digital.nhs.uk](http://content.digital.nhs.uk)

- **Bipolar disorder often starts between adolescence and mid-30s**

Dagani J, Baldessarini RJ, Signorini G, Nielszen O, de Girolamo G, Large M. The Age of Onset of Bipolar Disorders. In: de Girolamo G, McGorry PD, Sartorius N, editors. *Age of Onset of Mental Disorders [Internet]*. Springer International Publishing; 2019 [cited 2020 Jan 9]. p. 75–110. Available from: [link.springer.com](http://link.springer.com)

Bellivier F, Etain B, Malafosse A, Henry C, Kahn J-P, Elgrabli-Wajsbrot O, et al. Age at onset in bipolar I affective disorder in the USA and Europe. *World J Biol Psychiatry [Internet]*. 2014 Jul 21 [cited 2018 Jul 2]; 15(5):369–76. Available from: [tandfonline.com](http://tandfonline.com)



- **It can take around 6 years to receive a correct diagnosis of bipolar disorder**

National Institute for Health and Care Excellence (NICE). *Bipolar disorder in adults | Guidance and guidelines | Quality standard [QS95] [Internet]*. NICE; 2015 [cited 2018 Jul 2]. Available from: nice.org.uk

Dagani J, Signorini G, Nielssen O, Bani M, Pastore A, Girolamo G de, et al. *Meta-analysis of the interval between the onset and management of bipolar disorder*. *Can J Psychiatry [Internet]*. 2017 Apr 26 [cited 2018 Jul 2];62(4):247–58. Available from: journals.sagepub.com

## Personality disorders

- **Between 4% and 15% of people meet the diagnostic criteria for personality disorder**

Tyrer P, Reed GM, Crawford MJ, Heath D of, Kagan J, Prichard J, et al. *Classification, assessment, prevalence, and effect of personality disorder*. *Lancet (London, England) [Internet]*. 2015 Feb 21 [cited 2016 Dec 2];385(9969):717–26. Available from: ncbi.nlm.nih.gov

McManus S, Bebbington P, Jenkins R, Brugha T. *Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014 [Internet]*. Leeds; 2016. Available from: content.digital.nhs.uk

## Alcohol, drugs and mental health

- **30-50% of people with a severe mental illness also have problems with substance use**

Hall W, Degenhardt L, Teesson M. Reprint of "Understanding comorbidity between substance use, anxiety and affective disorders: Broadening the research base." *Addict Behav [Internet]*. 2009 [cited 2016 Dec 1]; 34(10):795–9. Available from: ncbi.nlm.nih.gov

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- **Substantial numbers of people in contact with substance misuse services have mental illness**

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- **Drug and alcohol misuse increase the risk of suicide attempts and completions**

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## Cyberbullying

- **Girls are more likely to experience cyberbullying than boys**

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- **21.2% of young people aged 11-19 report being cyberbullied in the past year**  
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- **Cyberbullying-related contacts to ChildLine went up by 12% in 2016/17**  
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