

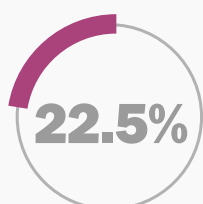
Mental health statistics

Every week

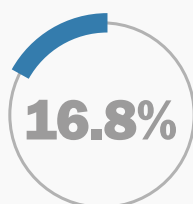


of people over the age of 16 experience symptoms of a common mental health problem such as

anxiety or depression



FEMALES



MALES

The percentage is higher among females than males.

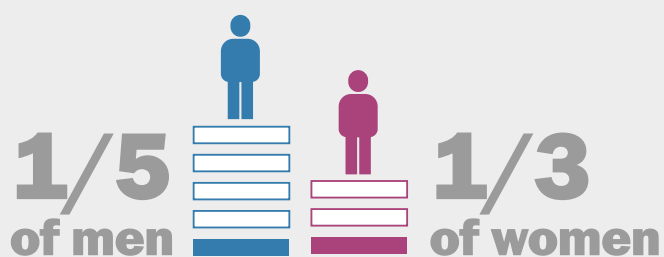
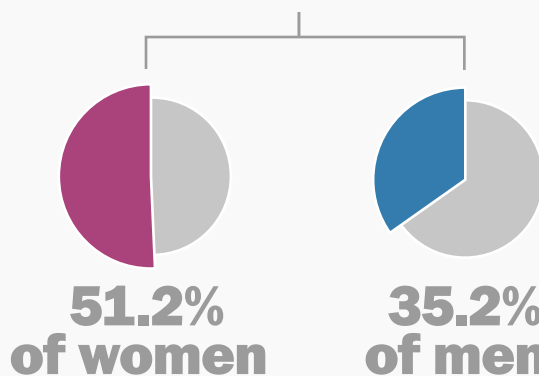
1 in 5 adults have considered **suicide** at some point.

Infographic showing 1 in 5 adults have considered suicide. The graphic features a large teal circle with '1 in 5' and a smaller teal circle with 'or 17%'. Below these are six stylized human figures, with one figure in the center highlighted in dark purple.

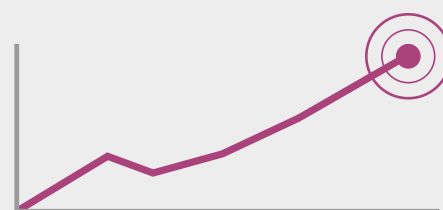


43.4% of adults

believe that in their lifetime they have had a **diagnosable mental health problem.**

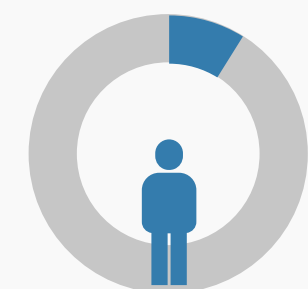


have had diagnoses confirmed by professionals.



The prevalence of mental health problems has notably increased in men and women **aged 55-64**

In 16-24 year olds:



9% of males

are likely to experience a common mental health problem.

&



26% of females

Females also have higher rates of:

self-harm
& **bipolar disorder**
post-traumatic stress disorder

The Mental Health Foundation (the UK's leading public mental health charity) believes that many mental health problems are preventable.

Rates of common mental health problems in England:

