

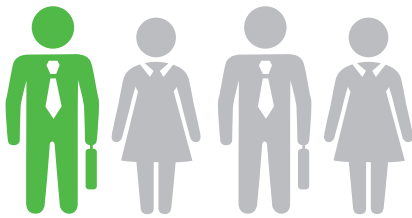


# Mental health and wellbeing: the facts

At any one time, about one adult in four will be experiencing a mental health problem.

The most common mental health problems among adults are depression and anxiety.

(McManus et al 2009)



A range of psychological therapies, such as Cognitive Behavioural Therapy, are known to be effective treatments for **depression** and anxiety, for both adults and children.

For the first time, this year the NHS has a waiting time target – of six weeks – for adults to get access to psychological therapy for depression or anxiety. (Department of Health 2014)

For many people, antidepressant medication can be useful to treat depression, but its over-use can be harmful. Prescribing of antidepressant medication rose at a rate of 10% a year between 1998 and 2012. (Spence et al 2014)

An estimated one child in 10 (aged 5-16) experiences a mental health problem at any one time. This is equivalent to **three children in every school classroom.**

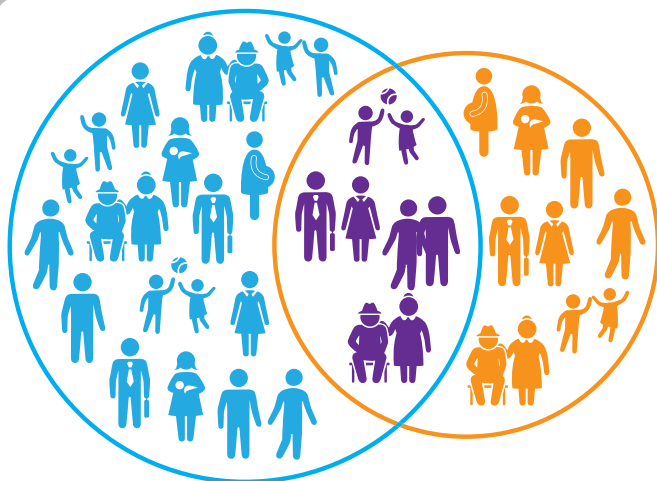
(Green et al 2005)



Behavioural problems in young children can be prevented or managed through effective **parenting programmes**, available in some parts of the UK.

Up to a quarter (23%) of all GP consultations are about a mental health problem. But only a quarter of both adults and children with a common mental health problem get any treatment or support.

(McManus et al 2009; Green et al 2005)



One third of people with a long-term physical illness (eg diabetes, heart disease) also have a mental health problem. This includes some 4.6 million people in England. (Naylor et al 2012)

An estimated 1-2% of the adult population has a severe mental illness, such as bipolar disorder or schizophrenia. This is sometimes described as a psychosis. About two-thirds of people with a psychosis are currently getting support and treatment. (McManus et al 2009).

A small proportion of people with a severe mental illness are given treatment in hospital under the **Mental Health Act**. The Act sets out what powers police officers and health professionals have to detain a person and give them treatment, and what rights the person has when they are in hospital.



About one woman in 10 will experience a mental health problem during pregnancy or in the year after giving birth. Depression and anxiety are the most common [perinatal mental health](#) problems and they can be very serious. Yet only 10% of women with perinatal depression get access to effective treatment. (Bauer et al 2014)



People living with schizophrenia have a life expectancy that is

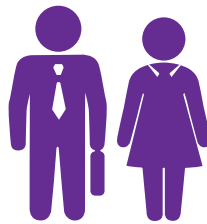
**15-20 years shorter** than average in the UK

(Brown et al 2010).

This is mainly due to poorer physical health, including [higher rates of smoking](#). Yet smokers with a mental illness are as likely to want to quit as those without.

(Rethink Mental Illness 2013)

People with mental health conditions are more likely than average to have problems with employment, debt and housing. Good quality advice and support with work, money and accommodation can help people to recover and enjoy a [fairer chance in life](#).



Mental health services in many parts of the UK offer support to people who want to work through a process called [Individual Placement and Support](#).

People with mental health problems who need extra support to get or keep work can benefit from the [Government's Access to Work scheme](#).

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For more information about mental health and for up-to-date research on mental health services please visit [www.centreformentalhealth.org.uk](http://www.centreformentalhealth.org.uk).

For immediate help and advice for you or a family member or friend contact the Samaritans on 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org). Other sources of help and advice are listed [here](#).

## Sources

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