

## **Read About It – Talk About It – But Don’t Ignore It – World Mental Health Day**

To mark **World Mental Health Day on the 10<sup>th</sup> October**, we are going to shine a light on a topic that is too often ignored and brushed under the carpet, all over the world.

**And people are struggling much more midst the pandemic.**

72% of people who died by suicide between 2002 and 2012 had not been in contact with their GP or a health professional about these feelings in the year before their suicide. If just one of our brilliant **members** finds that the below prods them into action, for themselves, or a family member or close friend, this one email is more valuable than anything else we can possibly do for you.

Let’s take a deep dive into some of the real life issues behind **Mental Health Day**.

### **COVID-19 and Mental Health**

- In a recent American survey of 5,400 people, 1 in 10 said they had “seriously considered” suicide in the previous month, twice as many as in 2018.
- For people aged 18-24? The result was an astonishing, and agonizing, 1 in 4.
- Talkspace, a New York firm providing online therapy, said their video sessions have increased by 250% during the pandemic.
- The number of Talkspace’s patients with severe anxiety is up by 40% this year.
- A study carried out with young people living with a history of mental health needs in the UK reports that 32% of them agreed that the pandemic had made their mental health much worse.

To access the NHS “Mental wellbeing while staying at home” page, just click [here](#).

### **What about the rest of the World?**

- Suicides in Japan in August put the number at 1,849, a jump of 15% over the same period last year.
- 47% of healthcare workers in Canada have reported a need for psychological support, with alcohol consumption up 20% for 15-49 year-olds in Canada.
- Nepal has reported suicides during the pandemic have climbed by a fifth.
- Ethiopia has reported a 3-fold increase in symptoms of depression compared to pre-pandemic rates.

### **General Mental Health**

- 6,507 suicides were recorded in the UK in 2018. Approximately one death every two hours. ([mentalhealth.org](http://mentalhealth.org))

- Suicide was the leading cause of death for men under 50 years of age in England and Wales, and for women aged 20–34, in 2014.
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- 1 in 15 people (7.3%) have self-harmed at some point in their life. This is higher in women (8.9%) than in men (5.7%).
- Highest rates of self-harm were reported by women aged 16–24, that is one in four (25.7%).
- Two thirds (66.9%) of 16–34-year olds did not seek help for self-harming.

### **Mental Health & Employment**

- More than 1 in 7 employed people experience mental health problems in the workplace.
- This means 4.6 million people in work in the UK have a common mental health problem.
- Women in full-time employment were twice as likely to have a common mental health problem as full-time employed men.
- 12.7% of all sickness absence days in the UK can be attributed to mental health conditions.
- A 1% rise in unemployment equates to a 0.79% climb in suicide rates in Europe, and a 0.99% increase in the US.

### **Parents**

- 68% of women and 57% of men with mental health problems are parents. (*Royal College of Psychiatrists, 2016*)
- On average, 39% of those who experienced ante-natal depression went on to have post-natal depression.
- One fifth of adults (20.6%) reported that they had thought of taking their own life at some point in their lives. Higher rates were reported by women (22.4%) than by men (18.7%) - *The APMS, 2014*.

### **Older Adults**

- Depression or anxiety was noted to be highest among those aged 50–59 and those of 80 years and older:
- Fewer than one in six older people with depression discuss their symptoms with their GP (*Royal College of General Practitioners*)
- 40% of older adults living in a care home experience depression, and it often remains undetected.
- 2.9 million people aged 65 and over felt that they had no one to go to for support...
- ...39% of people interviewed said that they felt lonely and ...
- ...one in five said that they felt forgotten. (*survey by Age UK*)
- 850,000 people lived with dementia in the UK (estimate, 2015).
- The total cost of dementia in the UK is £26.3 billion, with an average cost of £32,250 per person.

### **Children**

- 75% of mental health problems are established by the age of 24. (*US study, 2005*)
- 35% of females aged 16-24 have had suicidal thoughts, the most in any age group.
- 41,921 hospitalisations for self-harm in young people aged 10–24. (*England hospital statistics, 2014*)
- The proportion of university students who formally identify themselves as having mental health problems doubled between 2008–09 and 2013–14. (*Higher Education Funding Council for England, 2015*)
- 6 in 10 young people report being victims of cyber-bullying
- Children of 13+ who reported being bullied or victimised were twice as likely to develop depression by age 18.
- Self-harming is on the rise, a 68% increase between 2007 and 2014.

If you would like to take one small step to help yourself or your loved ones, click on the link below -

[CALM - Campaign Against Living Miserably](#), and become part of the solution.

To bring it slightly more in line with our services, do read **Mind's piece on [Money and Mental Health](#)**.