

**What is Mental Illness?** Definition: Mental health is a state of well being in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her own community. (World Health Organisation) The definition of 'mental ill health' or 'mental health problems' covers a very wide spectrum, from the worries and grief we all experience as part of everyday life to the most bleak, suicidal depression or complete loss of touch with everyday reality. Everybody responds differently to the stresses and strains of modern life and it is common to describe ourselves as 'depressed', 'stressed' or 'anxious' at times. For some, these feelings can become serious enough to make it difficult to carry on with everyday life. 1 in 4 people experience common mental health problems – harmful levels of stress, anxiety, depression.



## Some Causes Poor Mental Health?

- ❖ childhood abuse, trauma, or neglect
- ❖ social isolation or loneliness
- ❖ experiencing discrimination and stigma
- ❖ social disadvantage, poverty or debt
- ❖ bereavement (losing someone close to you)
- ❖ severe or long-term stress
- ❖ having a long-term physical health condition
- ❖ unemployment or losing your job



## Impact Of Debt On Mental Health &

**Wellbeing:** Around one in four adults in the UK experience a mental health issue in any given year. Mental health issues cover a range of experiences, including anxiety and depression, schizophrenia, phobias, as well as many other conditions. Mental health issues can be for short periods of time or last much longer. Experiences of mental health conditions can also change over time, and sometimes even from day to day. Mental health issues, like physical illnesses, vary greatly from person to person. Experiencing a mental health issue does not automatically mean that you are unable to manage your money or deal with your debts, but it can make it more difficult. Research shows that 50% of adults who are struggling with debt, also have a mental health issue. Being in debt can be stressful and this fact sheet gives you information on how you can deal with your creditors.



- ❖ **Suicide Facts:** In 2019, there were 5,691 suicides registered in England and Wales, an age-standardised rate of 11.0 deaths per 100,000 population and consistent with the rate in 2018.
- ❖ Around three-quarters of registered deaths in 2019 were among men (4,303 deaths), which follows a consistent trend back to the mid-1990s.
- ❖ The England and Wales male suicide rate of 16.9 deaths per 100,000 is the highest since 2000 and remains in line with the rate in 2018; for females, the rate was 5.3 deaths per 100,000, consistent with 2018 and the highest since 2004.

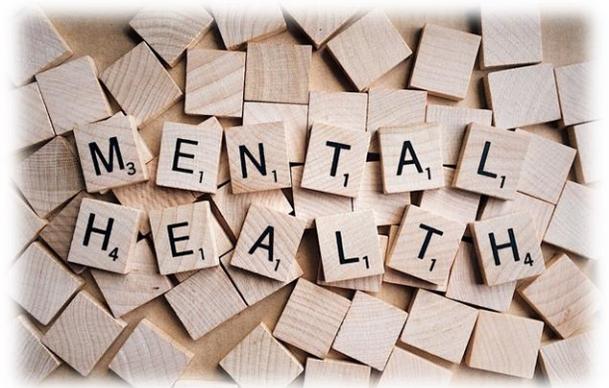


## Getting help with your mental health:

Experiencing a mental health problem can be upsetting and very frightening, especially at first. In some cases, these fears can mean that people do not seek help for many years. But it's better to talk to someone about how you're feeling and ask for help when you need it. There are many different mental health problems, and some symptoms are common to more than one diagnosis. So you may experience the symptoms of more than one mental health problem at once.

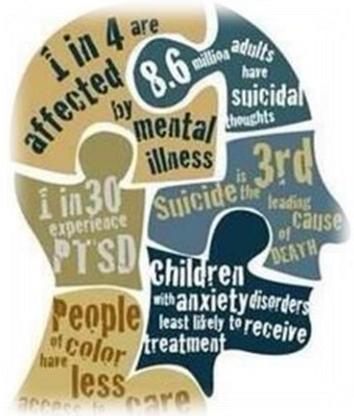
## Some of the main mental health problems include:

- ❖ Depression
- ❖ Anxiety
- ❖ Obsessive-Compulsive Disorder (OCD)
- ❖ Phobias
- ❖ Eating problems/disorders
- ❖ Bipolar disorder
- ❖ Psychosis
- ❖ Stress
- ❖ Sleep Disorders



## Common myths about mental health:

- ❖ Mental illness is rare and only affects a few people.”
- ❖ People with a mental illness never get better.”
- ❖ “People with a mental illness are violent and dangerous.”
- ❖ “People with a mental illness should just pull themselves out of it.”



**MYTH BUSTING 1:** Mental illness is common. 450 million people world-wide have a mental health problem, and depression affects around 1 in 12 of the whole population. 1 in 4 people in the UK will experience a mental health problem at some point in their lives, and around 1 in 10 children experience mental health problems.

**MYTH BUSTING 2:** People with a mental illness are no more violent or dangerous than the rest of the population. In fact, people with a mental illness are more likely to harm themselves – or to be harmed by someone else – than they are to hurt other people. However, many people are still scared to talk about how they’re feeling, or to seek help, because of the fear and stigma of being seen as dangerous.



## The impact of mental ill health:

- ❖ 1 in 4 people experience mental health issues each year.
- ❖ 792 million people are affected by mental health issues worldwide.
- ❖ At any given time, 1 in 6 working-age adults have symptoms associated with mental ill health.
- ❖ 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.
- ❖ Mental ill health is responsible for 72 million working days lost and costs £34.9 billion each year.  
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.
- ❖ 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.
- ❖ 75% of mental illness (excluding dementia) starts before age 18.  
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.



## The impact of mental ill health in young people:

- ❖ Mental ill health is the second-largest cause of burden of disease in England.
- ❖ The economic costs of mental health issues in England have been estimated at £105 billion each year.
- ❖ 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.
- ❖ Half of mental ill health starts by age 15 and 75% develops by age 18.
- ❖ 12.8% of young people aged 5-19 meet clinical criteria for a mental health disorder.
- ❖ 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%).
- ❖ The percentage of young people aged 5-15 with depression or anxiety increased from 3.9% in 2004 to 5.8% in 2017.
- ❖ About 20% of young people with mental ill health wait more than six months to receive care from a specialist.
- ❖ In a 2018 OECD survey of 15-year-olds, the UK ranked 29th for life satisfaction, out of a total of 30 OECD countries.
- ❖ 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
- ❖ Only one in eight children who have been sexually abused come to the attention of statutory agencies.
- ❖ Up to 25% of teenagers have experienced physical violence in their intimate partner relationships.





## What support is available?

- ❖ Community mental health teams (CMHTs)
- ❖ Social (or community) care.
- ❖ Residential care.
- ❖ Crisis intervention.
- ❖ Hospital treatment.
- ❖ Non Profit Organisations
- ❖ Family & Friends



For support & information with Mental Health & Wellbeing please contact us via our website:  
**[www.tefmentalhealthandwellbeing.org](http://www.tefmentalhealthandwellbeing.org)**

