

# Mental health facts and statistics



Here are some useful facts and statistics about mental health. The content may be triggering so please read with caution and if you require help please visit our [website](#).

- One in four people will experience a mental health problem of some kind each year in England<sup>1</sup>.
- One in six people report experiencing a common mental health problem (like anxiety and depression) in any given week in England<sup>2</sup>.
- On average, people with mental health problems die 15 to 20 years earlier than those without<sup>3</sup>.
- 23% of Black or Black British people will experience a common mental health problem in any given week. This compares to 17% of White British people<sup>2</sup>.
- Black or Black British groups are more than four times more likely to be detained under the Mental Health Act than White groups<sup>4</sup>.
- Across the UK, men and women in the poorest fifth of the population are twice as likely to be at risk of developing mental health problems as those on an average income<sup>5</sup>. On average, disabled adults report poorer wellbeing levels (including happiness, feeling worthwhile, life satisfaction and anxiety) than non-disabled people<sup>6</sup>.
- Evidence suggests that people who identify as LGBTQ+ in England are two to three times more likely than heterosexual people to report having a longstanding mental health problem<sup>7</sup>.
- In 2020, one in six children (5-16 years old) experience a probable mental health problem, up from one in nine in 2017<sup>1</sup>.
- Half of all mental health problems have been established by the age of 14, rising to 75% by the age of 24<sup>8</sup>.
- Failure to address the mental health of people with long-term physical health problems and poor management of medically unexplained symptoms costs the NHS in England more than £11 billion a year<sup>9</sup>.

You can find more on our [website](#).

<sup>1</sup> McManus, S et al (2009). [Adult psychiatric morbidity in England, 2007: results of a household survey](#).

<sup>2</sup> McManus S, Bebbington P, Jenkins R, Brugha T. (eds.) (2016). [Mental health and wellbeing in England: Adult psychiatric morbidity survey 2014](#).

<sup>3</sup> The British Medical Journal (2013). [Premature death among people with mental illness](#).

<sup>4</sup> NHS (2017). [Five Year Forward View for Mental Health: One Year On](#).

<sup>5</sup> Public Health England (2019). [Better mental health: JSNA toolkit: 2 Understanding place](#).

<sup>6</sup> ONS (2019). [Disability, well-being and loneliness. UK: 2019](#).

<sup>7</sup> Elliott, Kanouse, Burkhart, Abel, Lyratzopoulos, Beckett, et al. (2015). [Sexual minorities in England have poorer health and worse health care experiences: a national survey](#).

<sup>8</sup> Mental Health Task Force (2016). [The Five Year Forward View for Mental Health](#).

<sup>9</sup> Kings Fund (2016). [Bringing together physical and mental health: A new frontier for integrated care](#).