



World Mental Health Day

10 October 2021

Do you believe we should live in a society where everyone has access to proper mental health support? So do we.

Over the last few years we have come a long way. But there's still much more to be done. That's why the focus of our new strategy is on supporting people disproportionately affected by mental health issues; people from racialised communities, young people, and people living in poverty.

Because access to mental health support is still too often determined by where we live or who we are.

Find out about how we are fighting for mental health equality
mind.org.uk/about-us/our-strategy/

If we all do **one** thing, we can change **everything**.

This World Mental Health Day is your chance to speak out,
spread the word and make change happen.

Use our stats graphics to share this information and start
a conversation about mental health inequality.

These statistics are just a small part of the picture.
But they show that we must keep fighting for mental health.
To make sure everyone can get the support they need.

Do one thing. Add your voice. Join the fight.



In 2020

1 in 6

young people had a
mental health problem
(compared to 1 in 10 in 2017)

NHS Digital, 2020¹



Young people in the
lowest income bracket are

4.5x

more likely to experience
**severe mental
health problems**
than those in the highest

Centre for Mental Health, 2015²



People from racialised
communities are at a
higher risk
of developing a mental
health problem but

**less likely to
get support**

Mind, 2020⁴



Black people are

4x

more likely to be
**detained under the
Mental Health Act**
than White people

NHS Digital, 2020³



58% of
people receiving benefits

said their mental
health was

poor

Mind, 2021⁵



People 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

Public Health England, 2019⁶

You can download these graphics at
mind.org.uk/DoOneThing

¹ NHS Digital (2020) Mental Health of Children and Young People in England, 2020: Wave 1 follow up to the 2017 survey

² Gutman, L., Joshi, H., Parsonage, M., & Schoon, I. (2015). Children of the new century: Mental health findings from the Millennium Cohort Study. London: Centre for Mental Health

³ NHS Digital (2020) Mental Health Act Statistics, Annual Figures 2019-20

⁴ Mind (2020) Briefing from Mind: Inequalities for Black, Asian, and Minority Ethnic communities in NHS mental health services in England

⁵ Mind (2021) Coronavirus: the consequences for mental health. London: Mind. Available at: [Mind.org.uk](https://mind.org.uk)

⁶ Public Health England (2019) Better mental health: JSNA toolkit: 2 Understanding place