

## Big Mental Health Report 2025 | Technical appendices and data related FAQs

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### Notes regarding all Big Mental Health Survey data in this appendix:

- The tables only show base sizes for the questions featured in the report, not for every question asked in the Big Mental Health Survey.
- Where we've included demographic breakdowns of responses, it's because these were specifically discussed in the report.
- Page numbers are provided for where each statistic first appears (excluding the key findings pages). If a stat is highlighted again later in the chapter, we've included both page numbers.
- Some response options were excluded from the analysis—for example, if someone selected “none of the above” or “doesn't apply to me.” Participation in the survey was optional (except for questions used to determine eligibility), and respondents only saw questions relevant to their experiences. For instance, someone who accessed support solely through their GP would only see questions in that section, not in sections about voluntary or digital support.
- Please don't use this dataset for your own work without prior permission. It's been shared to support transparency and help interpret the statistics presented in the report.

**Appendix A:** Base sizes for Big Mental Health Survey (BMHS) 2025 questions included in chapter 3 of the BMHR 2025.

BMHR page number	BMHS question	Sample/Base size
45	Overall sample size	$n= 18,177$
45	BMHS demographic profile - gender	<ul style="list-style-type: none"> <li>Men= 3,635</li> <li>Non-binary= 460</li> <li>Women= 12,794</li> </ul> <ul style="list-style-type: none"> <li>Use another term= 103</li> </ul> <p><b>Total answering question:</b> 16,992</p>
45	BMHS demographic profile - age	<ul style="list-style-type: none"> <li>Young people aged 16-24= 3,063</li> <li>Adults aged 25-34= 3,733</li> <li>Adults aged 35-44= 3,192</li> <li>Adults aged 45-54= 3,385</li> </ul> <ul style="list-style-type: none"> <li>Adults aged 55-64= 3,308</li> <li>Adults aged 65-74= 1,233</li> <li>Adults aged 75 and over= 263</li> </ul> <p><b>Total answering question:</b> 18,177</p>
45	BMHS demographic profile - ethnicity	<ul style="list-style-type: none"> <li>Arab or Arab British= 45</li> <li>Asian or Asian British= 556</li> <li>Black or Black British= 458</li> <li>Mixed ethnicity= 412</li> </ul> <ul style="list-style-type: none"> <li>White or White British= 15,236</li> <li>Another background= 250</li> </ul> <p><b>Total answering question:</b> 16,957</p>
45	BMHS demographic profile - nation	<ul style="list-style-type: none"> <li>People from England= 16,607</li> <li>People from Wales= 1,570</li> </ul> <ul style="list-style-type: none"> <li><b>Total answering question:</b> 18,177</li> </ul>
45	BMHS demographic profile – experience of poverty	<ul style="list-style-type: none"> <li>People not experiencing poverty= 7,123</li> <li>People at risk of experiencing poverty= 6,899</li> <li>People experiencing poverty= 1,848</li> </ul> <ul style="list-style-type: none"> <li>People experiencing deep poverty = 422 (people at risk of or already experiencing poverty combined= 9,169)</li> </ul> <p><b>Total answering question:</b> 16,292</p>
45	BMHS demographic profile – experience of persistent poverty	<ul style="list-style-type: none"> <li>People experiencing persistent poverty: 1,595</li> <li>People not experiencing persistent poverty: 625</li> </ul> <p><b>Total answering question:</b> 2,220</p> <p><i>Note: This question was answered only by participants who identified as experiencing poverty or deep poverty. “Persistent poverty” refers to individuals who’ve been in the same financial situation for three years or more</i></p>

BMHR page number	BMHS question	Sample/Base size	
45	BMHS demographic profile – region	<ul style="list-style-type: none"> <li>• Channel Islands= 8</li> <li>• East of England= 1,550</li> <li>• East Midlands= 1,480</li> <li>• London including greater London= 1,646</li> <li>• North East= 827</li> <li>• North West= 1,914</li> <li>• South East= 2,846</li> <li>• South West= 2,021</li> </ul>	<ul style="list-style-type: none"> <li>• Wales – Mid= 134</li> <li>• Wales – North= 304</li> <li>• Wales – South= 1,029</li> <li>• West Midlands= 1,566</li> <li>• Yorkshire and the Humber= 1,474</li> <li>• Another= 143</li> </ul> <p><b>Total answering question:</b> 16,942</p>
48, 62	Have you seen or spoken to a GP or practice nurse about your mental health in the last 12 months?	<ul style="list-style-type: none"> <li>• Yes= 11,941</li> <li>• No, I haven't needed to do this= 2,478</li> </ul>	<ul style="list-style-type: none"> <li>• No, but I would've liked to have done this= 3,758</li> </ul> <p><b>Total answering question:</b> 18,177</p>
48, 62	Have you seen or spoken to any voluntary or third sector organisation(s) in the last 12 months about your mental health?	<ul style="list-style-type: none"> <li>• Yes= 6,275</li> <li>• No, I haven't needed to do this= 6,614</li> </ul>	<ul style="list-style-type: none"> <li>• No, but I would've liked this= 5,288</li> </ul> <p><b>Total answering question:</b> 18,177</p>
48	Respondents <b>in England only</b>  Have you seen or spoken to a GP or practice nurse about your mental health in the last 12 months? - by age	<u>Young people (16-24)</u> <ul style="list-style-type: none"> <li>• Yes=1,747</li> <li>• No, I haven't needed to do this= 302</li> <li>• No, but I would've liked to have done this= 791</li> <li>• <b>Sample base:</b> 2,840</li> </ul>	<u>Adults (25+)</u> <ul style="list-style-type: none"> <li>• Yes= 9,144</li> <li>• No, I haven't needed to do this= 1,969</li> <li>• No, but I would've liked to have done this= 2,654</li> </ul> <p><b>Sample base:</b> 13,767</p> <p><i><b>Note:</b> Where mentioned in this appendix, the sample base refers to the number of people from a specific group (e.g., adults) who responded to that particular question</i></p>

BMHR page number	BMHS question	Sample/Base size	
48	Respondents <b>in England only</b>  Have you seen or spoken to a GP or practice nurse about your mental health in the last 12 months? - <i>by ethnicity</i>	<u>White communities</u> <ul style="list-style-type: none"> <li>• Yes= 9,147</li> <li>• No, I haven't needed to do this= 1,913</li> <li>• No, but I would've liked to have done this= 2,789</li> </ul> <b>Sample base:</b> 13,849	<u>Racialised communities (Arab, Asian, Black, Mixed, another combined)</u> <ul style="list-style-type: none"> <li>• Yes= 1,120</li> <li>• No, I haven't needed to do this= 138</li> <li>• No, but I would've liked to have done this= 378</li> </ul> <b>Sample base:</b> 1,636
48	Respondents <b>in England only</b>  Have you seen or spoken to a GP or practice nurse about your mental health in the last 12 months? - <i>by experience of poverty</i>	<u>Those not experiencing poverty</u> <ul style="list-style-type: none"> <li>• Yes= 4,089</li> <li>• No, I haven't needed to do this= 1,175</li> <li>• No, but I would've liked to have done this= 1,308</li> </ul> <b>Sample base:</b> 6,572	<u>Those experiencing persistent poverty</u> <ul style="list-style-type: none"> <li>• Yes= 1,048</li> <li>• No, I haven't needed to do this= 86</li> <li>• No, but I would've liked to have done this= 294</li> </ul> <b>Sample base:</b> 1,428
48	Respondents <b>in England only</b>  Have you seen or spoken to any voluntary or third sector organisation(s) in the last 12 months about your mental health? – <i>by age</i>	<u>Young people (16-24)</u> <ul style="list-style-type: none"> <li>• Yes= 1,069</li> <li>• No, I haven't needed to do this= 883</li> <li>• No, but I would've liked to have done this= 888</li> </ul> <b>Sample base:</b> 2,840	<u>Adults (25+)</u> <ul style="list-style-type: none"> <li>• Yes= 4,695</li> <li>• No, I haven't needed to do this= 5,165</li> <li>• No, but I would've liked to have done this= 3,907</li> </ul> <b>Sample base:</b> 13,767
48	Respondents <b>in England only</b>  Have you seen or spoken to any voluntary or third sector organisation(s) in the last 12 months about your mental health? – <i>by ethnicity</i>	<u>White communities</u> <ul style="list-style-type: none"> <li>• Yes= 4,781</li> <li>• No, I haven't needed to do this= 5,049</li> <li>• No, but I would've liked to have done this= 4,019</li> </ul> <b>Sample base:</b> 13,849	<u>Racialised communities (Arab, Asian, Black, Mixed, another combined)</u> <ul style="list-style-type: none"> <li>• Yes= 630</li> <li>• No, I haven't needed to do this= 544</li> <li>• No, but I would've liked to have done this= 462</li> </ul> <b>Sample base:</b> 1,636

BMHR page number	BMHS question	Sample/Base size	
48	Respondents <b>in England only</b>  Have you seen or spoken to any voluntary or third sector organisation(s) in the last 12 months about your mental health? – <i>by experience of poverty</i>	<u>Those not experiencing poverty</u> <ul style="list-style-type: none"> <li>• Yes= 2,010</li> <li>• No, I haven't needed to do this= 2,895</li> <li>• No, but I would've liked to have done this= 1,667</li> </ul> <b>Sample base:</b> 6,572	<u>Those experiencing persistent poverty</u> <ul style="list-style-type: none"> <li>• Yes= 586</li> <li>• No, I haven't needed to do this= 318</li> <li>• No, but I would've liked to have done this= 524</li> </ul> <b>Sample base:</b> 1,428
48	Respondents <b>in Wales only</b>  Have you seen or spoken to a GP or practice nurse about your mental health in the last 12 months? - <i>by age</i>	<u>Young people (16-24)</u> <ul style="list-style-type: none"> <li>• Yes= 132</li> <li>• No, I haven't needed to do this= 33</li> <li>• No, but I would've liked to have done this= 58</li> </ul> <b>Sample base:</b> 223	<u>Adults (25+)</u> <ul style="list-style-type: none"> <li>• Yes= 918</li> <li>• No, I haven't needed to do this= 174</li> <li>• No, but I would've liked to have done this= 255</li> </ul> <b>Sample base:</b> 1,347
48	Respondents <b>in Wales only</b>  Have you seen or spoken to a GP or practice nurse about your mental health in the last 12 months? - <i>by ethnicity</i>	<u>White communities</u> <ul style="list-style-type: none"> <li>• Yes= 958</li> <li>• No, I haven't needed to do this= 166</li> <li>• No, but I would've liked to have done this= 263</li> </ul> <b>Sample base:</b> 1,387	<u>Racialised communities (Arab, Asian, Black, Mixed, another combined)</u> <ul style="list-style-type: none"> <li>• Yes= 48</li> <li>• No, I haven't needed to do this= 13</li> <li>• No, but I would've liked to have done this= 24</li> </ul> <b>Sample base:</b> 85
48	Respondents <b>in Wales only</b>  Have you seen or spoken to a GP or practice nurse about your mental health in the last 12 months? - <i>by experience of poverty</i>	<u>Those not experiencing poverty</u> <ul style="list-style-type: none"> <li>• Yes= 331</li> <li>• No, I haven't needed to do this= 113</li> <li>• No, but I would've liked to have done this= 107</li> </ul> <b>Sample base:</b> 551	<u>Those experiencing persistent poverty</u> <ul style="list-style-type: none"> <li>• Yes= 127</li> <li>• No, I haven't needed to do this= 12</li> <li>• No, but I would've liked to have done this= 28</li> </ul> <b>Sample base:</b> 167

BMHR page number	BMHS question	Sample/Base size	
48	Respondents <b>in Wales only</b>  Have you seen or spoken to any voluntary or third sector organisation(s) in the last 12 months about your mental health? – <b>by age</b>	<u>Young people (16-24)</u> <ul style="list-style-type: none"> <li>• Yes= 59</li> <li>• No, I haven't needed to do this= 72</li> <li>• No, but I would've liked to have done this= 92</li> </ul> <b>Sample base:</b> 223	<u>Adults (25+)</u> <ul style="list-style-type: none"> <li>• Yes= 452</li> <li>• No, I haven't needed to do this= 494</li> <li>• No, but I would've liked to have done this= 401</li> </ul> <b>Sample base:</b> 1,347
48	Respondents <b>in Wales only</b>  Have you seen or spoken to any voluntary or third sector organisation(s) in the last 12 months about your mental health? – <b>by ethnicity</b>	<u>White communities</u> <ul style="list-style-type: none"> <li>• Yes= 461</li> <li>• No, I haven't needed to do this= 495</li> <li>• No, but I would've liked to have done this= 431</li> </ul> <b>Sample base:</b> 1,387	<u>Racialised communities (Arab, Asian, Black, Mixed, another combined)</u> <ul style="list-style-type: none"> <li>• Yes= 26</li> <li>• No, I haven't needed to do this= 25</li> <li>• No, but I would've liked to have done this= 34</li> </ul> <b>Sample base:</b> 85
48	Respondents <b>in Wales only</b>  Have you seen or spoken to any voluntary or third sector organisation(s) in the last 12 months about your mental health? – <b>by experience of poverty</b>	<u>Those not experiencing poverty</u> <ul style="list-style-type: none"> <li>• Yes= 178</li> <li>• No, I haven't needed to do this= 240</li> <li>• No, but I would've liked to have done this= 133</li> </ul> <b>Sample base:</b> 551	<u>Those experiencing persistent poverty</u> <ul style="list-style-type: none"> <li>• Yes= 56</li> <li>• No, I haven't needed to do this= 45</li> <li>• No, but I would've liked to have done this= 66</li> </ul> <b>Sample base:</b> 167
50	How long have you been receiving support from a GP or practice nurse for your mental health?	<ul style="list-style-type: none"> <li>• Up to 1 month= 758</li> <li>• Up to 1 year= 1,945</li> <li>• Up to 5 years= 2,340</li> <li>• Up to 10 years= 1,350</li> <li>• 10 years or more= 3,514</li> </ul>	<ul style="list-style-type: none"> <li>• I am not receiving support from a GP practice for my mental health= 1,286</li> <li>• Other (please specify)= 410</li> <li>• I don't know / can't remember= 274</li> </ul> <b>Total answering question:</b> 11,877

BMHR page number	BMHS question	Sample/Base size	
51	Thinking about your most recent appointment or interaction for your mental health with your GP surgery, was this through...	<ul style="list-style-type: none"> <li>• The NHS= 11,192</li> <li>• Private medical care= 491</li> </ul>	<ul style="list-style-type: none"> <li>• Not sure= 207</li> </ul> <p><b>Total answering question:</b> 11,890</p>
51	Thinking about your most recent appointment or interaction for your mental health with your GP surgery... Was this through - <i>by ethnicity</i>	<u>White communities</u> <ul style="list-style-type: none"> <li>• The NHS= 9,600</li> <li>• Private medical care= 319</li> <li>• Not sure= 153</li> </ul> <p><b>Sample base:</b> 10,072</p>	<u>Racialised communities (Arab, Asian, Black, Mixed, another combined)</u> <ul style="list-style-type: none"> <li>• The NHS= 986</li> <li>• Private medical care= 149</li> <li>• Not sure= 29</li> </ul> <p><b>Sample base:</b> 1,164</p>
51	Thinking about your most recent appointment or interaction for your mental health with your GP surgery... Was this through - <i>by age</i>	<u>Young people (16-24)</u> <ul style="list-style-type: none"> <li>• The NHS= 1,697</li> <li>• Private medical care= 120</li> <li>• Not sure= 54</li> </ul> <p><b>Sample base:</b> 1,871</p>	<u>Adults (25+)</u> <ul style="list-style-type: none"> <li>• The NHS= 9,495</li> <li>• Private medical care= 371</li> <li>• Not sure= 153</li> </ul> <p><b>Sample base:</b> 10,019</p>
51	Were you able to discuss any physical health issues in the same (GP) appointment or interaction?	<ul style="list-style-type: none"> <li>• Yes, definitely= 2,289</li> <li>• Yes, to some extent= 2,876</li> </ul> <p><i>(yes answers combined= 5,165)</i></p> <ul style="list-style-type: none"> <li>• No, but I would have liked this= 3,647</li> </ul>	<ul style="list-style-type: none"> <li>• No, this was not necessary= 2,838</li> <li>• I don't know / can't remember= 250</li> </ul> <p><b>Total answering question:</b> 11,900</p>

BMHR page number	BMHS question	Sample/Base size
51	Thinking about the care and treatment(s) you were offered at your most recent appointment or interaction for your mental health with your GP/practice nurse... Which of the following apply to you?	<ul style="list-style-type: none"> <li>• I was offered medication for the first time= 1,417</li> <li>• I was offered new, additional medication= 1,542</li> <li>• My existing medication was reviewed or changed= 4,444</li> <li>• I was offered a follow up appointment with a GP or practice nurse= 2,499</li> <li>• I was referred to talking therapy (for example, counselling, talking therapies, CBT)= 1,639</li> <li>• I was advised to self-refer to talking therapy (for example, counselling, talking therapies, CBT)= 2,590</li> <li>• I was referred for an assessment by a specialist mental health care service (for example, an eating disorder service, CBT, community crisis assessment etc.)= 1,363</li> </ul> <ul style="list-style-type: none"> <li>• I was told about support services available in the community (for example, social groups, local / national voluntary organisations)= 1,899</li> <li>• I was told about digital support services available, such as mental health apps or therapy services, websites etc.= 1,672</li> <li>• I wasn't offered any treatment as I didn't need it= 288</li> <li>• I wasn't offered any treatment even though I needed it= 745</li> <li>• None of the above= 640</li> </ul> <p><b>Total answering question:</b> 11,826</p> <p><i>Note: This was a "select all that apply" question, meaning respondents could choose more than one statement that reflected their views or experiences</i></p>
52	If you were given any new medications or medication for the first time by your GP, were you given enough information about their purpose?	<ul style="list-style-type: none"> <li>• Yes, enough information= 2,653</li> <li>• Some, but not enough information= 1,446</li> <li>• No, but I would have liked this= 784</li> </ul> <ul style="list-style-type: none"> <li>• I didn't want or need any information=1,518</li> <li>• I don't know / can't remember= 345</li> </ul> <p><b>Total answering question:</b> 6,746</p>
52	You said you were referred or advised to self-refer to talking therapy by your GP, were you given enough information about what to expect from the service?	<ul style="list-style-type: none"> <li>• Yes, enough information= 1,362</li> <li>• Some, but not enough information= 1,409</li> <li>• No, but I would have liked this= 1,019</li> </ul> <ul style="list-style-type: none"> <li>• I didn't want or need any information= 297</li> <li>• I don't know / can't remember= 129</li> </ul> <p><b>Total answering question:</b> 4,216</p>

BMHR page number	BMHS question	Sample/Base size
52	You said you were told about support services available in the community by your GP, were you given enough information about them?	<ul style="list-style-type: none"> <li>• Yes, enough information= 722</li> <li>• Some, but not enough information= 685</li> <li>• No, but I would have liked this= 302</li> </ul> <ul style="list-style-type: none"> <li>• I didn't want or need any information= 124</li> <li>• I don't know / can't remember= 64</li> </ul> <p><b>Total answering question: 1,897</b></p>
52	Thinking about the voluntary or third sector service you used most recently for your mental health, which of these options best describes it?	<ul style="list-style-type: none"> <li>• A therapeutic service - service with an intervention aimed to help recover from mental health problems (for example, counselling, talking therapies, CBT)= 2,650</li> <li>• A social and well-being service such as drop in groups, peer support, social activities (for example, gardening, art, sport etc.)= 1,160</li> <li>• An information or advice service - service that helps with other areas of life that are closely linked to mental health (for example, benefits, housing, legal rights)= 656</li> </ul> <ul style="list-style-type: none"> <li>• Other (please specify)= 828</li> <li>• Don't know / unsure= 696</li> </ul> <p><b>Total answering question: 5,990</b></p> <p><i>Note: Some people who selected "Other" had actually used one of the listed services. After including these, the base sizes changed slightly, resulting in the below percentage changes (higher percentages cited in the report):</i></p> <ul style="list-style-type: none"> <li>• <i>Therapeutic services: 44% to 49%</i></li> <li>• <i>Social and wellbeing services: 19% to 20%</i></li> <li>• <i>Information/advice services: 11% to 12%</i></li> </ul>
53	Thinking about your most recent appointment or interaction for your mental health with your GP surgery, which method did you use to book the appointment?	<ul style="list-style-type: none"> <li>• Phone call= 5,493</li> <li>• Online booking system (e.g., website)= 3,182</li> <li>• Email= 200</li> <li>• Text message or WhatsApp= 120</li> <li>• Via an app= 338</li> <li>• In person at the surgery= 1,484</li> </ul> <ul style="list-style-type: none"> <li>• I didn't book an appointment - I just turned up= 58</li> <li>• I didn't book an appointment - I was referred= 442</li> <li>• Other (please specify)= 426</li> <li>• I don't know / can't remember= 167</li> </ul> <p><b>Total answering question: 11,910</b></p>
53	If you had a choice, what would be your preferred method for booking an appointment at the GP surgery for your mental health?	<ul style="list-style-type: none"> <li>• Phone call= 2,789</li> <li>• Online booking system (e.g., website)= 5,342</li> <li>• Email= 311</li> <li>• Text message or WhatsApp= 530</li> </ul> <ul style="list-style-type: none"> <li>• Via an app= 947</li> <li>• In person at the surgery= 1,130</li> <li>• Other (please specify)= 108</li> <li>• I don't have a preferred method= 756</li> </ul> <p><b>Total answering question: 11,913</b></p>
53	How easy or difficult was it to access your GP or practice nurse on this occasion for your mental health?	<ul style="list-style-type: none"> <li>• Very easy=2,284</li> <li>• Somewhat easy= 3,518</li> <li>(easy answers combined= 5,802)</li> <li>• Neither easy nor difficult= 2,140</li> </ul> <ul style="list-style-type: none"> <li>• Somewhat difficult= 2,238</li> <li>• Very difficult= 1,014</li> </ul> <p><b>Total answering question: 11,194</b></p>

BMHR page number	BMHS question	Sample/Base size	
53	How easy or difficult was it for you to access support from the voluntary organisation/third sector for your mental health?	<ul style="list-style-type: none"> <li>• Very easy= 1,150</li> <li>• Somewhat easy= 1,122</li> <li><i>(easy answers combined= 2,272)</i></li> <li>• Neither easy nor difficult= 438</li> </ul>	<ul style="list-style-type: none"> <li>• Somewhat difficult= 339</li> <li>• Very difficult= 200</li> <li><b>Total answering question: 3,249</b></li> </ul>
53	How long did you wait for your most recent (GP) appointment?	<ul style="list-style-type: none"> <li>• I was seen on the same day= 2,312</li> <li>• 1-3 days= 2,216</li> <li>• 4-6 days= 1,309</li> <li>• 7-9 days= 1,103</li> <li>• 10-12 days= 611</li> </ul>	<ul style="list-style-type: none"> <li>• 13-14 days= 587</li> <li>• More than 14 days= 1,461</li> <li>• It was a pre-arranged appointment= 963</li> <li>• I don't know / can't remember= 642</li> <li><b>Total answering question: 11,204</b></li> </ul>
53	How long did you wait to access this service at the voluntary/third sector organisation?	<ul style="list-style-type: none"> <li>• I was seen on the same day= 1,004</li> <li>• 1-3 days= 466</li> <li>• 4-6 days= 264</li> <li>• 7-9 days= 230</li> <li>• 10-12 days= 124</li> </ul>	<ul style="list-style-type: none"> <li>• 13-14 days= 93</li> <li>• More than 14 days= 614</li> <li>• It was a pre-arranged appointment= 165</li> <li>• I don't know / can't remember= 0</li> <li><b>Total answering question: 2,960</b></li> </ul>
54	How long did you wait for your most recent (GP) appointment? – <b>Wales only</b>	<ul style="list-style-type: none"> <li>• I was seen on the same day= 301</li> <li>• 1-3 days= 190</li> <li>• 4-6 days= 91</li> <li>• 7-9 days= 95</li> <li>• 10-12 days= 49</li> </ul>	<ul style="list-style-type: none"> <li>• 13-14 days= 50</li> <li>• More than 14 days= 106</li> <li>• It was a pre-arranged appointment= 58</li> <li>• I don't know / can't remember= 45</li> <li><b>Total answering question: 985</b></li> </ul>
54	How long did you wait for your most recent (GP) appointment? – <b>England only</b>	<ul style="list-style-type: none"> <li>• I was seen on the same day= 2,011</li> <li>• 1-3 days= 2,026</li> <li>• 4-6 days= 1,218</li> <li>• 7-9 days= 1,008</li> <li>• 10-12 days= 562</li> </ul>	<ul style="list-style-type: none"> <li>• 13-14 days= 537</li> <li>• More than 14 days= 1,355</li> <li>• It was a pre-arranged appointment= 905</li> <li>• I don't know / can't remember= 597</li> <li><b>Total answering question: 10,219</b></li> </ul>
56	Whilst you were waiting [for GP support], did you experience any changes in your mental health?	<ul style="list-style-type: none"> <li>• Yes, my mental health improved= 467</li> <li>• Yes, my mental health got worse= 2,601</li> <li>• No, my mental health stayed the same= 3,951</li> </ul>	<ul style="list-style-type: none"> <li>• I don't know / can't remember= 243</li> <li><b>Total answering question: 7,262</b></li> </ul>

BMHR page number	BMHS question	Sample/Base size	
56, 58	Whilst you were waiting [for voluntary/third sector support), did you experience any changes in your mental health?	<ul style="list-style-type: none"> <li>• Yes, my mental health improved= 260</li> <li>• Yes, my mental health got worse= 619</li> <li>• No, my mental health stayed the same= 832</li> </ul>	I don't know / can't remember= 71 <b>Total answering question: 1,782</b>
56, 58	<p>Among those who said their mental health got worse while waiting for support –</p> <p>Whilst waiting for mental health support (from a GP) ...</p>	<p><u>Number of respondents selecting/agreeing with the statement:</u></p> <ul style="list-style-type: none"> <li>• I felt hopeless= 2,006</li> <li>• There was a negative impact on my physical health= 1,788</li> <li>• My social life was negatively impacted= 1,763</li> <li>• It had a negative impact on my relationship with friends and family= 1,433</li> </ul>	<ul style="list-style-type: none"> <li>• I had to seek support from elsewhere (for example, I was forced to use emergency services, A&amp;E, a crisis line)= 778</li> </ul> <b>Total answering question: 2,597</b>  <i>Note: This was a “select all that apply” question, so respondents could choose multiple statements that reflected their views or experiences. The statements shown here are those that were included in the report</i>
56, 58	<p>Among those who said their mental health got worse while waiting for support</p> <p>Whilst waiting for mental health support (from a voluntary/third sector organisation) ...</p>	<p><u>Number of respondents selecting/agreeing with the statement:</u></p> <ul style="list-style-type: none"> <li>• I felt hopeless= 471</li> <li>• There was a negative impact on my physical health= 404</li> <li>• My social life was negatively impacted = 395</li> <li>• It had a negative impact on my relationship with friends and family= 314</li> </ul>	<ul style="list-style-type: none"> <li>• I had to seek support from elsewhere (for example, I was forced to use emergency services, A&amp;E, a crisis line)= 182</li> </ul> <b>Total answering question: 616</b>  <i>Note: This was a “select all that apply” question, so respondents could choose multiple statements that reflected their views or experiences. The statements shown here are those that were included in the report</i>
58	Overall, do you feel that the service provided by this (voluntary/third sector) organisation meets or met your needs?	<ul style="list-style-type: none"> <li>• Yes, definitely= 2,309</li> <li>• Yes, to some extent= 2,272</li> </ul> <i>(yes answers combined= 4,581)</i>	<ul style="list-style-type: none"> <li>• No= 1,191</li> <li>• I don't know / can't remember= 212</li> </ul> <b>Total answering question: 5,984</b>
58	Overall, during your last appointment or interaction with a GP or practice nurse do you feel that the support you received met your needs?	<ul style="list-style-type: none"> <li>• Yes, definitely= 2,841</li> <li>• Yes, to some extent= 4,735</li> </ul> <i>(yes answers combined= 7,576)</i>	<ul style="list-style-type: none"> <li>• No= 3,896</li> <li>• I don't know / can't remember= 285</li> </ul> <b>Total answering question: 11,757</b>

<b>BMHR page number</b>	<b>BMHS question</b>	<b>Sample/Base size</b>	
58	Did you have confidence and trust in the GP or practice nurse that you saw or spoke to?	<ul style="list-style-type: none"> <li>• Yes, definitely= 4,228</li> <li>• Yes, to some extent= 5,072</li> </ul> <i>(Yes answers combined= 9,300)</i>	<ul style="list-style-type: none"> <li>• No= 2,382</li> <li>• I don't know / can't remember= 190</li> </ul> <b>Total answering question: 11,872</b>
58	Did you have confidence and trust in the voluntary/third sector professional/s that you saw or spoke to?	<ul style="list-style-type: none"> <li>• Yes, definitely= 2,763</li> <li>• Yes, to some extent= 2,240</li> </ul> <i>(Yes answers combined= 5,003)</i>	<ul style="list-style-type: none"> <li>• No= 813</li> <li>• I don't know / can't remember= 174</li> </ul> <b>Total answering question: 5,990</b>
58-60	Still thinking about your most recent appointment with a GP or practice nurse for your mental health, do you feel they ... <i>Listened carefully to what you had to say</i>	<ul style="list-style-type: none"> <li>• Yes, definitely= 5,467</li> <li>• Yes, to some extent= 4,610</li> </ul> <i>(yes answers combined= 10,077)</i>	<ul style="list-style-type: none"> <li>• No= 1,552</li> <li>• I don't know / can't remember= 211</li> </ul> <b>Total answering question: 11,840</b>
58-60	Still thinking about your most recent appointment with a GP or practice nurse for your mental health, do you feel they ... <i>Took your concerns seriously</i>	<ul style="list-style-type: none"> <li>• Yes, definitely= 5,546</li> <li>• Yes, to some extent= 4,072</li> </ul> <i>(yes answers combined= 9,618)</i>	<ul style="list-style-type: none"> <li>• No= 1,857</li> <li>• I don't know / can't remember= 302</li> </ul> <b>Total answering question: 11,777</b>
58-60	Still thinking about your most recent appointment with a GP or practice nurse for your mental health, do you feel they ... <i>Gave you enough time to discuss your mental health</i>	<ul style="list-style-type: none"> <li>• Yes, definitely= 4,237</li> <li>• Yes, to some extent= 3,798</li> </ul> <i>(yes answers combined= 8,035)</i>	<ul style="list-style-type: none"> <li>• No= 3,461</li> <li>• I don't know / can't remember= 297</li> </ul> <b>Total answering question: 11,793</b>
58-60	Still thinking about your most recent appointment with a GP or practice nurse for your mental health, do you feel they ... <i>Were understanding or had compassion for your mental health needs</i>	<ul style="list-style-type: none"> <li>• Yes, definitely= 5,134</li> <li>• Yes, to some extent= 4,420</li> </ul> <i>(yes answers combined= 9,554)</i>	<ul style="list-style-type: none"> <li>• No= 1,880</li> <li>• I don't know / can't remember= 358</li> </ul> <b>Total answering question: 11,792</b>
58-60	Still thinking about your most recent appointment with a GP or practice nurse for your mental health, do you feel they ... <i>Had enough knowledge about mental health in general</i>	<ul style="list-style-type: none"> <li>• Yes, definitely= 3,479</li> <li>• Yes, to some extent= 5,693</li> </ul> <i>(yes answers combined= 9,172)</i>	<ul style="list-style-type: none"> <li>• No= 2,137</li> <li>• I don't know / can't remember= 485</li> </ul> <b>Total answering question: 11,794</b>

BMHR page number	BMHS question	Sample/Base size	
58-60	Still thinking about your most recent appointment with a GP or practice nurse for your mental health, do you feel they ... Had enough knowledge about your mental health	<ul style="list-style-type: none"> <li>• Yes, definitely= 3,174</li> <li>• Yes, to some extent= 4,380 (yes answers combined= 7,554)</li> </ul>	<ul style="list-style-type: none"> <li>• No= 3,726</li> <li>• I don't know / can't remember= 507</li> </ul> <p><b>Total answering question:</b> 11,787</p>
58-60	Still thinking about your most recent appointment with a GP or practice nurse for your mental health, do you feel they ... Took the time to find out about you as an individual	<ul style="list-style-type: none"> <li>• Yes, definitely= 3,178</li> <li>• Yes, to some extent= 3,615 (yes answers combined= 6,793)</li> </ul>	<ul style="list-style-type: none"> <li>• No= 4,476</li> <li>• I don't know / can't remember= 462</li> </ul> <p><b>Total answering question:</b> 11,731</p>
58-60	Still thinking about your most recent appointment with a GP or practice nurse for your mental health, do you feel they ... Involved you as much as you wanted to be in decisions about your care and treatment	<ul style="list-style-type: none"> <li>• Yes, definitely= 4,485</li> <li>• Yes, to some extent= 4,425 (yes answers combined= 8,910)</li> </ul>	<ul style="list-style-type: none"> <li>• No= 2,342</li> <li>• I don't know / can't remember= 410</li> </ul> <p><b>Total answering question:</b> 11,662</p>
58-60	Still thinking about your most recent appointment with a GP or practice nurse for your mental health, do you feel they ... Provided any explanations in a way you could understand	<ul style="list-style-type: none"> <li>• Yes, definitely= 4,938</li> <li>• Yes, to some extent= 4,296 (yes answers combined= 9,234)</li> </ul>	<ul style="list-style-type: none"> <li>• No= 1,655</li> <li>• I don't know / can't remember= 484</li> </ul> <p><b>Total answering question:</b> 11,373</p>
58-60	Still thinking about your most recent appointment with a GP or practice nurse for your mental health, do you feel they ... Helped you to feel optimistic / hopeful about the future	<ul style="list-style-type: none"> <li>• Yes, definitely= 2,227</li> <li>• Yes, to some extent= 3,759 (yes answers combined= 5,986)</li> </ul>	<ul style="list-style-type: none"> <li>• No= 4,600</li> <li>• I don't know / can't remember= 784</li> </ul> <p><b>Total answering question:</b> 11,370</p>
58-60	Thinking about the voluntary or third sector organisation you have used most recently for your mental health, do you feel that the people providing the help/support... Have enough knowledge about mental health in general	<ul style="list-style-type: none"> <li>• Yes, definitely= 3,048</li> <li>• Yes, to some extent= 2,156 (Yes answers combined= 5,204)</li> </ul>	<ul style="list-style-type: none"> <li>• No= 527</li> <li>• I don't know / can't remember= 196</li> </ul> <p><b>Total answering question:</b> 5,927</p>

BMHR page number	BMHS question	Sample/Base size	
58-60	Thinking about the voluntary or third sector organisation you have used most recently for your mental health, do you feel that the people providing the help/support... <a href="#">Took your concerns seriously</a>	<ul style="list-style-type: none"> <li>• Yes, definitely= 3,729</li> <li>• Yes, to some extent= 1,568 <i>(yes answers combined= 5,297)</i></li> </ul>	<ul style="list-style-type: none"> <li>• No= 490</li> <li>• I don't know / can't remember= 134</li> </ul> <p><b>Total answering question: 5,921</b></p>
58-60	Thinking about the voluntary or third sector organisation you have used most recently for your mental health, do you feel that the people providing the help/support... <a href="#">Gave you enough time to discuss your mental health</a>	<ul style="list-style-type: none"> <li>• Yes, definitely= 3,311</li> <li>• Yes, to some extent= 1,606 <i>(yes answers combined= 4,917)</i></li> </ul>	<ul style="list-style-type: none"> <li>• No= 737</li> <li>• I don't know / can't remember= 166</li> </ul> <p><b>Total answering question: 5,820</b></p>
58-60	Thinking about the voluntary or third sector organisation you have used most recently for your mental health, do you feel that the people providing the help/support... <a href="#">Were understanding/had compassion for your mental health needs</a>	<ul style="list-style-type: none"> <li>• Yes, definitely= 3,768</li> <li>• Yes, to some extent= 1,574 <i>(yes answers combined= 5,342)</i></li> </ul>	<ul style="list-style-type: none"> <li>• No= 436</li> <li>• I don't know / can't remember= 132</li> </ul> <p><b>Total answering question: 5,910</b></p>
58-60	Thinking about the voluntary or third sector organisation you have used most recently for your mental health, do you feel that the people providing the help/support... <a href="#">Listened carefully to what you had to say</a>	<ul style="list-style-type: none"> <li>• Yes, definitely= 3,736</li> <li>• Yes, to some extent= 1,538 <i>(yes answers combined= 5,274)</i></li> </ul>	<ul style="list-style-type: none"> <li>• No= 444</li> <li>• I don't know / can't remember= 127</li> </ul> <p><b>Total answering question: 5,845</b></p>
58-60	Thinking about the voluntary or third sector organisation you have used most recently for your mental health, do you feel that the people providing the help/support... <a href="#">Had enough knowledge about your mental health</a>	<ul style="list-style-type: none"> <li>• Yes, definitely= 2,441</li> <li>• Yes, to some extent= 1,895 <i>(yes answers combined= 4,336)</i></li> </ul>	<ul style="list-style-type: none"> <li>• No= 1,208</li> <li>• I don't know / can't remember= 224</li> </ul> <p><b>Total answering question: 5,768</b></p>

BMHR page number	BMHS question	Sample/Base size	
58-60	Thinking about the voluntary or third sector organisation you have used most recently for your mental health, do you feel that the people providing the help/support... Took the time to find out about you as an individual	<ul style="list-style-type: none"> <li>• Yes, definitely= 2,971</li> <li>• Yes, to some extent= 1,701 (yes answers combined= 4,672)</li> </ul>	<ul style="list-style-type: none"> <li>• No= 939</li> <li>• I don't know / can't remember= 203</li> </ul> <p><b>Total answering question:</b> 5,814</p>
58-60	Thinking about the voluntary or third sector organisation you have used most recently for your mental health, do you feel that the people providing the help/support... Provided any information in a way you could understand	<ul style="list-style-type: none"> <li>• Yes, definitely= 3,442</li> <li>• Yes, to some extent= 1,748 (yes answers combined= 5,190)</li> </ul>	<ul style="list-style-type: none"> <li>• No= 429</li> <li>• I don't know / can't remember= 177</li> </ul> <p><b>Total answering question:</b> 5,796</p>
58-60	Thinking about the voluntary or third sector organisation you have used most recently for your mental health, do you feel that the people providing the help/support... Helped you to stay hopeful about the future	<ul style="list-style-type: none"> <li>• Yes, definitely= 2,322</li> <li>• Yes, to some extent= 2,076 (yes answers combined= 4,398)</li> </ul>	<ul style="list-style-type: none"> <li>• No= 1,117</li> <li>• I don't know / can't remember= 291</li> </ul> <p><b>Total answering question:</b> 5,806</p>
60	Have you ever been treated unfairly by a GP or practice nurse because of your mental health?	<ul style="list-style-type: none"> <li>• Yes, definitely= 1,951</li> <li>• Yes, to some extent= 2,103 (yes answers combined= 4,054)</li> </ul>	<ul style="list-style-type: none"> <li>• No= 6,741</li> <li>• I don't know / can't remember= 1,010</li> </ul> <p><b>Total answering question:</b> 11,805</p>
60	Have you ever been treated unfairly by a voluntary sector organisation(s) because of your mental health?	<ul style="list-style-type: none"> <li>• Yes, definitely= 560</li> <li>• Yes, to some extent= 572 (yes answers combined= 1,132)</li> </ul>	<ul style="list-style-type: none"> <li>• No= 4,348</li> <li>• I don't know / can't remember= 487</li> </ul> <p><b>Total answering question:</b> 5,967</p>
60	Have you ever been treated unfairly by a GP or practice nurse because of your mental health? – by age	<p><u>Young people (16-24)</u></p> <ul style="list-style-type: none"> <li>• Yes, definitely= 353</li> <li>• Yes, to some extent= 403 (yes answers combined= 756)</li> <li>• No= 902</li> <li>• I don't know/can't remember= 209</li> </ul> <p><b>Sample base:</b> 1,867</p>	<p><u>Adults (25+)</u></p> <ul style="list-style-type: none"> <li>• Yes, definitely= 1,598</li> <li>• Yes, to some extent= 1,700 (yes answers combined= 3,298)</li> <li>• No= 5,839</li> <li>• I don't know / can't remember= 801</li> </ul> <p><b>Sample base:</b> 9,938</p>

BMHR page number	BMHS question	Sample/Base size		
60	Have you ever been treated unfairly by a GP or practice nurse because of your mental health? – <a href="#">by gender</a>	<u>Men</u> <ul style="list-style-type: none"> <li>• Yes, definitely= 331</li> <li>• Yes, to some extent= 373 <i>(yes answers combined= 704)</i></li> <li>• No= 1,433</li> <li>• I don't know/can't remember= 169</li> </ul> <b>Sample base:</b> 2,306	<u>Non-binary</u> <ul style="list-style-type: none"> <li>• Yes, definitely= 85</li> <li>• Yes, to some extent= 73 <i>(yes answers combined= 158)</i></li> <li>• No= 95</li> <li>• I don't know/can't remember= 47</li> </ul> <b>Sample base:</b> 300	<u>Women</u> <ul style="list-style-type: none"> <li>• Yes, definitely= 1,440</li> <li>• Yes, to some extent= 1,539 <i>(yes answers combined= 2,979)</i></li> <li>• No= 4,809</li> <li>• I don't know/can't remember= 728</li> </ul> <b>Sample base:</b> 8,516
60	Have you ever been treated unfairly by a GP or practice nurse because of your mental health? – <a href="#">by ethnicity</a>	<u>White communities</u> <ul style="list-style-type: none"> <li>• Yes, definitely= 1,643</li> <li>• Yes, to some extent= 1,778 <i>(yes answers combined= 3,421)</i></li> <li>• No= 5,717</li> <li>• I don't know / can't remember= 872</li> </ul> <b>Sample base:</b> 10,010		<u>Racialised communities (Arab, Asian, Black, Mixed, another combined)</u> <ul style="list-style-type: none"> <li>• Yes, definitely= 219</li> <li>• Yes, to some extent= 223 <i>(yes answers combined= 442)</i></li> <li>• No= 625</li> <li>• I don't know / can't remember= 90</li> </ul> <b>Sample base:</b> 1,157
60	Have you ever been treated unfairly by a GP or practice nurse because of your mental health? – <a href="#">by experience of poverty</a>	<u>Those not experiencing poverty</u> <ul style="list-style-type: none"> <li>• Yes, definitely= 592</li> <li>• Yes, to some extent= 684 <i>(yes answers combined= 1,276)</i></li> <li>• No= 2,794</li> <li>• I don't know / can't remember= 321</li> </ul> <b>Sample base:</b> 4,391		<u>Those experiencing persistent poverty</u> <ul style="list-style-type: none"> <li>• Yes, definitely= 296</li> <li>• Yes, to some extent= 239 <i>(yes answers combined= 535)</i></li> <li>• No= 512</li> <li>• I don't know / can't remember= 114</li> </ul> <b>Sample base:</b> 1,161
60	Have you ever been treated unfairly by a voluntary sector organisation(s) because of your mental health? – <a href="#">by age</a>	<u>Young people (16-24)</u> <ul style="list-style-type: none"> <li>• Yes, definitely= 131</li> <li>• Yes, to some extent= 139 <i>(yes answers combined= 270)</i></li> <li>• No= 697</li> <li>• I don't know/can't remember= 100</li> </ul> <b>Sample base:</b> 1,067		<u>Adults (25+)</u> <ul style="list-style-type: none"> <li>• Yes, definitely= 429</li> <li>• Yes, to some extent= 433 <i>(yes answers combined= 862)</i></li> <li>• No= 3,651</li> <li>• I don't know / can't remember= 387</li> </ul> <b>Sample base:</b> 4,900

BMHR page number	BMHS question	Sample/Base size		
60	Have you ever been treated unfairly by a voluntary sector organisation(s) because of your mental health? – <i>by gender</i>	<u>Men</u> <ul style="list-style-type: none"> <li>• Yes, definitely= 161</li> <li>• Yes, to some extent= 157 <i>(yes answers combined= 318)</i></li> <li>• No= 827</li> <li>• I don't know/can't remember= 74</li> </ul> <b>Sample base:</b> 1,219	<u>Non-binary</u> <ul style="list-style-type: none"> <li>• Yes, definitely= 15</li> <li>• Yes, to some extent= 29 <i>(yes answers combined= 44)</i></li> <li>• No= 103</li> <li>• I don't know/can't remember= 38</li> </ul> <b>Sample base:</b> 185	<u>Women</u> <ul style="list-style-type: none"> <li>• Yes, definitely= 355</li> <li>• Yes, to some extent= 357 <i>(yes answers combined= 712)</i></li> <li>• No= 3,176</li> <li>• I don't know/can't remember= 332</li> </ul> <b>Sample base:</b> 4,220
60	Have you ever been treated unfairly by a voluntary sector organisation(s) because of your mental health? – <i>by ethnicity</i>	<u>White communities</u> <ul style="list-style-type: none"> <li>• Yes, definitely= 418</li> <li>• Yes, to some extent= 432 <i>(yes answers combined= 850)</i></li> <li>• No= 3,763</li> <li>• I don't know / can't remember= 401</li> </ul> <b>Sample base:</b> 5,014		<u>Racialised communities (Arab, Asian, Black, Mixed, another combined)</u> <ul style="list-style-type: none"> <li>• Yes, definitely= 113</li> <li>• Yes, to some extent= 116 <i>(yes answers combined= 229)</i></li> <li>• No= 349</li> <li>• I don't know / can't remember= 52</li> </ul> <b>Sample base:</b> 630
60	Have you ever been treated unfairly by a voluntary sector organisation(s) because of your mental health? – <i>by experience of poverty</i>	<u>Those not experiencing poverty:</u> <ul style="list-style-type: none"> <li>• Yes, definitely= 210</li> <li>• Yes, to some extent= 181 <i>(yes answers combined= 391)</i></li> <li>• No= 1,582</li> <li>• I don't know / can't remember= 133</li> </ul> <b>Sample base:</b> 2,106	<u>Those experiencing persistent poverty</u> <ul style="list-style-type: none"> <li>• Yes, definitely= 77</li> <li>• Yes, to some extent= 74 <i>(yes answers combined= 151)</i></li> <li>• No= 402</li> <li>• I don't know / can't remember= 62</li> </ul> <b>Sample base:</b> 615	
60	Would you say this unfair treatment has changed how likely you are to get help from your GP or practice nurse in the future?	<ul style="list-style-type: none"> <li>• Yes - it has made me less likely to seek support from my GP or practice nurse= 2,883</li> <li>• No - it doesn't make me less likely to seek support from my GP or practice nurse= 1,033</li> </ul> <b>Total answering question:</b> 3,916		

BMHR page number	BMHS question	Sample/Base size	BMHR page number
61	Which of the following would improve the experience of using your GP practice?	<p><u>Number of respondents selecting the statement:</u></p> <ul style="list-style-type: none"> <li>Seeing the same GP / practice nurse= 6,842</li> <li>Longer appointments with GP / practice nurse=6,076</li> <li>Shorter waiting times= 5,477</li> <li>Making it easier to communicate with the practice= 5,346</li> </ul> <p><b>Total answering question:</b> 11,899</p>	<ul style="list-style-type: none"> <li>More training for GPs and front-line staff on mental health= 735 - <i>Please note that this was asked as part of a different question, which had a total of 2,942 respondents</i></li> </ul> <p><b>Note:</b> This was a "select all that apply" question, so respondents could choose multiple statements that reflected their views or experiences. The statements shown here are those that were included in the report</p>
61-62	Please share any general suggestions you may have for improvement to the (voluntary/third sector) services you've received.	<p><u>Number of respondents who discussed:</u></p> <ul style="list-style-type: none"> <li>Better communication from staff at services= 1,430</li> <li>More tailored support/therapy options= 749</li> </ul>	<b>Total answering question:</b> 2,942
62	Was there an opportunity to provide feedback about the GP appointment or interaction you had?	<ul style="list-style-type: none"> <li>Yes, and I did provide feedback= 1,667</li> <li>Yes, but I didn't provide any feedback= 1,882</li> </ul> <p><i>(yes questions combined= 3,549)</i></p> <ul style="list-style-type: none"> <li>No, but I would've liked the chance to feedback= 3,971</li> </ul>	<ul style="list-style-type: none"> <li>No, but I wouldn't have fed back= 2,771</li> <li>I don't know / can't remember= 1,577</li> </ul> <p><b>Total answering question:</b> 11,868</p>
62	Was there an opportunity to provide feedback about the voluntary/third sector service you received?	<ul style="list-style-type: none"> <li>Yes, and I did provide feedback= 1,881</li> <li>Yes, but I didn't provide any feedback= 930</li> </ul> <p><i>(yes questions combined= 2,811)</i></p> <ul style="list-style-type: none"> <li>No, but I would've liked the chance to feedback= 1,282</li> </ul>	<ul style="list-style-type: none"> <li>No, but I wouldn't have fed back= 807</li> <li>I don't know / can't remember= 1,067</li> </ul> <p><b>Total answering question:</b> 5,967</p>
62	Have you seen or spoken to a GP or practice nurse about your mental health in the last 12 months? - by age	<p><u>Young people (16-24)</u></p> <ul style="list-style-type: none"> <li>Yes= 1,879</li> <li>No, I haven't needed to do this= 335</li> <li>No, but I would've liked to have done this= 849</li> </ul> <p><b>Sample base:</b> 3,063</p>	<p><u>Adults (25+)</u></p> <ul style="list-style-type: none"> <li>Yes= 10,062</li> <li>No, I haven't needed to do this= 2,143</li> <li>No, but I would've liked to have done this= 2,909</li> </ul> <p><b>Sample base:</b> 15,114</p>

BMHR page number	BMHS question	Sample/Base size		
62	Have you seen or spoken to a GP or practice nurse about your mental health in the last 12 months? – by gender	<u>Men</u> <ul style="list-style-type: none"> <li>• Yes= 2,330</li> <li>• No, I haven't needed to do this= 506</li> <li>• No, but I would've liked to have done this= 799</li> </ul> <b>Sample base:</b> 3,635	<u>Non-binary</u> <ul style="list-style-type: none"> <li>• Yes= 303</li> <li>• No, I haven't needed to do this= 36</li> <li>• No, but I would've liked to have done this= 121</li> </ul> <b>Sample base:</b> 460	<u>Women</u> <ul style="list-style-type: none"> <li>• Yes= 8,595</li> <li>• No, I haven't needed to do this= 1,688</li> <li>• No, but I would've liked to have done this= 2,511</li> </ul> <b>Sample base:</b> 12,794
62	Have you seen or spoken to a GP or practice nurse about your mental health in the last 12 months? – by ethnicity	<u>White communities</u> <ul style="list-style-type: none"> <li>• Yes= 10,105</li> <li>• No, I haven't needed to do this= 2,079</li> <li>• No, but I would've liked to have done this= 3,052</li> </ul> <b>Sample base:</b> 15,236		<u>Racialised communities (Arab, Asian, Black, Mixed, another combined)</u> <ul style="list-style-type: none"> <li>• Yes= 1,168</li> <li>• No, I haven't needed to do this= 151</li> <li>• No, but I would've liked to have done this= 402</li> </ul> <b>Sample base:</b> 1,721
63	Why did you not see or speak to a GP or practice nurse about your mental health?	<ul style="list-style-type: none"> <li>• I didn't think I would be able to get an appointment in time= 863</li> <li>• I didn't think it would help or do me any good= 1,203</li> <li>• I wasn't sure if this was the right service to approach about my mental health= 862</li> <li>• I didn't think my mental health problem was serious enough= 1,233</li> <li>• I was worried about what health care professionals or staff would think or say= 858</li> <li>• I was worried about what my family or friends would think or say= 702</li> </ul> <ul style="list-style-type: none"> <li>• I was worried about what my employer or people in my workplace would think or say= 383</li> <li>• Previous experiences of this service have put me off going again= 1,364</li> <li>• I found support from another source= 683</li> <li>• Other (please specify)= 526</li> <li>• Don't know / Unsure= 94</li> </ul> <b>Total answering question:</b> 3,732  <i>Note: This was a “select all that apply” question, so respondents could choose multiple statements that reflected their views or experiences.</i>		

BMHR page number	BMHS question	Sample/Base size	
63	Why did you not see or speak to a voluntary third sector organisation about your mental health?	<ul style="list-style-type: none"> <li>• I didn't think I could get an appointment/ be seen= 970</li> <li>• I wasn't sure if this was the right service to approach about my mental health= 1,773</li> <li>• I didn't think my mental health problem was serious enough= 1,535</li> <li>• I didn't think it would help or do me any good= 1,288</li> <li>• I was worried about what staff (clinical or voluntary) would think or say= 717</li> <li>• I was worried about what my family or friends would think / say= 620</li> </ul>	<ul style="list-style-type: none"> <li>• I was worried about what my employer or people in my workplace might say= 355</li> <li>• Previous experiences of this service or a similar service have put me off going again= 859</li> <li>• I didn't know how to access it= 1,077</li> <li>• I didn't know that this was an option= 891</li> <li>• Other (please specify)= 691</li> <li>• Don't know / unsure= 273</li> </ul> <p><b>Total answering question:</b> 5,247</p> <p><i>Note: This was a "select all that apply" question, so respondents could choose multiple statements that reflected their views or experiences.</i></p>
63	<p>Why did you not see or speak to a GP or practice nurse about your mental health?</p> <p>Respondents who selected: I didn't think my mental health problem was serious enough - <a href="#">by age</a></p>	<p><u>Young people (16-24)</u></p> <ul style="list-style-type: none"> <li>• I didn't think my mental health problem was serious enough= 422</li> </ul> <p><b>Sample size:</b> 843</p>	<p><u>Adults (25+)</u></p> <ul style="list-style-type: none"> <li>• I didn't think my mental health problem was serious enough= 811</li> </ul> <p><b>Sample size:</b> 2,889</p>
64-65	Have you used any digital apps or online platforms to support your mental health in the last 12 months?	<ul style="list-style-type: none"> <li>• Yes= 6,519</li> <li>• No= 11,658</li> </ul>	<b>Total answering question:</b> 18,177
64-65	Have you used any digital apps or online platforms to support your mental health in the last 12 months? – <a href="#">by age</a>	<p><u>Young people (16-24)</u></p> <ul style="list-style-type: none"> <li>• Yes= 1,265</li> <li>• No= 1,798</li> </ul> <p><b>Sample base:</b> 3,063</p>	<p><u>Adults (25+)</u></p> <ul style="list-style-type: none"> <li>• Yes= 5,254</li> <li>• No= 9,860</li> </ul> <p><b>Sample base:</b> 15,114</p>

BMHR page number	BMHS question	Sample/Base size		
64-65	Have you used any digital apps or online platforms to support your mental health in the last 12 months? – by gender	<u>Men</u> <ul style="list-style-type: none"> <li>• Yes= 1,237</li> <li>• No=2,398</li> </ul> <b>Sample base:</b> 3,635	<u>Non-binary</u> <ul style="list-style-type: none"> <li>• Yes= 193</li> <li>• No=267</li> </ul> <b>Sample base:</b> 460	<u>Women</u> <ul style="list-style-type: none"> <li>• Yes= 4,786</li> <li>• No= 8,008</li> </ul> <b>Sample base:</b> 12,794
64-65	Have you used any digital apps or online platforms to support your mental health in the last 12 months? – by ethnicity	<u>White communities</u> <ul style="list-style-type: none"> <li>• Yes= 5,528</li> <li>• No= 9,708</li> </ul> <b>Sample base:</b> 15,236		<u>Racialised communities (Arab, Asian, Black, Mixed, another combined)</u> <ul style="list-style-type: none"> <li>• Yes= 724</li> <li>• No= 997</li> </ul> <b>Sample base:</b> 1,721
64-65	How did you find out about this digital app or online platform?	<ul style="list-style-type: none"> <li>• A GP / practice nurse told me about it= 781</li> <li>• A therapist or counsellor told me about it= 936</li> <li>• Through a charity or community group= 301</li> <li>• Recommendation from friend or family member= 994</li> <li>• Via an online search= 1,585</li> <li>• Social media advert or social media post= 1,899</li> <li>• TV or TV advert= 192</li> </ul> <ul style="list-style-type: none"> <li>• Magazine / newspaper / leaflet / poster / billboard= 141</li> <li>• My employer or workplace= 656</li> <li>• Other (please specify)= 323</li> <li>• Don't know / can't remember= 399</li> </ul> <b>Total answering question:</b> 6,482  <i>Note: This was a "select all that apply" question, so respondents could choose multiple statements that reflected their views or experiences.</i>		
64-65	Thinking about the digital app or online platform you most recently used for your mental health, which of these options best describes it?	<ul style="list-style-type: none"> <li>• A mindfulness or meditation app= 3,470</li> <li>• A self-help or a cognitive behavioural therapy (CBT) app= 936</li> <li>• A mood and symptom tracking app= 983</li> </ul> <ul style="list-style-type: none"> <li>• A professional therapy app= 349</li> <li>• A peer support app or platform= 335</li> <li>• Don't know / unsure= 388</li> </ul> <b>Total answering question:</b> 6,461		
64-65	Thinking about the digital app or online platform you most recently used for your mental health, which of these options best describes it?  Respondents who selected: Mood tracking apps – by age	<u>Young people (16-24)</u> <ul style="list-style-type: none"> <li>• I most recently used a mood and symptom tracking app= 328</li> <li>• <b>Sample base:</b> 1,253</li> </ul>		<u>Adults (25+)</u> <ul style="list-style-type: none"> <li>• I most recently used a mood and symptom tracking app= 655</li> <li>• <b>Sample base:</b> 5,208</li> </ul>

BMHR page number	BMHS question	Sample/Base size	
64-65	Which of these options best describes the digital app or online platform you use for your mental health?	<ul style="list-style-type: none"> <li>It's free to download or use= 4,206</li> <li>It requires payment to use (either a one-off payment or a subscription)= 1,899</li> </ul>	<ul style="list-style-type: none"> <li>I don't know / can't remember= 350</li> </ul> <p><b>Total answering question:</b> 6,455</p>
64-65	<p>Which of these options best describes the digital app or online platform you use for your mental health?</p> <p>Respondents who selected: It requires payment to use – <a href="#">by age</a></p>	<p><u>Young people (16-24)</u></p> <ul style="list-style-type: none"> <li>It requires payment to use= 244</li> </ul> <p><b>Sample base:</b> 1,253</p>	<p><u>Adults (25+)</u></p> <ul style="list-style-type: none"> <li>It requires payment to use= 1,655</li> </ul> <p><b>Sample base:</b> 5,202</p>
64-65	What was the main reason you decided to use this digital app or online platform for your mental health?	<ul style="list-style-type: none"> <li>I needed immediate support with my mental health which I wasn't able to get from anywhere else= 1,597</li> <li>I needed support with my mental health whilst I was waiting for other treatment= 1,443</li> <li>I liked the convenience or accessibility of using an app= 1,820</li> <li>I liked the privacy of using an app= 582</li> <li>I prefer to self-manage my mental health= 687</li> <li>To track my mood= 49</li> <li>Needed a distraction= 27</li> <li>Curiosity/wanted to try it= 84</li> <li>It was the only type of support/option I had= 36</li> </ul>	<ul style="list-style-type: none"> <li>To improve/support sleep= 32</li> <li>For ongoing daily support / Improvement with daily life= 45</li> <li>Part of talking therapy= 17</li> <li>Recommended by therapist= 32</li> <li>GP recommendation= 21</li> <li>Advised to use it by someone else (outside of therapist/GP)= 58</li> <li>Additional support/ help to therapy/medication etc= 99</li> <li>I didn't like using it / gave it up / was rubbish= 15</li> <li>Another reason (please specify if you wish)= 11</li> <li>Don't know / Can't remember= 4</li> <li>All of the above= 4</li> </ul> <p><b>Total answering question:</b> 6,380</p>

BMHR page number	BMHS question	Sample/Base size		
64-65	Overall, how would you describe the impact this digital app or online platform has had on your mental health or wellbeing?	<ul style="list-style-type: none"> <li>It has helped a lot with my mental health= 1,188</li> <li>It has helped a little with my mental health= 3,617</li> <li>It hasn't helped with my mental health= 1,591</li> </ul> <p><b>Total answering question:</b> 6,396</p>		
64-65	Overall, how would you describe the impact this digital app or online platform has had on your mental health or wellbeing?  Respondents who selected: it has helped a lot with my mental health - <a href="#">by age</a>	<u>Young people (16-24)</u> <ul style="list-style-type: none"> <li>It has helped a lot with my mental health= 192</li> </ul> <p><b>Sample base:</b> 1,240</p>		<u>Adults (25+)</u> <ul style="list-style-type: none"> <li>It has helped a lot with my mental health= 996</li> </ul> <p><b>Sample base:</b> 5,156</p>
64-65	Overall, how would you describe the impact this digital app or online platform has had on your mental health or wellbeing?  Respondents who selected: it has helped a lot with my mental health - <a href="#">by ethnicity</a>	<u>White communities</u> <ul style="list-style-type: none"> <li>It has helped a lot with my mental health= 896</li> </ul> <p><b>Sample base:</b> 5,436</p>		<u>Racialised communities (Arab, Asian, Black, Mixed, another combined)</u> <ul style="list-style-type: none"> <li>It has helped a lot with my mental health= 257</li> </ul> <p><b>Sample base:</b> 717</p>
64-65	Overall, how would you describe the impact this digital app or online platform has had on your mental health or wellbeing?  Respondents who selected: it has helped a lot with my mental health - <a href="#">by gender</a>	<u>Men</u> <ul style="list-style-type: none"> <li>It has helped a lot with my mental health= 302</li> </ul> <p><b>Sample base:</b> 1,212</p>	<u>Non-binary</u> <ul style="list-style-type: none"> <li>It has helped a lot with my mental health= 22</li> </ul> <p><b>Sample base:</b> 191</p>	<u>Women</u> <ul style="list-style-type: none"> <li>It has helped a lot with my mental health= 830</li> </ul> <p><b>Sample base:</b> 4,713</p>
64-65	Overall, how would you describe the impact this digital app or online platform has had on your mental health or wellbeing? Respondents who selected: it has helped a lot with my mental health - <a href="#">by experience of poverty</a>	<u>Those not experiencing poverty</u> <ul style="list-style-type: none"> <li>It has helped a lot with my mental health= 632</li> </ul> <p><b>Sample base:</b> 2,859</p>		<u>Those experiencing persistent poverty</u> <p>It has helped a lot with my mental health= 70</p> <p><b>Sample base:</b> 445</p>

BMHR page number	BMHS question	Sample/Base size		
64-65	<p>Overall, how would you describe the impact this digital app or online platform has had on your mental health or wellbeing?</p> <p>Respondents who selected: it hasn't helped with my mental health - <a href="#">by age</a></p>	<p><u>Young people (16-24)</u></p> <ul style="list-style-type: none"> <li>It hasn't helped with my mental health = 399</li> </ul> <p><b>Sample base:</b> 1,240</p>		<p><u>Adults (25+)</u></p> <ul style="list-style-type: none"> <li>It hasn't helped with my mental health= 1,192</li> </ul> <p><b>Sample base:</b> 5,156</p>
64-65	<p>Overall, how would you describe the impact this digital app or online platform has had on your mental health or wellbeing?</p> <p>Respondents who selected: it hasn't helped with my mental health - <a href="#">by ethnicity</a></p>	<p><u>White communities</u></p> <ul style="list-style-type: none"> <li>It hasn't helped with my mental health = 1,402</li> </ul> <p><b>Sample base:</b> 5,436</p>		<p><u>Racialised communities (Arab, Asian, Black, Mixed, another combined)</u></p> <ul style="list-style-type: none"> <li>It hasn't helped with my mental health= 113</li> </ul> <p><b>Sample base:</b> 717</p>
64-65	<p>Overall, how would you describe the impact this digital app or online platform has had on your mental health or wellbeing?</p> <p>Respondents who selected: it hasn't helped with my mental health - <a href="#">by gender</a></p>	<p><u>Men</u></p> <ul style="list-style-type: none"> <li>It hasn't helped with my mental health= 272</li> </ul> <p><b>Sample base:</b> 1,212</p>	<p><u>Non-binary</u></p> <ul style="list-style-type: none"> <li>It hasn't helped with my mental health= 68</li> </ul> <p><b>Sample base:</b> 191</p>	<p><u>Women</u></p> <ul style="list-style-type: none"> <li>It hasn't helped with my mental health= 1,152</li> </ul> <p><b>Sample base:</b> 4,713</p>
64-65	<p>Overall, how would you describe the impact this digital app or online platform has had on your mental health or wellbeing?</p> <p>Respondents who selected: it hasn't helped with my mental health - <a href="#">by experience of poverty</a></p>	<p><u>Those not experiencing poverty</u></p> <ul style="list-style-type: none"> <li>It hasn't helped with my mental health = 589</li> </ul> <p><b>Sample base:</b> 2,859</p>		<p><u>Those experiencing persistent poverty</u></p> <ul style="list-style-type: none"> <li>It hasn't helped with my mental health= 140</li> </ul> <p><b>Sample base:</b> 445</p>

**Appendix B:** Base sizes for Big Mental Health Survey (BMHS) 2019 questions included in chapter 3 of the BMHR 2025.

BMHR page number	BMHS question	Sample/Base size
45	Overall sample size	$n= 12,975$
45	BMHS demographic profile - gender	<ul style="list-style-type: none"> <li>Men= 2,606</li> <li>Non-binary= 100</li> <li>Women= 6,485</li> </ul> <ul style="list-style-type: none"> <li>Prefer to self-describe= 51</li> <li>Prefer not to say = 113</li> </ul> <p><b>Total answering question:</b> 9,355</p>
45	BMHS demographic profile - age	<ul style="list-style-type: none"> <li>Young people aged 16-24= 1,339</li> <li>Adults aged 25-34= 2,350</li> <li>Adults aged 35-44= 2,118</li> <li>Adults aged 45-54= 2,042</li> </ul> <ul style="list-style-type: none"> <li>Adults aged 55-64= 1,176</li> <li>Adults aged 65 and over= 321</li> </ul> <p><b>Total answering question:</b> 9,346</p>
45	BMHS demographic profile - ethnicity	<ul style="list-style-type: none"> <li>Asian= 301</li> <li>Black or Black British= 214</li> <li>Mixed ethnicity= 271</li> <li>White= 8,253</li> </ul> <ul style="list-style-type: none"> <li>Prefer to self-describe= 19</li> <li>Prefer not to say= 178</li> </ul> <p><b>Total answering question:</b> 9,236</p>
45	BMHS demographic profile - nation	<ul style="list-style-type: none"> <li>People from England= 7,204</li> <li>People from Wales= 1,631</li> </ul> <p><b>Total answering question:</b> 8,835</p>
45	BMHS demographic profile - region	<ul style="list-style-type: none"> <li>East of England= 632</li> <li>East Midlands= 648</li> <li>London= 972</li> <li>North East= 350</li> <li>North West= 909</li> <li>South Wales= 1,213</li> <li>North Wales= 418</li> <li>South East= 1,388</li> <li>South West= 814</li> </ul> <ul style="list-style-type: none"> <li>Yorkshire and the Humber= 650</li> <li>West Midlands= 841</li> <li>None of the above= 297</li> </ul> <p><b>Total answering question:</b> 9,132</p> <p><i><b>Note:</b> An error was identified in the original survey, where “Yorkshire and the Humber” was mistakenly left out as an answer option. This was corrected partway through data collection, with the option added to the online version of the survey only</i></p>

<b>BMHR page number</b>	<b>BMHS question</b>	<b>Sample/Base size</b>
48, 62	Have you seen or spoken to a GP or practice nurse about your mental health in the last 12 months?	<ul style="list-style-type: none"> <li>• Yes= 9,110</li> <li>• No, but I haven't needed to= 1,864</li> <li>• No, but I would have liked this= 1,853</li> </ul> <b>Total answering question: 12,827</b>
48, 62	Have you seen or spoken to any voluntary / third sector organisation(s) in the last 12 months about your mental health?	<ul style="list-style-type: none"> <li>• Yes= 3,934</li> <li>• No, but I haven't need to= 3,680</li> <li>• No, but I would have liked this= 3,343</li> </ul> <b>Total answering question: 10,957</b>
50	How long have you been receiving support from a GP or practice nurse for your mental health (e.g. regular appointments, repeat prescriptions, medication reviews, as well as emotional support)?	<ul style="list-style-type: none"> <li>• Up to 1 month= 509</li> <li>• Up to 1 year= 1,638</li> <li>• Up to 5 years= 2,557</li> <li>• Up to 10 years= 1,331</li> <li>• 10 years or more= 2,500</li> <li>• I don't know/can't remember= 251</li> <li>• I don't currently receive support from a GP practice for my mental health= 4,150</li> </ul> <b>Total answering question: 12,936</b>
51	Were you able to discuss any other physical health issues in the same appointment?	<ul style="list-style-type: none"> <li>• Yes, definitely= 1,763</li> <li>• Yes, to some extent= 1,693</li> <li>• No, but it was not necessary= 2,257</li> <li>• No, but I would have liked this= 2,076</li> <li>• I don't know/can't remember= 107</li> </ul> <b>Total answering question: 7,896</b>
52	If you were given any new medications, were you given enough information about their purpose?	<ul style="list-style-type: none"> <li>• Yes, enough information= 1,372</li> <li>• Some, but not enough information= 699</li> <li>• No, but I would have liked this= 465</li> <li>• I didn't want/need any information= 336</li> <li>• I don't know/can't remember= 52</li> </ul> <b>Total answering question: 2,924</b>
52	Thinking about the voluntary / third sector service you have used most recently for your mental health, is it...	<ul style="list-style-type: none"> <li>• A therapeutic service - service with an intervention aimed to help recover from mental health problems (e.g. counselling, CBT, IAPT)= 2,065</li> <li>• A social and well-being service - drop-in groups, peer support, social activities (e.g. gardening, art, sport etc.)= 1,123</li> <li>• An information / advice service - service that helps with other areas of life that are closely linked to mental health (e.g. benefits, housing, legal rights)= 927</li> <li>• Other (please specify below)= 703</li> </ul> <b>Total answering question: 4,818</b>

<b>BMHR page number</b>	<b>BMHS question</b>	<b>Sample/Base size</b>
53	Thinking about your most recent appointment for your mental health at the GP surgery...Which method did you use to book the appointment?	<ul style="list-style-type: none"> <li>• Telephone= 4,846</li> <li>• Email= 31</li> <li>• Online booking system= 1,623</li> <li>• In person at the surgery= 1,550</li> <li>• It was a pre-arranged appointment / I was referred= 540</li> </ul> <ul style="list-style-type: none"> <li>• I did not book an appointment / I just turned up= 134</li> <li>• Other (please specify below)= 168</li> </ul> <p><b>Total answering question: 8,892</b></p>
53	Overall, how easy / difficult was it to access this (GP) service?	<ul style="list-style-type: none"> <li>• Very easy= 2,088</li> <li>• Somewhat easy= 2,706</li> <li>• Neither easy nor difficult= 1,756</li> </ul> <ul style="list-style-type: none"> <li>• Somewhat difficult= 1,465</li> <li>• Very difficult= 468</li> </ul> <p><b>Total answering question: 8,483</b></p>
53	Overall, how easy / difficult was it to access this voluntary/third sector service?	<ul style="list-style-type: none"> <li>• Very easy= 818</li> <li>• Somewhat easy= 644</li> <li>• Neither easy nor difficult= 325</li> </ul> <ul style="list-style-type: none"> <li>• Somewhat difficult= 199</li> <li>• Very difficult= 123</li> </ul> <p><b>Total answering question: 2,109</b></p>
58	Overall, do you feel that the care you received from the GP or practice nurse met your needs?	<ul style="list-style-type: none"> <li>• Yes, definitely= 2,445</li> <li>• Yes, to some extent= 3,113</li> <li>• No= 2,020</li> </ul> <ul style="list-style-type: none"> <li>• I don't know / can't remember= 54</li> </ul> <p><b>Total answering question: 7,632</b></p>
59	Still thinking about your most recent appointment with a GP or practice nurse for your mental health, did they... take the time to find out about you as an individual?	<ul style="list-style-type: none"> <li>• Yes, definitely= 2,556</li> <li>• Yes, to some extent= 2,539</li> <li>• No= 2,722</li> </ul> <ul style="list-style-type: none"> <li>• I don't know / can't remember= 122</li> <li>• Not applicable= 88</li> </ul> <p><b>Total answering question: 8,027</b></p>
60	Have you ever been treated unfairly by the GP or practice nurse because of your mental health?	<ul style="list-style-type: none"> <li>• Yes, definitely= 900</li> <li>• Yes, to some extent= 1,070</li> <li>• No= 5,256</li> </ul> <ul style="list-style-type: none"> <li>• I don't know / can't remember= 365</li> </ul> <p><b>Total answering question: 7,591</b></p>
60	Have you ever been treated unfairly by this (voluntary sector) organisation because of your mental health?	<ul style="list-style-type: none"> <li>• Yes, definitely= 136</li> <li>• Yes, to some extent= 166</li> <li>• No= 3,001</li> </ul> <ul style="list-style-type: none"> <li>• I don't know= 142</li> </ul> <p><b>Total answering question: 3,445</b></p>

**Appendix C:** Base sizes for Big Mental Health Survey (BMHS) 2025 questions included in **chapter 2** of the BMHR 2025.

BMHR page number	BMHS question	Sample/Base size
40-41	In the last 12 months, has your mental health affected your employment in any of these ways? - among respondents working, and among those whose mental health had impacted their employment	<ul style="list-style-type: none"> <li>• I've had to take time off= 4,893</li> <li>• I've had to cut down my work hours= 2,103</li> <li>• I've left my job= 824</li> <li>• It's affected my promotion prospects= 1,480</li> <li>• I've been the subject of harassment or bullying at work= 944</li> </ul> <ul style="list-style-type: none"> <li>• It's made it harder to build working relationships= 3,322</li> <li>• Another impact (please specify)= 1,067</li> </ul> <p><b>Total answering question:</b> 8,218</p> <p><i>Note: This was a "select all that apply" question, so respondents could choose multiple statements that reflected their views or experiences. The statements shown here are those that were included in the report</i></p>
40-41	In the last 12 months has your mental health affected your finances in any of these ways? - among respondents whose mental health had impacted their finances	<ul style="list-style-type: none"> <li>• Led to you skipping meals to make ends meet= 2,705</li> <li>• Led to you having to borrow money from family or friends= 2,953</li> <li>• Led to you using a food bank= 943</li> <li>• Led to you taking on debt= 3,048</li> <li>• Increased your money worries= 7,255</li> </ul> <ul style="list-style-type: none"> <li>• Another impact (please specify)= 658</li> <li>• Another impact (please specify)</li> </ul> <p><b>Total answering question:</b> 9,249</p> <p><i>Note: This was a "select all that apply" question, so respondents could choose multiple statements that reflected their views or experiences. The statements shown here are those that were included in the report</i></p>
40-41	In the last 12 months has your mental health affected your family relationships and friendships, in any of these ways? - among respondents whose mental health had impacted their social relationships	<ul style="list-style-type: none"> <li>• Led to reduced contact with family= 7,195</li> <li>• Led to not being invited to key occasions for example birthdays, weddings, celebrations, family gatherings= 2,702</li> <li>• Led to arguments or more arguments= 6,507</li> <li>• Increased your sense of isolation= 10,738</li> <li>• Led to feeling your family or friends don't understand you= 9,450</li> </ul> <ul style="list-style-type: none"> <li>• Led to a relationship ending= 2,131</li> <li>• Another impact (please specify)= 706</li> </ul> <p><b>Total answering question:</b> 14,577</p> <p><i>Note: This was a "select all that apply" question, so respondents could choose multiple statements that reflected their views or experiences. The statements shown here are those that were included in the report</i></p>

**Appendix D:** Unweighted demographic profile of 2024 AMI survey England respondents

Table 3 in the BMHR 2025 presents the weighted percentages of AMI Survey respondents in England, broken down by demographic characteristics. The table below shows the unweighted number of respondents by the same demographic groups included in the BMHR.

<b>Demographic characteristics</b>	<b>Frequencies</b>
Gender	Female= 903 Male= 620
Age group	16-24= 181 25-44=529 45-64=495 65+= 358
Ethnicity	Asian= 110 Black= 44 Other= 62 White= 1,317
Socioeconomic position	AB= 556 C1= 303 C2= 235 DE= 458
Familiarity with mental health problems	Self=259 Other= 1,005 None= 219

## Appendix D: Frequently asked questions

### Big Mental Health Survey – Frequently Asked Questions

#### Is the Big Mental Health Survey nationally representative of England and Wales?

No. The Big Mental Health Survey is not nationally representative. The findings reflect the experiences of those who chose to take part and answer each question.

In some surveys, data weighting is used to make results more representative of the population.

For example, if 40% of respondents are men, but 50% of the population are men, men are underrepresented. To adjust for this, each male respondent would be given a weight greater than 1, so their responses count more in the analysis. However, weighting is not appropriate for the Big Mental Health Survey, for several reasons:

- **It wasn't designed to be representative.**

The survey aimed to hear from people who had accessed or tried to access mental health support—a specific group, not the general population.

- **No suitable reference data.**

To apply weights, we'd need reliable data on the demographics of people aged 16+ in England and Wales who accessed support (e.g. via GPs, charities, or digital apps) in the past year. This data isn't available.

- **Optional questions.**

Most questions—including demographic ones (except age)—were optional. This limits the ability to apply accurate weights.

#### Did every respondent answer every question?

No. Not all respondents answered every question. As a result, base sizes vary across questions (see Appendix A in the technical appendices). This happened for two main reasons:

- All questions were optional - because the survey asked about personal mental health experiences, it would be unethical to require responses to every question. Even though the survey was anonymous, participants had the right to skip questions.

- Some questions were routed - respondents only saw questions relevant to their experiences. For example, someone who accessed support solely through their GP only would answer questions in that section, but not in sections about voluntary or digital support.

Despite this, the overall sample size is large, and most questions have strong base sizes, which adds reliability. For questions with fewer than 20 responses, findings should be treated with caution. Where demographic comparisons are made, we've used percentages to improve robustness—but if group sizes vary significantly, caution is still advised.

#### How did respondents provide demographic information?

Respondents completed self-reported demographic questions as part of the Big Mental Health Survey. Our demographic questions were developed using:

- Census questions
- Our own research tools
- Input from external partners (where appropriate)

#### I have a question that's not answered here – who can I contact?

The Big Mental Health Survey was conducted by MEL Research in partnership with Mind. For further questions, please contact Mind's Evaluation, Performance and Research team at: [research@mind.org.uk](mailto:research@mind.org.uk)

### **AMI Survey – Frequently Asked Questions**

#### Is the AMI Survey England 2024 nationally representative?

Yes. The AMI Survey England 2024 is nationally representative. Responses were weighted by age, gender, and ethnicity using data from the Office for National Statistics (ONS) to reflect the population of England.

#### Where can I read more about the AMI Survey England 2024?

Mind partnered with Verian and King's College London (KCL) to conduct and analyse the survey. A pre-print version of the full analysis by KCL is available at: <https://www.medrxiv.org/> . *Please note that at the time these FAQs were written, this version had not yet undergone peer review.*

Did Mind conduct the AMI Survey Wales 2024?

The AMI Survey Wales 2024 was conducted by Verian and analysed by Opinion Research Services, on behalf of Time to Change Wales (a partnership between Mind Cymru and Adferiad). You can read the full report here: [FINAL TTCW AMI Report 2024](#)

**Thank you for reading.**

**For queries about this document, please contact: [research@mind.org.uk](mailto:research@mind.org.uk)**