

Adult MHFA One Day: Full references for statistics in slides

MHFA aims to provide the latest mental health statistics in our product suite. This document serves as a one-stop reference list for all statistics cited in the Adult MHFA One Day slide decks. We provide this as an easy guide for instructors to refer to for the latest statistics. It will be revised in line with updates to slide decks as key reports are released.

Session 1

Slide 7: Why address mental health in the workplace?

- Financial value – every year it costs business £1,300 per employee whose mental health needs are unsupported (1)

Slide 8: Impact of mental health issues in the workplace

- 1 in 4 people experience mental health issues each year (2)
- 1 in 6 workers will experience depression, anxiety, or problems relating to stress at any one time (3)
- 72 million working days are lost every year, costing the UK economy £74–£99 billion (1,4)
- Presenteeism accounts for 2 times more losses than absences (1)
- 1 in 5 people take a day off due to stress. Yet, 90% of these people cited a different reason for their absence (5)
- 9% of employees who disclosed mental health issues to their line manager reported being disciplined, dismissed or demoted (6)
- Note: The percentage of people reporting disciplining, dismissal or demotion in the Business in the Community reports has reduced over the last three years. It was 15% in 2017, 11% in 2018 and 9% in 2019.

Slide 18: What is depression?

- One of the leading causes of disability worldwide and a major contributor to suicide and coronary heart disease (7–9)
- 24% of women and 13% of men in England are diagnosed with depression in their lifetime (10)

Slide 24: Alcohol, drugs and mental health

- 30–50% of people with a severe mental illness also misuse substances and substantial numbers of people in contact with substance misuse services have mental illness (11–15)

Session 2

Slide 4: Suicide statistics

- In 2018 there were 6,154 suicides in Great Britain. This equates to more than 16 people per day. It is estimated that 10–25 times that number attempt suicide (16,17)
- Note: These statistics refer specifically to Great Britain. The figures were calculated using data from supplementary tables released as part of the ONS's Suicides in the UK: 2018 registrations report and adding together the 2018 suicide figures from England, Scotland and Wales. This was done to ensure that suicide statistics remained consistent and comparable across MHFA England's entire product portfolio.
- Note: 2018 saw a change in the standard of proof used by coroners in England and Wales around ruling deaths as suicides. In England and Wales, all deaths caused by suicide are certified by a coroner. In July 2018, the standard of proof used by coroners to determine whether a death was caused by suicide was lowered to the "civil standard" (i.e., balance of probabilities), where previously a "criminal standard" was applied (i.e., beyond all reasonable doubt). The change does not affect Northern Ireland or Scotland. It is likely that lowering the standard of proof will result in an increased number of deaths recorded as suicide. It is not yet possible to establish whether the higher number of recorded suicide deaths are a result of this change. Further information is available from (16).

- In GB, 1,784 people died in road traffic accidents in 2018 (18)
- More men die by suicide than women: 75% male and 25% female (16)
- Among the general population 20.6% of people have had suicidal thoughts at some time, 6.7% have attempted suicide and 7.3% have self-harmed (3)
- People who identify as LGBT+ are more likely to attempt suicide than those who do not identify as LGBT+ (19–21)
- 80–90% of people who attempt/die by suicide have a mental health condition, but not all are diagnosed (22,23)
- Note: The best and most recently available evidence suggests that the figure is 80.8% overall (23). This research notes that this figure can vary. This depends on factors such as where the studies were conducted, which mental health conditions were examined, and how recently the study was published. Older studies tend to report higher figures, e.g. Arsenault-Lapierre and colleagues published research in 2004 which reports a figure of 87.3% (22). These studies are reviews of ‘psychological autopsy studies’ of suicide completers. The psychological autopsy method makes use of interviews with family members, medical records, and other relevant documents to assess whether the person who completed suicide had a mental health condition. Older studies estimated mood disorders were present in 30–90% of suicide cases (24).
- 28% of people who complete suicide in England have been in contact with mental health services in the year before death (25)
- Drug and alcohol misuse increase the risk of suicide attempts and completions (26–29)

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