

# Adult Mental Health Aware Half Day: Full references for statistics in slides

This document serves as a one-stop reference list for all statistics cited in the Adult Mental Health Aware Half Day slide deck. We provide this as an easy guide for people to refer to for the latest statistics. It will be revised in line with updates to slide decks as key reports are released.

## **Slide 12: Impact of mental ill health**

- 1 in 6 British workers will experience depression, anxiety or problems relating to stress at any one time (1)
- Total cost of mental ill health issues to UK employers was £34.9 billion in 2016/17 (2)
- There were 602,000 cases of work-related stress, depression or anxiety in 2018/19 in Great Britain (3)
- In 2018/19, stress, depression or anxiety were responsible for 44% of all cases of work-related ill health and 54% of all working days lost due to health issues in GB (3)
- 69% of UK line managers say that supporting employee wellbeing is a core skill, but only 13% have received mental health training. 35% of line managers reported a wish for basic training in common mental health conditions (4)

## **Slide 21: Suicide**

- In 2018 there were 6,154 suicides in Great Britain (5)
- 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 (5).
- That means more than 16 people per day die by suicide (5)
- 10-25 times that number attempt suicide (6)
- In GB, 1,784 people died in road traffic accidents in 2018 (7)
- More men die by suicide: 75% male and 25% female (5)
- People who identify as LGBT+ are more likely to attempt suicide than those who do not identify as LGBT+ (8–10)

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