

# Youth MHFA One Day: Full references for statistics in slides

This document serves as a one-stop reference list for all updated statistics cited in the Youth 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 10: Key facts and figures**

- 12.8% of young people aged 5–19 meet clinical criteria for a mental health disorder (1)
- Half of all mental ill health starts by age 15 and 75% develops by age 18 (2,3)
- About 20% of young people with mental ill health wait more than six months to receive care from a specialist (4)
- Only one in eight children who have been sexually abused come to the attention of statutory agencies (5)
- The percentage of young people aged 5-15 with depression or anxiety increased from 3.9% in 2004 to 5.8% in 2017 (1)
- Note: This information updates the statement 'The proportion of young people aged 15-16 who reported feeling depressed or anxious doubled between the mid-1980s and the mid-2000s.'
- Mental health issues are more likely to affect young people who identify as LGBT+ than those who do not (6–9)

### **Slide 13: What is depression?**

- Depression occurs in 2.1% of young people aged 5–19. Girls are about twice as likely as boys to be depressed (10)

### **Slide 15: Suicide**



- In 2017, 682 people aged 10–29 died by suicide in England and Wales (11)
- 26.8% of people aged 16–24 report having had suicidal thoughts in their lifetime, a higher percentage than any other age group (12)
- 75% of suicides are by males; suicide is the most common cause of death for those aged 10-19 (11,13)

## **Session 2**

### **Slide 2: What is an anxiety disorder?**

- 7.2% of 5-19 year olds experience an anxiety condition (10)

### **Slide 14: Self-harm facts and figures**

- About 18% of students aged 12–17 report self-harming at some point in their life. Self-harming is 2–3 times more common females (14)
- Self-harming behaviours can begin at any age, but commonly start between ages 13 and 15 (15)
- 25.7% of women and 9.7% of men aged 16–24 report having self-harmed at some point in their life (12)
- Young people who identify as LGBT+ are more likely to report self-harming than young people who do not identify as LGBT+ (7,16)
- People who self-harm are approximately 49 times more likely to die by suicide (17)
- Note: Further information on suicide risk following self-harm can be found in (18,19). Information on suicide risk following self-harm in children and young people can be found in (20,21).

### **Slide 17: Eating disorders**

- The peak age of onset for an eating disorder diagnosis is between 16 and 20 years (22)
- Up to 725,000 people in the UK have an eating disorder (23)
- Note: 13.1% of 16–24 year olds have experienced symptoms of an eating disorder in the past year (24). 0.4% of 5–19 year olds meet clinical criteria for an eating disorder (25)

### **Slide 18: What is psychosis?**

- Many people experience individual symptoms of psychosis. Research suggests that 9.8% of children and young people have experienced symptoms of psychosis (26)



- Young people from BAME and migrant backgrounds are more likely to show developmental difficulties associated with psychosis and develop psychotic disorders later in life (27,28)

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