

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

This document serves as a one-stop reference list for all updated statistics cited in the Youth Mental Health Aware Half Day slide deck. 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.

## **Slides 7 to 11: Higher or lower?**

- 13% of children aged 5–19 meet criteria for a mental health condition (1)
- Note: The figure in the report is 12.8%.
- 75% of lifetime mental health issues have developed by the age of 24 (2,3)
- 66% of young people wait less than 10 weeks to be seen by a mental health specialist (4)
- 682 people between the ages of 10 and 29 died by suicide in 2017 in England and Wales (5)
- Note
- 85% of young people with mental ill health say the support of their family and friends is helpful when dealing with their mental health (4)

## **Slide 14: Stigma and discrimination**

- Social stigma, also called public stigma, refers to negative stereotypes of those with a mental health issue. These stereotypes come to define the person, mark them out as different and prevent them being seen as an individual. Social stigma is associated with discrimination. For example a person with a mental health issue may find that others, including friends and colleagues, avoid them. (6)

## **Slide 16: Self-harm and suicide**

- About 18% of students aged 12–17 report self-harming at some point in their life (7)



- In 2017, 682 people aged 10-29 died by suicide in England and Wales (5)

## References

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4. Mandalia D, Ford T, Hill S, Sadler K, Vizard T, Goodman A, et al. Mental Health of Children and Young People in England, 2017: Professional services, informal support, and education [Internet]. 2018 [cited 2019 Jan 7]. Available from: <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2017/2017>
5. Office for National Statistics. Suicides in the UK: 2018 registrations [Internet]. 2019 [cited 2020 Jan 6]. Available from: <https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/suicidesintheunitedkingdom/2018registrations>
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