

HE 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 Higher Education 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 9: True or false quiz

- 1 in 4 people experience mental health issues each year (1)
- 34% of students report having psychological difficulties for which they needed professional help (2)
- 75% of mental health issues start before the age of 18 (3,4)
- Mental ill health costs the UK economy £74-£99 billion per year (5)
- People with a long-term mental health condition lose their jobs every year at around double the rate of those without a mental health condition. This equates to 300,000 people – the equivalent of the population of Newcastle or Belfast (5)

Slide 13: What is depression?

- One of the leading causes of disability worldwide and a major contributor to suicide and coronary heart disease (6–8)
- 24% of women and 13% of men in England are diagnosed with depression in their lifetime (9)
- Often co-occurs with other mental health issues (10)

Slide 14: What is an anxiety disorder?

- There were 8.2 million cases of anxiety in the UK in 2013 (11)
- Women are twice as likely to be diagnosed with anxiety (12,13)

Slide 16: Alcohol, drugs and mental health

- 30-50% of people with a severe mental illness also misuse substances (14–16)
- Substantial numbers of people in contact with substance misuse services have mental illness (16–18)
- People who identify as LGBT+ are at increased risk of both mental ill health and substance misuse (19–21)

Session 2

Slide 2: True or false quiz

- In 2018 there were 6,154 suicides in Great Britain. This means over 16 people per day took their life. It is estimated that 10-25 times that number attempted suicide (22,23)
- 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 (22).

- More females attempt suicide than males; more males complete suicide: 75% male, 25% female (9,22)
- In 2016/17, 95 higher education students died by suicide in England and Wales (24)
- Note: This number is based on a new report from the Office for National Statistics, which is developing new methods of identifying and reporting on suicide deaths in students enrolled in higher education institutions. In comparison to previous reports, this report uses stricter criteria to define who is a HE student. Current estimates of suicide deaths in HE students are therefore more accurate than previous reports. More information on trends over time can be found in (24).
- In 2015, female suicide rates increased in England to their highest levels since 2005 (25)
- 20.6% of people have had suicidal thoughts at some time. 6.7% have attempted suicide (10)

Slide 10: Self-harm: What is it?

- More common in veterans, young people, women, LGBT+ people, prisoners, asylum seekers, and those who've been abused (26)
- The UK has one of highest self-harm rates in Europe (27–29)
- People who self-harm are approximately 49 times more likely to die by suicide (30)
- Note: Further information on suicide risk following self-harm can be found in (31,32).

Slide 12: Eating disorders

- At high risk of premature death and suicide (7)
- 6.4% of people in England have experienced symptoms of an ED (33)
- About 25% of those experiencing ED symptoms are male (34)
- Up to 16% of people who identify as LGBT+ experience symptoms of an ED (21,35)

Slide 14: What is psychosis?

- 6% of the population say they have experienced at least one symptom of psychosis (10)
- Psychosis is more common among BAME groups (10,36–39)

Slide 15: Understanding the diagnosis

- Schizophrenia:
 - Average age of onset is lower in men (40–43)
 - Males have a higher risk of developing schizophrenia during their lifetime (44)
 - Affects less than 1 in 100 people during their lifetime (37,45,46)
- Bipolar disorder:
 - Around 2% of the population have experienced symptoms (10,47,48)
 - Men and women affected equally (10)
 - Often starts between adolescence and mid-30s (49,50)

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