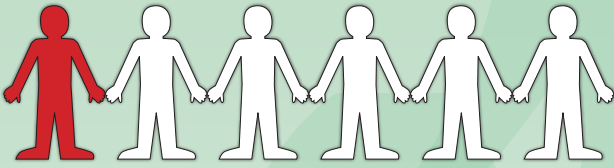


Introduction to Mental Health – Information Sheet

How common are mental health issues in adults?

- It is estimated that **1 in 6** people in the past week experienced a common mental health problem.



- 10%** of children and young people (aged 5-16 years) have a clinically diagnosable mental problem.
(The Mental Health Foundation, 2020)



What are the most common mental health diagnoses in the UK?

Depression

“Depression is when someone is feeling ‘low’ and losing pleasure in things that were once enjoyable alongside negative thoughts, feelings of guilt and lacking confidence.”

Generalised Anxiety Disorder

Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe

Panic disorder

Panic Disorder is an anxiety disorder where regularly have sudden attacks of panic or fear

Post-traumatic stress disorder

Post-Traumatic Stress Disorder (PTSD) is an anxiety disorder caused by very stressful, frightening or distressing events
(Nice 2020)

Obsessive-compulsive disorder

Obsessive Compulsive Disorder (OCD) is a common mental health condition where a person has obsessive thoughts and compulsive behaviours

True or False, all people with a mental health issue are dangerous?

False – “Over a **third** of the public think people with a mental health problem are likely to be violent – in fact people with severe mental illnesses are more likely to be victims, rather than perpetrators, of violent crime.”

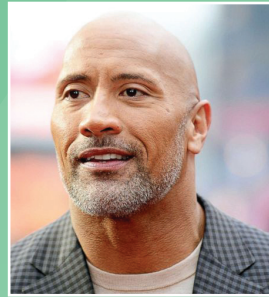
(Time to Change, 2020)



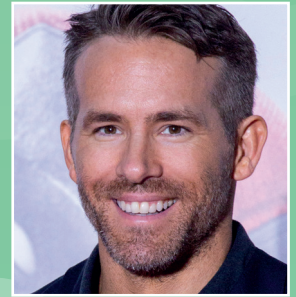
DANGER



Out of these celebrities, who has a mental health issue?



Dwayne ‘The Rock’ Johnson
– Depression



Ryan Reynolds
– Generalised Anxiety Disorder



David Beckham
– Obsessive Compulsive Disorder (OCD)

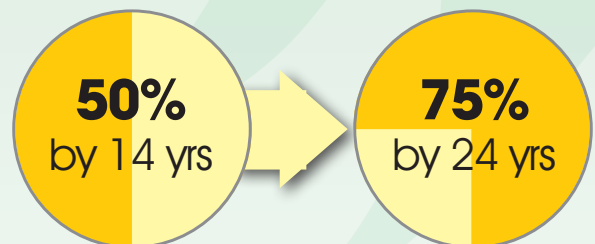


Ariana Grande
– Post Traumatic Stress Disorder

By the age of 14, what percentage of mental health issues are established?

50% of mental health problems are established by age 14 and **75%** by the age of 24.

(The Mental Health Foundation, 2020)



True or false, we should talk about our mental health?

This should always be true, talking about our mental health can release any negative pressure we might be experiencing and provide opportunities for others to support us.