

FACTS AND STATISTICS ABOUT MENTAL ILLNESS...

Suicide:

- One person in the UK commits suicide every 94 minutes.
- People over 65 have the highest suicide rates of all age groups.
- Levels of suicide and self-harm are soaring in mental health wards where there are few activities.
- Depression is responsible for three-quarters of all suicides in Britain.
- Suicide is the leading cause of death in young men between the ages of 19 and 35. This is 1300 a year in England.
- Psychiatric disorders and suicidal attempts are found to be more likely to occur in people facing socio-economic disadvantage.
- The World Health Organisation states that there are 1 million suicide deaths per year and in the UK it is a total of 1% of all deaths.
- Men under 30 are more than 4 times more likely than women to take their own lives.

General:

- The average age for depression to strike is now 14. In the 1980s it was 30.
- As many as 1 in 4 Britons is at increased risk of developing cannabis-related mental health problems.
- People diagnosed as schizophrenic are 100 times more dangerous to themselves than to others.
- One third of all people who have experienced depression say they would be too embarrassed to ask for help.
- It is estimated that approximately 450 million people world-wide have a mental health problem.
- Depression affects 1 in 5 older people living in the community and 2 in 5 living in care homes.
- 630,000 people in England have severe and enduring mental illness.
 - Mental health problems are 4 times more common among the homeless.
- 84% of those with mental health problems feel lonely and isolated compared with 29% of the general population.
- The World Health Organisation predicts depression will be second only to heart disease as the biggest global health burden by 2020.
- 24,100 people were sectioned in England in 2002-2003 compared to 19,000 in 1992-1993.

Cost and treatment:

- More than 31 million anti-depressant prescriptions were issued in the UK last year.
- The cost of dealing with self-harm in wards is more than £90 million per year.
- According to the Sainsbury Centre for Mental Health, the total cost of mental health problems is around £77 billion per year.
- In 1999 91 million work days were lost due to mental illness.
- Even those with severe symptoms typically wait 18 months for treatment.
- The number of people detained in psychiatric hospitals has risen by 50% since 1992.

- 1 in 3 people seeking help for mental illness is turned away.
- In any year 12 million adults attending GP surgeries have symptoms of mental illness, only 6 in 10 are detected.
- 28% of people with mental health problems are turned away by mental health services.

Dependencies:

- Half of all alcoholics and drug addicts are suffering from mental health problems and are self-medicating to mask the symptoms.
- Half of the people with psychotic illnesses in London's acute wards are also substance misusers, 80% of these continue to use while in hospital.

Employment:

- Fewer than 4 in 10 employers would consider taking somebody on with a history of mental illness.
- People who are disabled because of mental health problems have lower employment rates than all other disabled groups.
- Only 20% of people with mental health problems are employed. They are more than twice as likely to lose their jobs and over 50% conceal their illness from employers.
- Stress-related sickness accounts for half of all absences from work.
- About half of people with common mental health problems are no longer affected after 18 months, but poorer people, the long-term sick and unemployed people are more likely to be still affected than the general population.

BOURNEMOUTH

- Bournemouth has 3 times the national average of people with schizophrenia.
- In 2006 the Mental Health grant given by the government to local authorities was cut by 12%, at a time of increasing need in the Bournemouth area.
- Locally and nationally there is a loss of funding for the future e.g. lottery funding is now uncertain.
- Bournemouth has the highest rate of mental illness in Dorset and Somerset.
- A total of 1,315 patients were registered with Bournemouth GPs as having a severe and enduring mental illness last year.
- With 544 admissions to psychiatric hospital per 100,000 people a year, Bournemouth's rate was 'substantially higher' than other areas in the South-West region.
- The incidence of schizophrenia in Bournemouth was nearly three times the regional rate. Hospital admissions for depression and anxiety were 'significantly higher.'
- Bournemouth's suicide rate was much higher than the regional and national average.
- The national census showed that 35% of all households in Bournemouth were single person households.
- Boscombe and West Howe had the highest levels of people with mental illness in the area.
- Bournemouth has a higher rate of people claiming Incapacity Benefit due to mental ill health than almost anywhere in the country.

- Of the 6,700 Bournemouth residents in receipt of Incapacity Benefit, almost half are suffering from mental illness. Only Camden and Westminster have higher rates.
- A recent client questionnaire held at a day centre revealed that clients' highest priority of need was for informal support and social activities. In short, friendship and someone to talk to.
- Mental Health problems are more common among people who are socially deprived. Living in poverty, having little control over one's life, poor self-esteem, depression and anxiety are all proven to be closely linked together.
- There is a high level of drug and alcohol abuse in Bournemouth, which increased the likelihood of mental illness.

RESEARCH

- Preliminary research suggests a strong link between volunteering and the recovery of people who experience mental illness.
- Out of the sample of interviewees, just under a quarter of those volunteering (23%) report they are benefiting from acquiring new skills and knowledge, 17% report improved confidence while 15% report improvements in ability to meet and socialise with people.
- 94% of people with mental health problems said that 'eco-therapy' had benefited their mental health and lifted depression.
- 90% said that the combination of nature and exercise had the greatest effect.

Information from: Mental Health Foundation website; Bournemouth Daily Echo 27 Jan 06; Rethink; Searchlight Summer 2006; Consultation Document in Respect of the Development of a Social Inclusion Strategy for Bournemouth Residents with Mental Ill-Health 2006-2011; Chartered Institute for Personnel Development; MIND; YOUNGOV; British Journal of Psychiatry; WHO; Office for National statistics Psychiatric Morbidity; DWP; Disability Rights Commission.