MENTAL HEALTH FACTS

98% of people agree that people with a mental health condition experience stigma and discrimination.

55% of workers say their employment has an adverse effect on their mental health.

1 in 5 people in England (approximately 11.3 million adults) have suicidal thoughts.

71% of the people would worry about telling their employer if they had a mental health condition, for fear of getting a negative response.

1 in 6 people, report experiencing symptoms for common mental health problems, in any given week in England.

Suicide remains the biggest cause of death in men under the age of 50.