MENTAL HEALTH FACTS

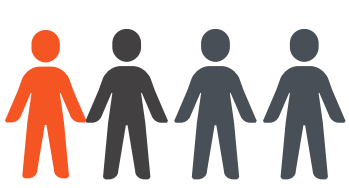
Around 1 in 5 adults in England experience a common mental health condition in any given week.



Women are more likely than men to experience common mental health conditions, with 24.2% of women and 15.4% of men affected.



Around 1 in 4 adults in England have experienced suicidal thoughts at some point in their lives.



Adults in England's most deprived areas are more likely to experience common mental health conditions (26.2%) than those in the least deprived areas (16.0%).



Almost a quarter (23%) of adults in Great Britian report feeling lonely often, always, or some of the time.



Suicide is the leading cause of death among men under 50 in the UK.



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Sources: NHS England, Adult Psychiatric Morbidity Survey 2023/24; ONS, Public Opinions and Social Trends (2026); Samaritans.