

Mental health across the lifespan

We all have mental health, and stressful or transitional points in our lives can affect our wellbeing if we don't look after ourselves and receive the right support. This World Mental Health Day, we're talking about the areas that most need attention: from government, community and you, working together for good mental health for all.

This is our mental health across the lifespan.

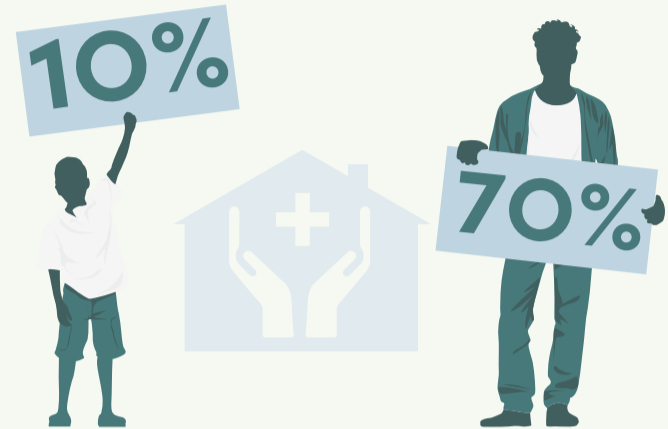
New parents



50% of women with perinatal mental health problems are not identified or treated, costing the UK economy £8.1 billion. Postnatal depression in fathers has been associated with emotional and behavioural problems in their child.

(Journal of child psychology and psychiatry, 2008)

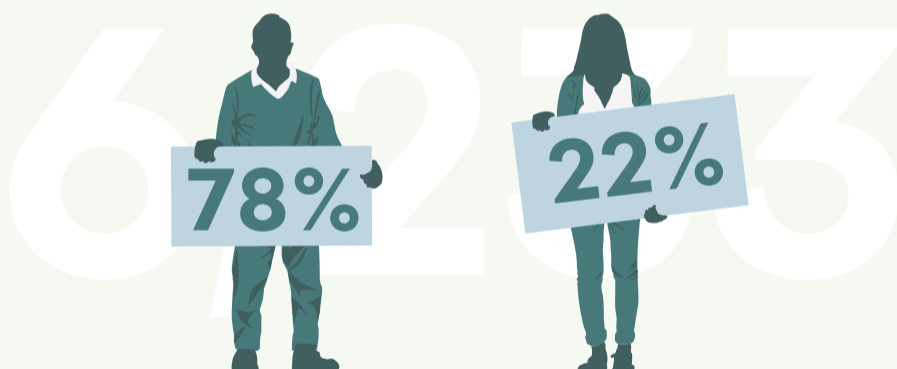
Children



10% of children and young people (aged 5-16 years) have a clinically diagnosable mental health problem, yet 70% of children and adolescents who experience mental health problems have not had appropriate interventions at a sufficiently early age.

(Children's Society, 2008)

From 15 years onwards



In 2013, 6,233 suicides were recorded in the UK for people aged 15 and older. Of these, 78% were male and 22% were female.

(ONS, 2015)

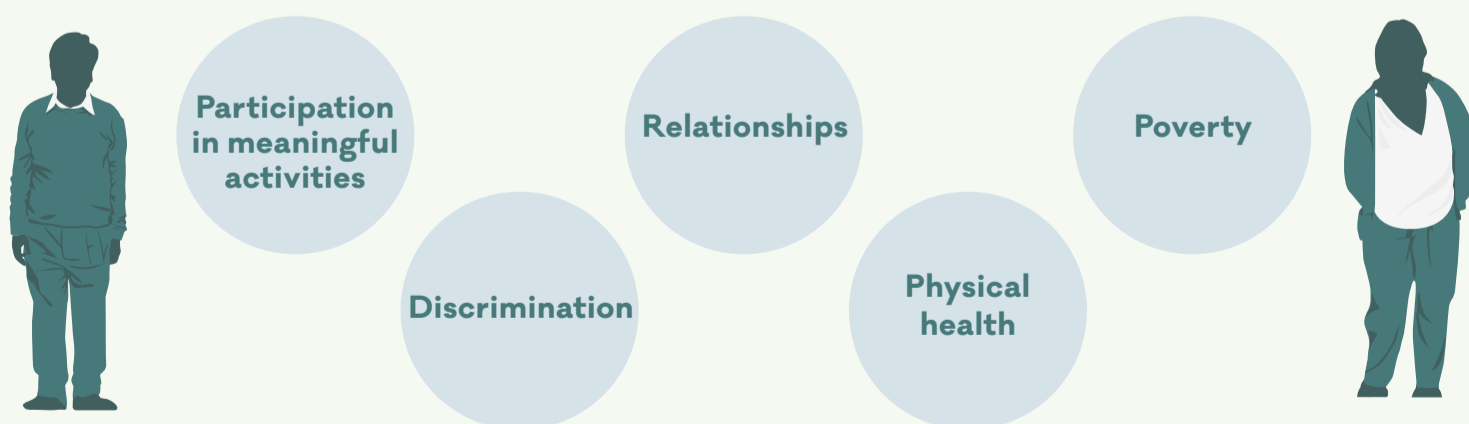
At work



In the UK, 70 million days are lost from work each year due to mental ill health, making it the leading cause of sickness absence

(Department of Health, 2015)

Later life



The 5 key factors that affect the mental health and wellbeing of older people are: discrimination, participation in meaningful activities, relationships, physical health and poverty.

Age Concern and the Mental Health Foundation (2006)



Mental Health
Foundation

The full document is available with all relevant references online at
www.mentalhealth.org.uk/facts