Mental health disorders in the UK

Maddie, Kitty and Hope – Thursday 16 March 2017

Mental Health is an ongoing and ever-increasing issue within the UK, it is vastly overlooked and widely misunderstood. 1 in 4 people will experience a mental health issue throughout their lifetime. There are various different aspects of mental health. These include: Anxiety, Eating Disorders, OCD, Depression, Abuse, Bipolar, Self-Harm, Autism and Asperger's, Personality Disorders, Bullying, Phobias, PTSD, Schizophrenia, Psychosis and Suicide. The two most common issues/illnesses are Anxiety and Depression. 7.8% of Brits meet the criteria for anxiety and depression.

Additionally, 4-10% of people in Britain will experience depression at some point in their lifetime, being the most commonly inhabited problem as well as the most diverse; some people suffer for a minimal amount of time and lead a normal life, but sadly some patients end up constantly battling the destructive condition, some resorting to suicide. Depression also probably emits the most recognizable symptoms, with sufferers often showing a great loss of interest in family, friends and other hobbies and activities as well as feeling a great loss of purpose, hopelessness and a difficulty in concentrating. The chances of developing the illness are much more likely if there is a strong family history, however, the death of a loved one, major life event, e.g. redundancy, relationship ending or substance abuse. Anxiety: 5% of the British population is affected by anxiety; which is another widespread disorder. Whilst is natural to feel anxious, anxiety can also effect people in more severe ways. Anxiety can cause your heart rate to speed up and can also instigate sweating. The effects are; lowering of self-esteem, avoiding situations and preventing people from leaving their homes.

It is important to be aware if someone has a mental disorder as there are many dangerous results. These results could be self-harm or in more serious cases suicide. In 2015, 6,188 suicides were recorded in the UK. Of these, 75% were males and 25% were females. In younger people, self-harm is becoming more common every day. Suicide however is more common in older people. Mental health seems to go unnoticed in society and many people are unaware of the many people suffering in silence.

In Herefordshire, there is a website for people who are suffering with a mental disorder who seek support. We are lucky to have a local circle of aid. Although Herefordshire mind helps people in the area, many are still unaware that it exists. Due to this, we need to raise awareness. People of all ages are struggling to find someone who understands their situation. Many are scared to reach out in the fear of society being judgemental or prejudice. If you are a victim of a mental health issue

yourself, please do not be scared to reach out to a member of family, a friend or a local community group. If it progresses to a more serious situation as mentioned earlier, it won't just affect you but the people around you. There's always a way out.

(statistics quoted: mental health foundation, encompass)