

# **Cheat Sheet**

## **Young people's mental health**

- 75% of mental illness starts by age 24, and more than half by age 14 (ie there's a clear need for good quality support for young people).<sup>1</sup>
- Poor mental health is linked to poverty, poor housing, debt and other social factors.<sup>2</sup>
- Young women aged 16-25 are the highest risk group for mental health problems.<sup>3</sup>
- Mental health problems account for over 50% of the overall disease burden for 16-24 year olds.<sup>4</sup>
- People with severe mental health conditions such as psychoses and eating disorders die on average 10-25 years younger than those without.<sup>5</sup>
- Worldwide, suicide is the 3rd leading cause of death among adolescents.<sup>6</sup>

## **Young people's access to support**

- Only 6% of young people who've looked for support for their mental health, agreed that there is enough support children and young people.<sup>7</sup>
- Young people have experienced the least improvement in health status of all age groups in the UK over the last 50 years.<sup>8</sup>
- Waiting lists for receiving mental health support vary wildly across England, with some children having to wait up to 18 months to receive support.<sup>9</sup>
- Less than 1% of the total NHS budget<sup>10</sup>, and around only 8% of the total mental health budget is spent on CAMHS.<sup>11</sup>
- 21-25 year olds are the least supported by mental health services and 64% do not receive any help.<sup>12</sup>
- 70% of children and adolescents who experience mental health problems have not had appropriate interventions at an early enough age.<sup>13</sup>

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2. Health Foundation, The social determinants of young people's health, 2018. [https://health.org.uk/sites/health/files/The-social-determinants-of%20-young-peoples-health\\_0.pdf](https://health.org.uk/sites/health/files/The-social-determinants-of%20-young-peoples-health_0.pdf)
3. *Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England, 2014* NHS Digital 2015. *Young, adult and ignored*, p.3
4. *Young, adult and ignored*, downloads/young-adult-and-ignored-briefing.pdf
5. World Health Organisation Information sheet on Premature death among people with severe mental health disorders. [http://www.who.int/mental\\_health/management/info\\_sheet.pdf](http://www.who.int/mental_health/management/info_sheet.pdf)
6. World Health Organisation, Caring for children and adolescents with mental disorders, 2003. [http://www.who.int/mental\\_health/media/en/785.pdf](http://www.who.int/mental_health/media/en/785.pdf)
7. Young Minds, #FightingFor Report, <https://youngminds.org.uk/media/2258/youngminds-fightingfor-report.pdf>
8. Dr Andrea Goddard, Lord Leonard and Lady Estelle Wolfson clinical fellow, Royal College of Physicians, On the Margins of Care, pp.3, December 2015.
9. Care Quality Commission, 2017.
10. Data taken from NHS England, Five Year Forward View for Mental Health Dashboard, Q1 & Q2 2017/18; the NHS Digital, Mental Health Services Data Set, April-May 2018; and responses to YoungMinds Freedom of Information requests. Data refers to 2016-17 the last year for which full figures were available.
11. YoungMinds Freedom of Information requests, due to be published October 2018