

Mental Health Matters



Mental health problems can be experienced by people in all walks of life and can happen at any point. Mental health, just like physical health is important and needs to be taken care of.



1 in 4 adults in the UK every year have a mental health problem.



1 in 6 adults report experiencing a common mental health problem every week in the UK.



2% of UK population screened by AMPS (2014) diagnosed with Bipolar



1 in 6 adults diagnosed with depression



1 in 5 adults have suicidal thoughts



1 in 15 adults attempt suicide



Around 20% of the world's children and adolescents have a mental health condition

Some of the commonly diagnosed mental health conditions are:

Depression
Persistent feeling of sadness, hopelessness or very tearful for weeks or months, or feeling suicidal.

Anxiety
Either a mild or sever feeling of unease, worry or fear that can affect daily life.

Eating disorders
Unhealthy eating behaviours are used as a way to cope with difficult feelings and issues.

Bipolar
Condition affecting your moods; experiencing episodes of depression and mania (feeling very high/overactive).

Schizophrenia
Long-term condition where they may be unable to distinguish own thoughts from reality.

Personality Disorders
Thinking, feeling, relating or behaving towards others vastly differently from the average person.

Redcrier offer courses in **depression** and overall **mental health** to raise awareness and identify strategies to support individuals who are affected.

For more information on how we can help you chose the right digital tools visit www.redcrier.com/ebox