Wednesday 6th march 2019

Statistics show that approximately 1 in 6 people were diagnosed with a mental health disorder at some point in their life. Women are also twice as likely to be diagnosed than men. Of the **13,972** suicides in the UK between 2003 and 2013, almost a third was classed as 'patient suicides', which means that the victim had been in contact with mental health services in the year before they took their life.

By 2030, it is estimated that there will be around **two million**more adults in the UK with mental health problems than there were four years ago. According to the World Health Organisation, in 1990**, 416 million** people suffered from depression or anxiety worldwide. 23 years later, this had risen to **615 million.**

This is a problem that needs to be solved, as it will only get worse. These facts and figures will only keep on growing. If the problem is not dealt with and the figures reduced, then the number of diagnoses each year will become so big that it will become even harder to solve.

One of the main causes of a metal health disorders is social media, as it increases the pressure to always look good, gain enough likes, and to post photos that others think are good. Social media reinforces the idea of having the “perfect” body type and young teens are the most vulnerable to this.

We want to focus on the subject of ‘where you can get help’. This is especially important as between 30% and 80% of people who are diagnosed with a mental health disorder do not seek help. They think it is embarrassing or are unware of their mental health disorder. Some people are so used to being depressed or suffering from anxiety that they believe negative thoughts such as “nothing will help me” or “I’ll never get better.”

There are many websites or people that you can go to if you believe that you are suffering from any metal health disorder. One of the best options is to talk to someone whom you trust. This could be anybody such as your family or close friends. There is also the option of going to your local GP, as they will be able to identify your metal heath illness. However, some people prefer to call helplines, such as Childline.