

# MENTAL WELLBEING: FACTS AND FIGURES

The facts on this poster explain why support for mental health services is so badly needed and how the money you raise for Sport Relief can be used to help.



## 1 in 4

adults in the UK experiences mental health problems.



## 1 in 9

children in the UK experiences mental health problems.



## 74,748

people experiencing or at risk of mental health problems have been able to get the support they need in the past two years thanks to Sport Relief money.



## 1 in 10

people globally are affected by mental health problems at any given time, making it one of the leading causes of ill-health and disability worldwide.



## 75%

of adults with a mental health problem experience the first symptoms by the age of 24.



## Up to 85%

of people in developing countries don't receive adequate treatment for their mental health problems.



## MONEY RAISED FROM SPORT RELIEF FUNDS PROJECTS AND SERVICES AROUND THE WORLD.



£5

... can provide tea and biscuits for an activity club in the UK for people with dementia and their carers.



£10

... could help a young man provide mentoring at school to a younger student in need of emotional support.



£50

... could enable 10 lonely older people to attend a summer party.



£125

... could fund a counsellor in Malawi for a week, enabling them to help up to 30 children living on the streets.

# SOURCES

1 in 4 adults in the UK experiences mental illness

**[www.england.nhs.uk/mental-health/](http://www.england.nhs.uk/mental-health/)**

1 in 10 children in the UK experiences mental illness

**[www.england.nhs.uk/mental-health/](http://www.england.nhs.uk/mental-health/)**

74,748 people experiencing or at risk of mental health problems have been able to get the support they need in the past two years thanks to Sport Relief money  
**Comic Relief**

1 in 10 people globally are affected by mental health problems at any given time, making it one of the leading causes of ill-health and disability worldwide

**[www.odi.org/sites/odi.org.uk/files/resource-documents/10574.pdf](http://www.odi.org/sites/odi.org.uk/files/resource-documents/10574.pdf)**

75% of adults with a mental health problem experience the first symptoms by the age of 24

**[www.centreformentalhealth.org.uk/sites/default/files/2018-09/CentreforMentalHealth\\_ChildrenYoungPeople\\_Factsheet.pdf](http://www.centreformentalhealth.org.uk/sites/default/files/2018-09/CentreforMentalHealth_ChildrenYoungPeople_Factsheet.pdf)**

Up to 85% of people in developing countries don't receive adequate treatment for their mental health problems

**[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/554802/DFID-Disability-Framework-2015.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/554802/DFID-Disability-Framework-2015.pdf)**