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**WORLD**

**MENTAL HEALTH DAY**

**2019**



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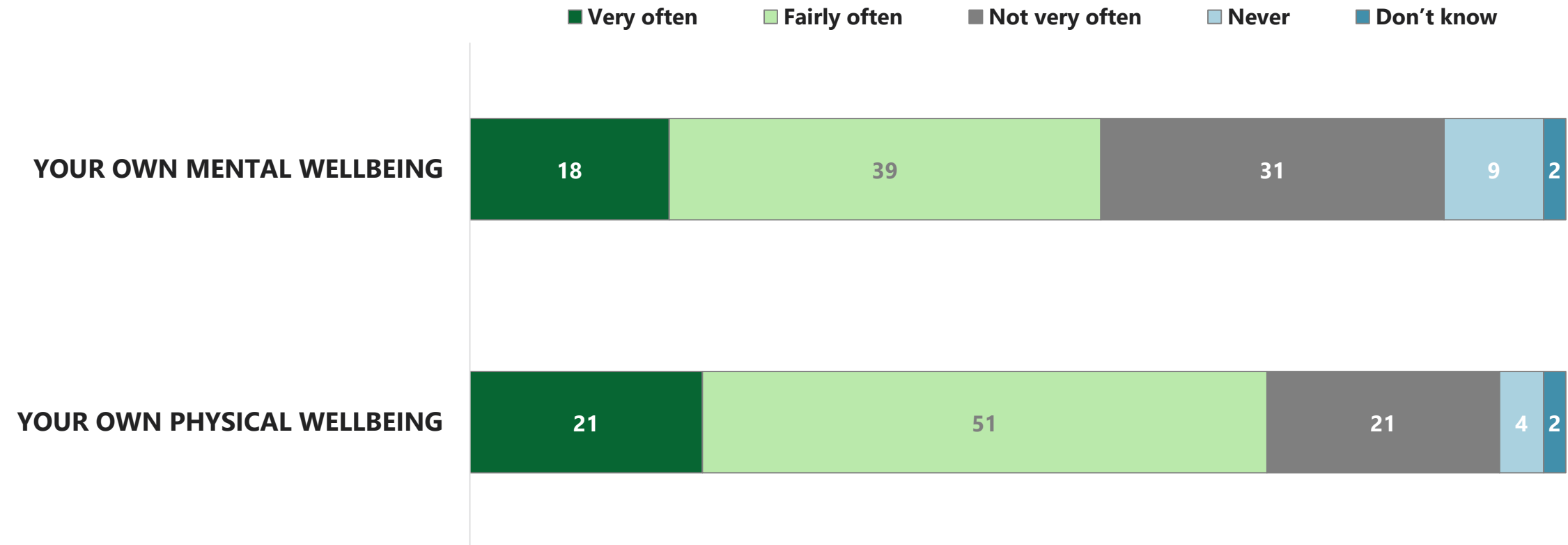
# ATTITUDES TO MENTAL HEALTH IN BRITAIN

# BRITS ARE MORE LIKELY TO *OFTEN* THINK ABOUT THEIR PHYSICAL WELLBEING THAN THEIR MENTAL WELLBEING

Q. HOW OFTEN, IF AT ALL, WOULD YOU SAY YOU THINK ABOUT

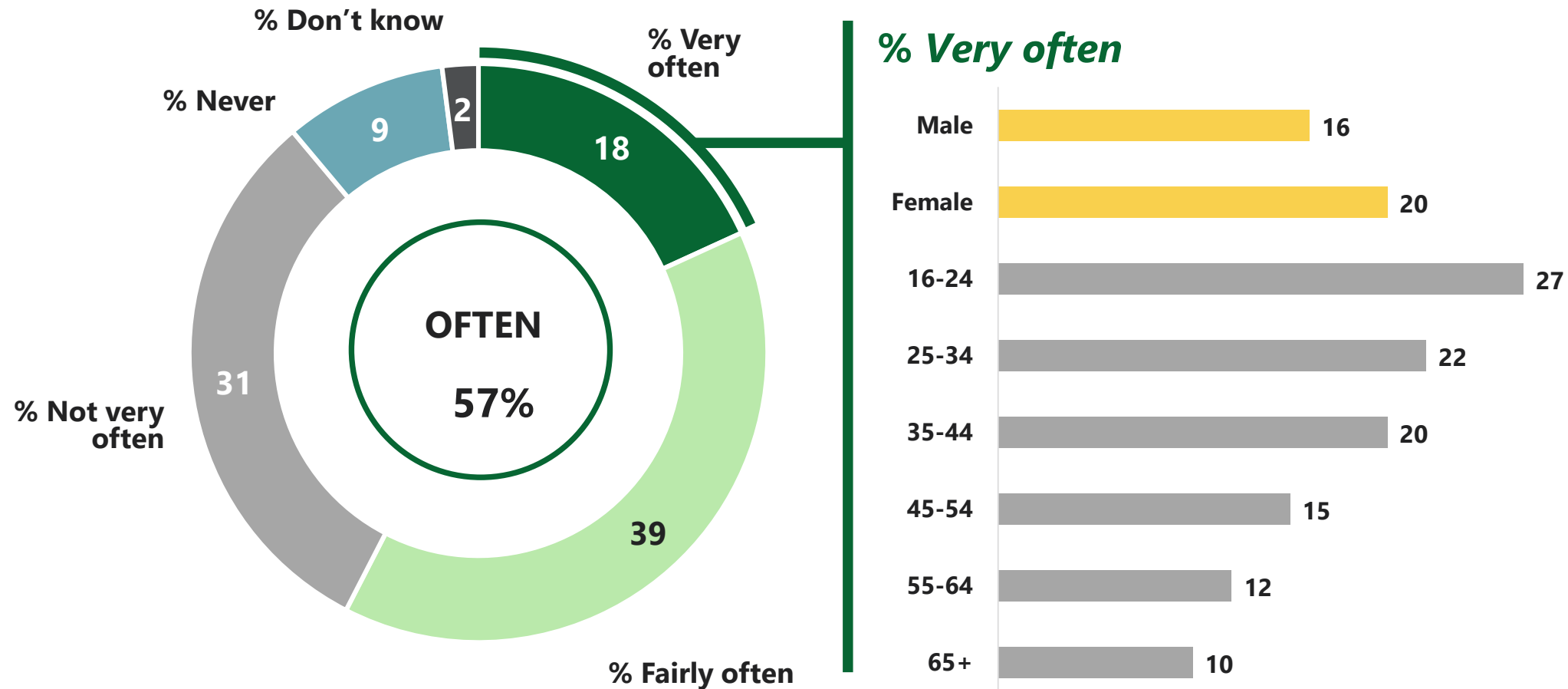
YOUR OWN MENTAL WELLBEING

YOUR OWN PHYSICAL WELLBEING



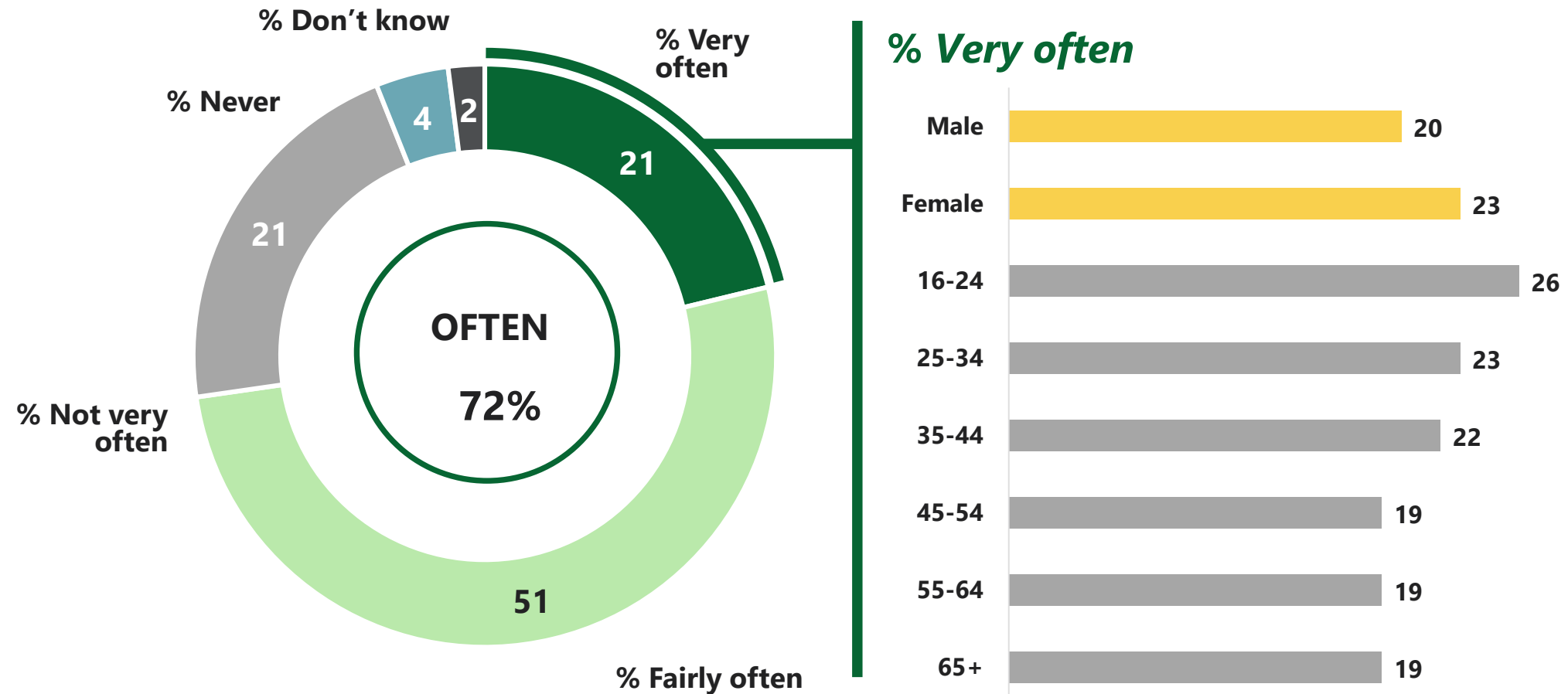
# YOUNG PEOPLE IN BRITAIN ARE MORE LIKELY TO THINK ABOUT THEIR MENTAL WELLBEING THAN OLDER GENERATIONS

Q. HOW OFTEN, IF AT ALL, WOULD YOU SAY YOU THINK ABOUT YOUR OWN MENTAL WELLBEING



# YOUNG PEOPLE ALSO THINK ABOUT THEIR PHYSICAL WELLBEING MORE THAN OLDER GENERATIONS

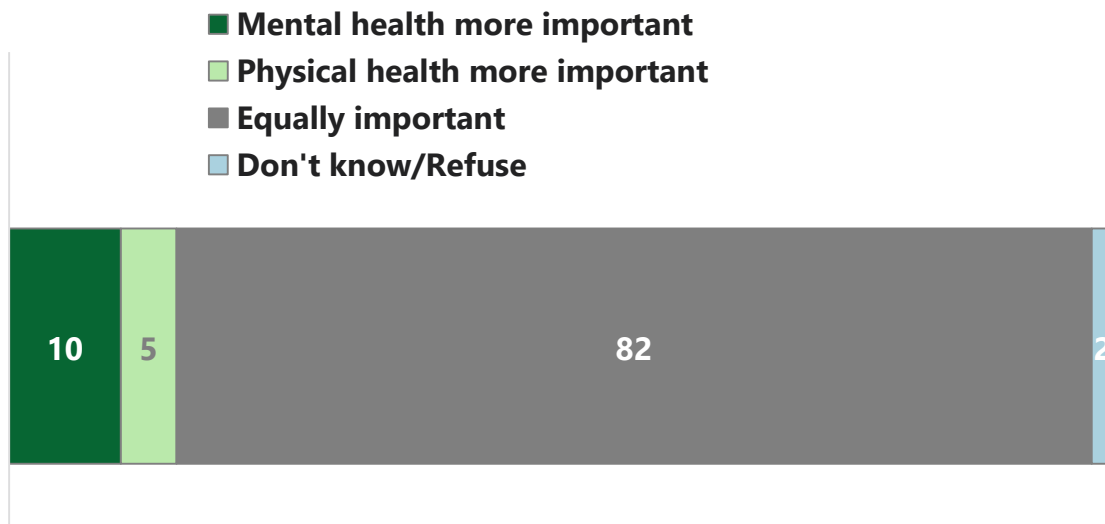
Q. HOW OFTEN, IF AT ALL, WOULD YOU SAY YOU THINK ABOUT YOUR OWN PHYSICAL WELLBEING



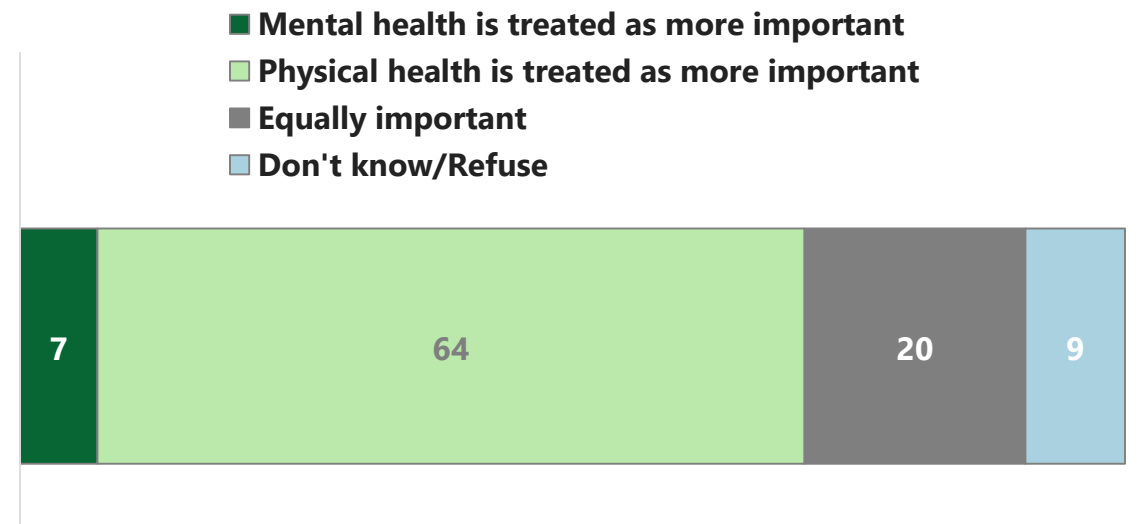
Base 1,002 adults aged 16+ in GB between 23 August – 6 September 2019.

# EIGHT IN TEN BRITS THINK MENTAL AND PHYSICAL HEALTH ARE EQUALLY IMPORTANT, BUT TWO THIRDS THINK THE HEALTH SERVICE PRIORITISES PHYSICAL HEALTH OVER MENTAL HEALTH

**Q. THINKING ABOUT YOUR OWN HEALTH, DO YOU THINK THAT MENTAL HEALTH OR PHYSICAL HEALTH IS MORE IMPORTANT OR ARE THEY EQUALLY IMPORTANT?**



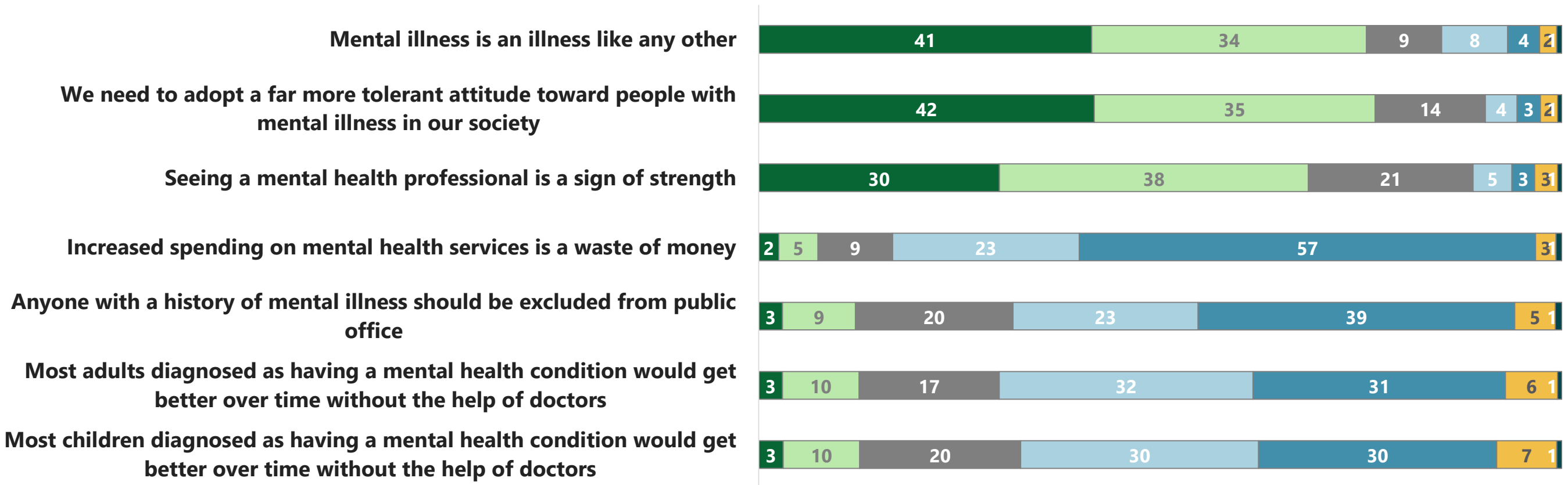
**Q. WHICH OF THE FOLLOWING BEST DESCRIBES HOW YOU THINK THE IMPORTANCE OF MENTAL & PHYSICAL HEALTH ARE TREATED IN [COUNTRY'S] CURRENT HEALTH CARE SYSTEM?**



# IN BRITAIN, THREE QUARTERS AGREE MENTAL ILLNESS IS AN ILLNESS LIKE ANY OTHER. A SIMILAR PROPORTION SAY WE NEED TO ADOPT A MORE TOLERANT ATTITUDE TO MENTAL ILLNESS

Q TO WHAT EXTENT, IF AT ALL, DO YOU AGREE OR DISAGREE WITH THE FOLLOWING STATEMENTS

■ Strongly agree
■ Tend to agree
■ Neither agree nor disagree
■ Tend to disagree
■ Strongly disagree
■ (Don't know)
■ (Refusal)



# ATTITUDES TO MENTAL HEALTH AROUND THE WORLD



# Q. How often, if at all, would you say you think about your own mental wellbeing

People in Colombia, Mexico, Brazil and South Africa are most likely to think about their mental wellbeing often.



Base: 20,030 adults aged 16+ in 29 countries, between 23 August – 6 September 2019.

# Q. How often, if at all, would you say you think about your own physical wellbeing

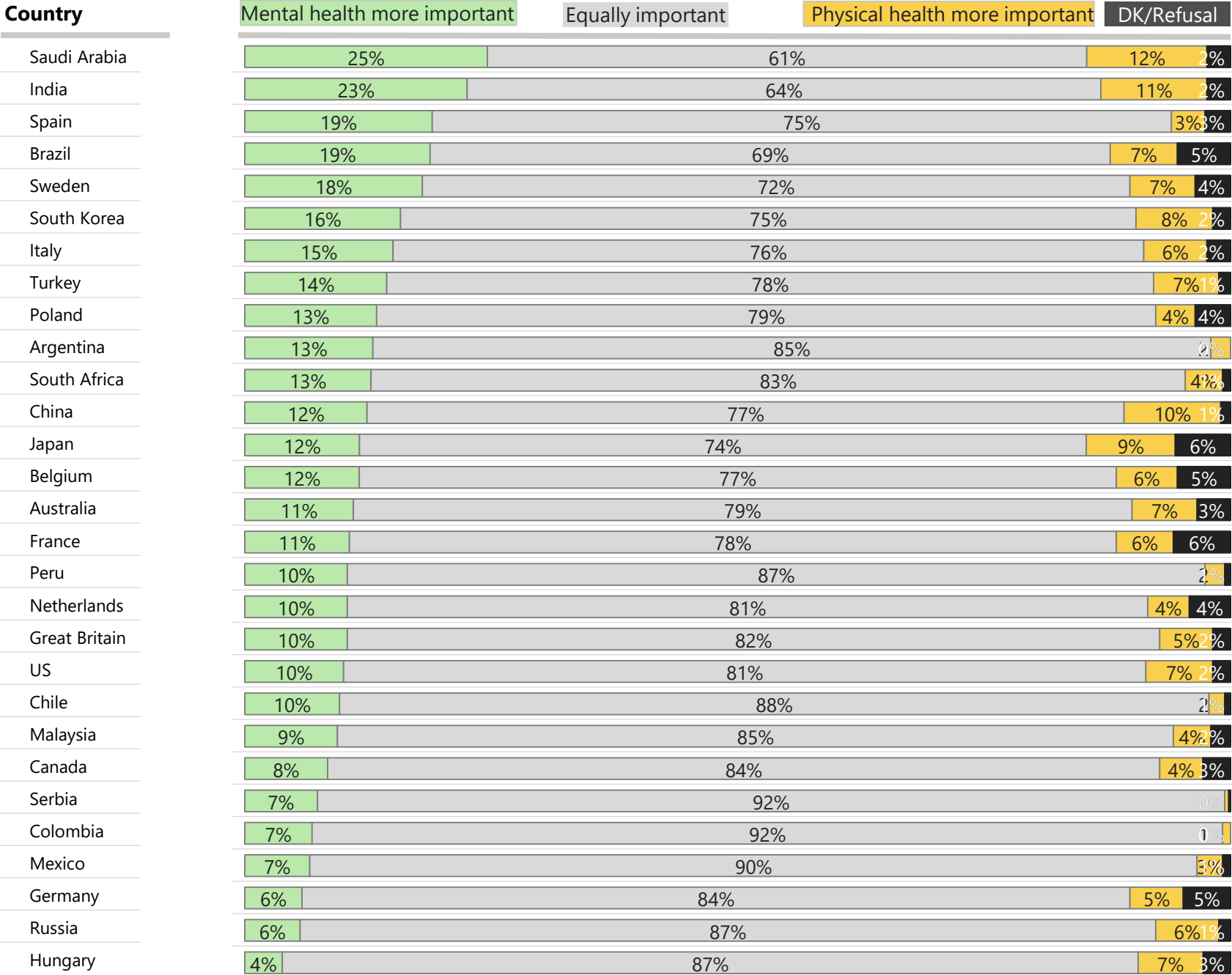
People in Colombia, Mexico, South Africa and Argentina are most likely to think about their physical wellbeing often.



Base: 20,030 adults aged 16+ in 29 countries, between 23 August – 6 September 2019.

Q. Thinking about your own health, do you think that mental health or physical health is more important, or are they equally important?

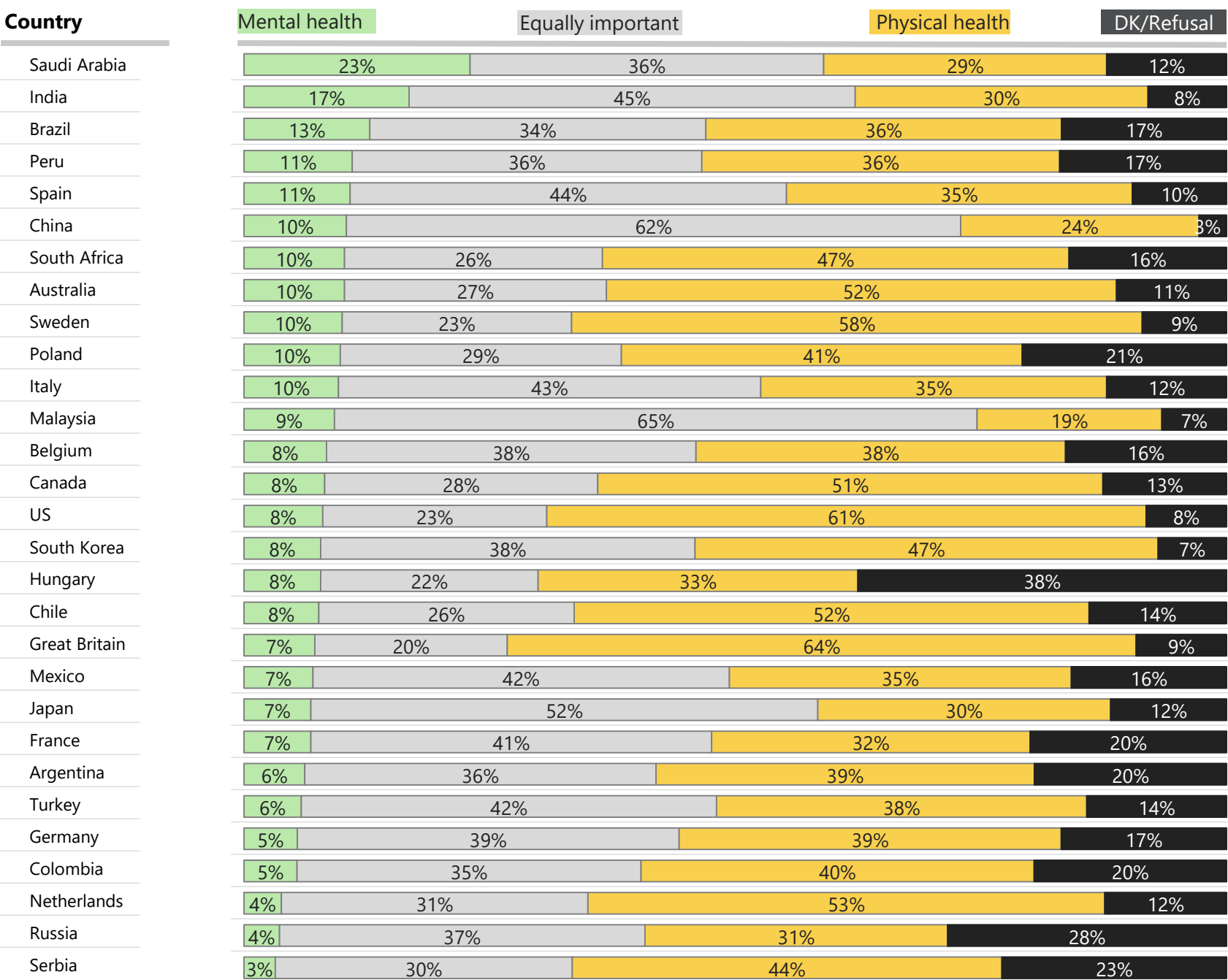
In all countries, the majority of people say mental and physical health is equally important.



Base: 20,030 adults aged 16+ in 29 countries, between 23 August – 6 September 2019.

Q. Which of the following best describes how you think the importance of mental health and physical health are treated in [COUNTRY's] current health care system?

In many countries, people think physical health is treated with more importance than mental health – this is particularly true in the US, Sweden and Great Britain.

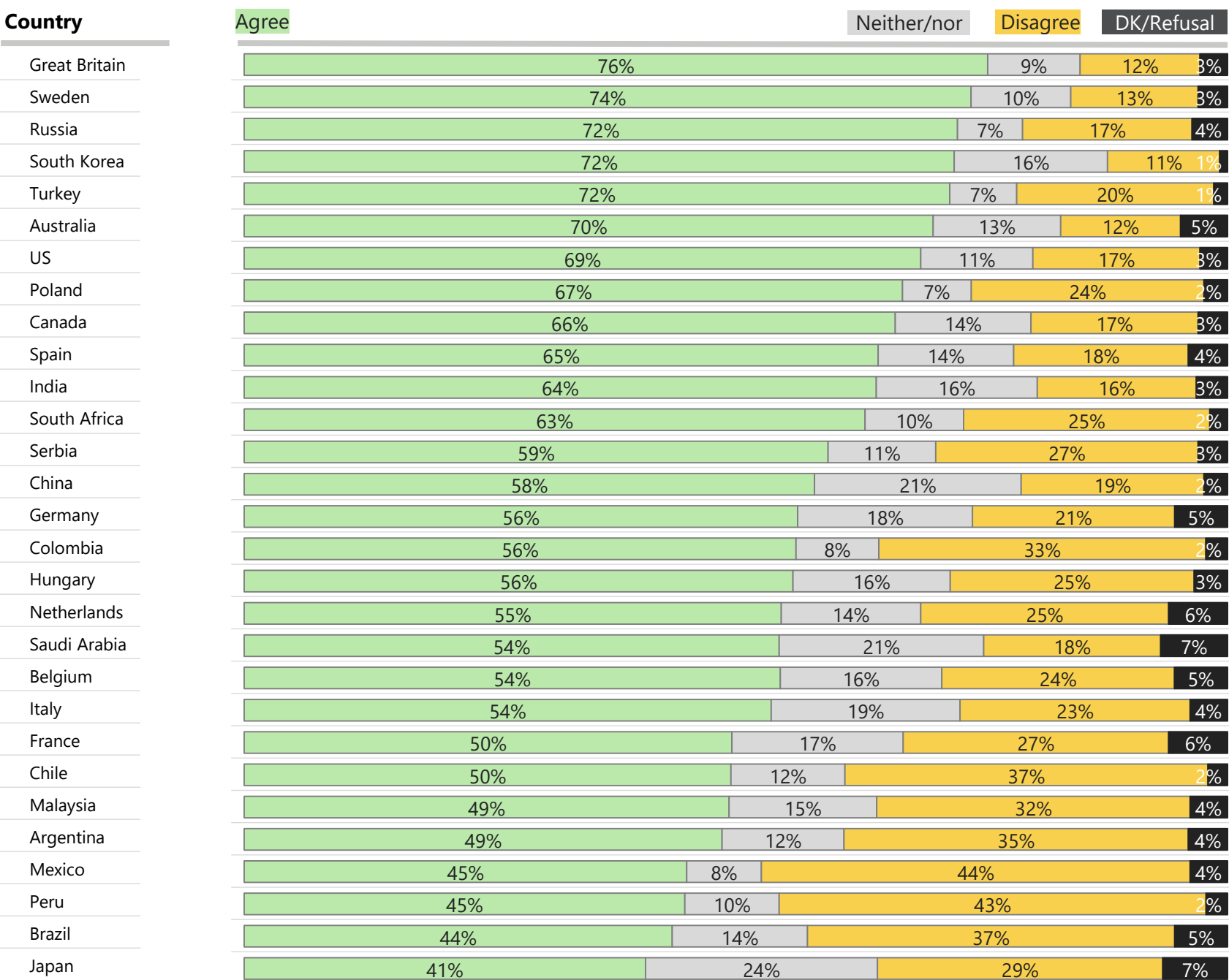


Base: 20,030 adults aged 16+ in 29 countries, between 23 August – 6 September 2019.

Q. To what extent , if at all, do you agree or disagree with the following statement?

Mental illness is an illness like any other

Of all countries surveyed, Brits are most likely to agree that mental illness is an illness like any other.

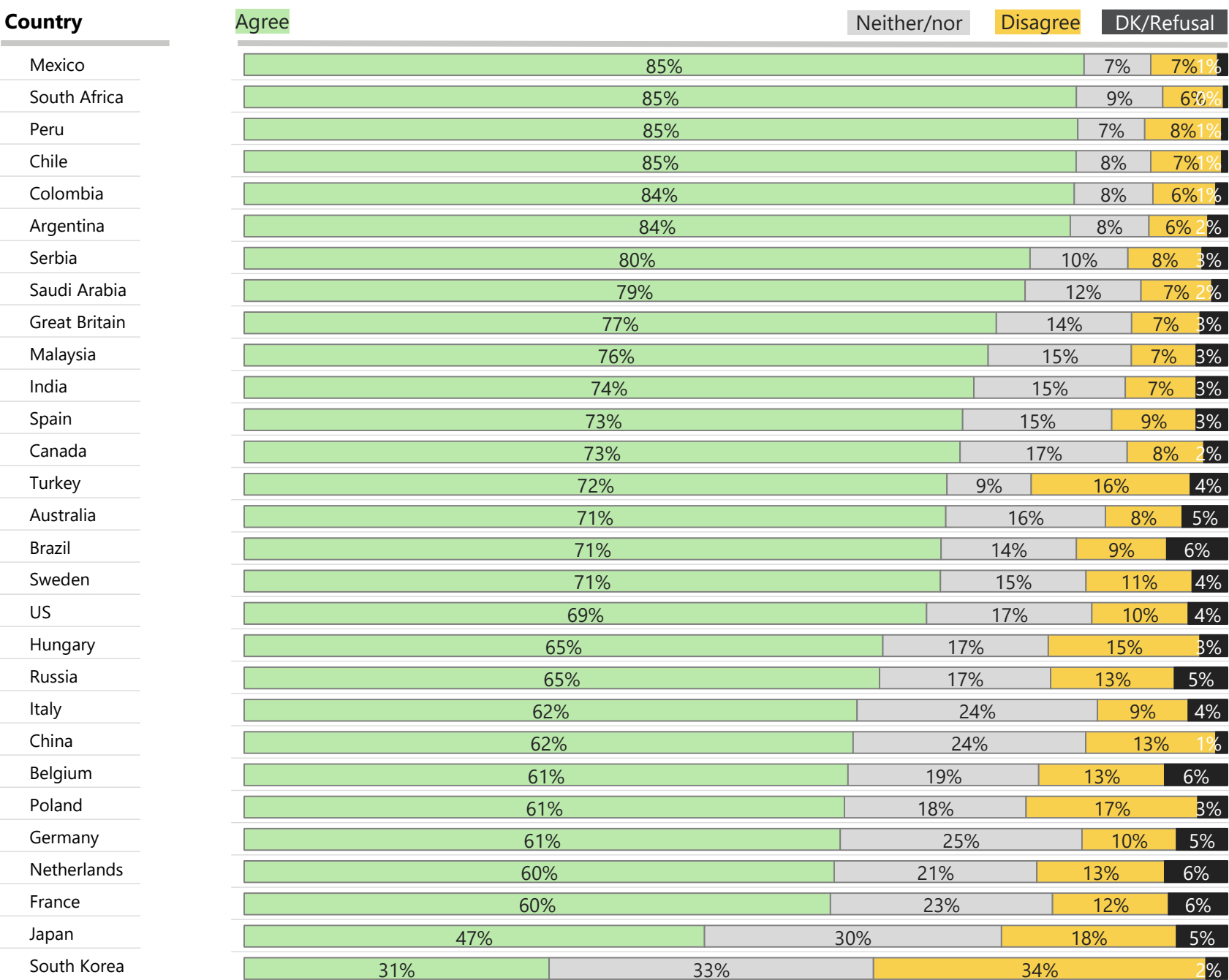


Base: 20,030 adults aged 16+ in 29 countries, between 23 August – 6 September 2019.

Q. To what extent , if at all, do you agree or disagree with the following statement?

We need to adopt a far more tolerant attitude toward people with mental illness in our society

Most countries agree that we need to be more tolerant when it comes to people with mental illness. South American countries are particularly likely to think this.

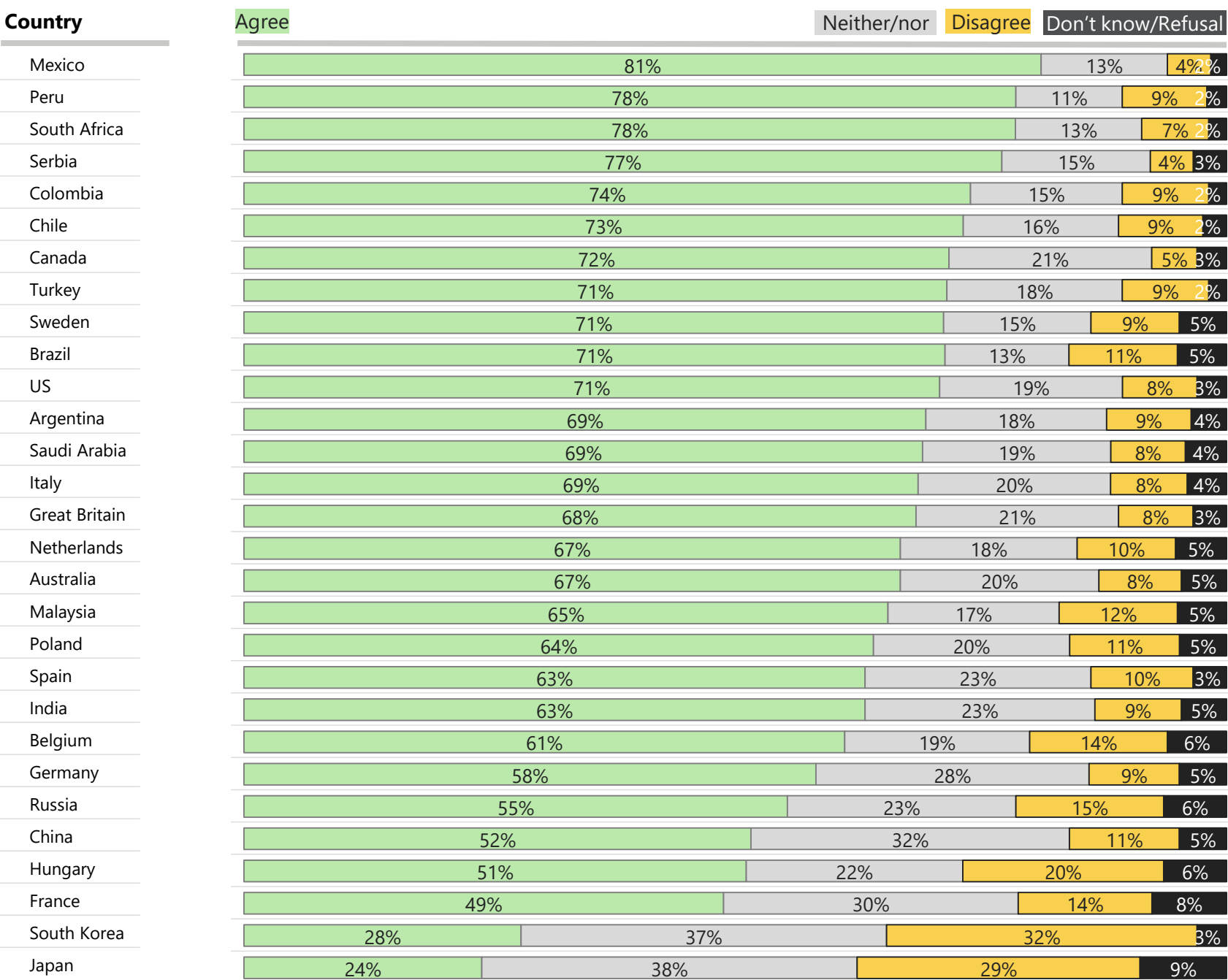


Base: 20,030 adults aged 16+ in 29 countries, between 23 August – 6 September 2019.

Q. To what extent , if at all, do you agree or disagree with the following statement?

Seeing a mental health professional is a sign of strength

In many countries, people agree that seeing a mental health professional is a sign of strength. In South Korea and Japan only around a quarter of people agree with this statement.

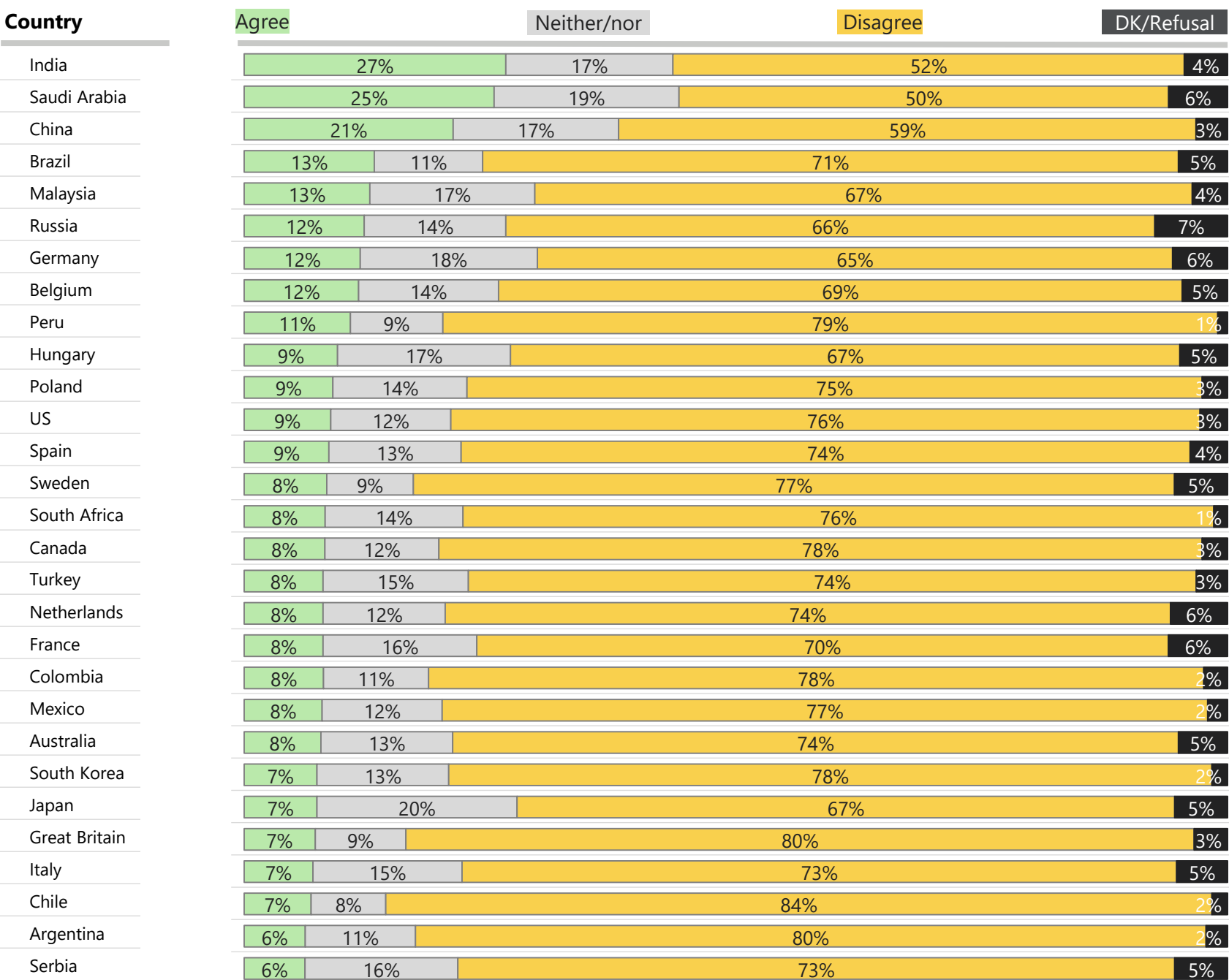


Base: 20,030 adults aged 16+ in 29 countries, between 23 August – 6 September 2019.

Q. To what extent , if at all, do you agree or disagree with the following statement?

Increased spending on mental health services is a waste of money

People in India, Saudi Arabia and China are most likely to agree that increased spending on mental health services is a waster of money.



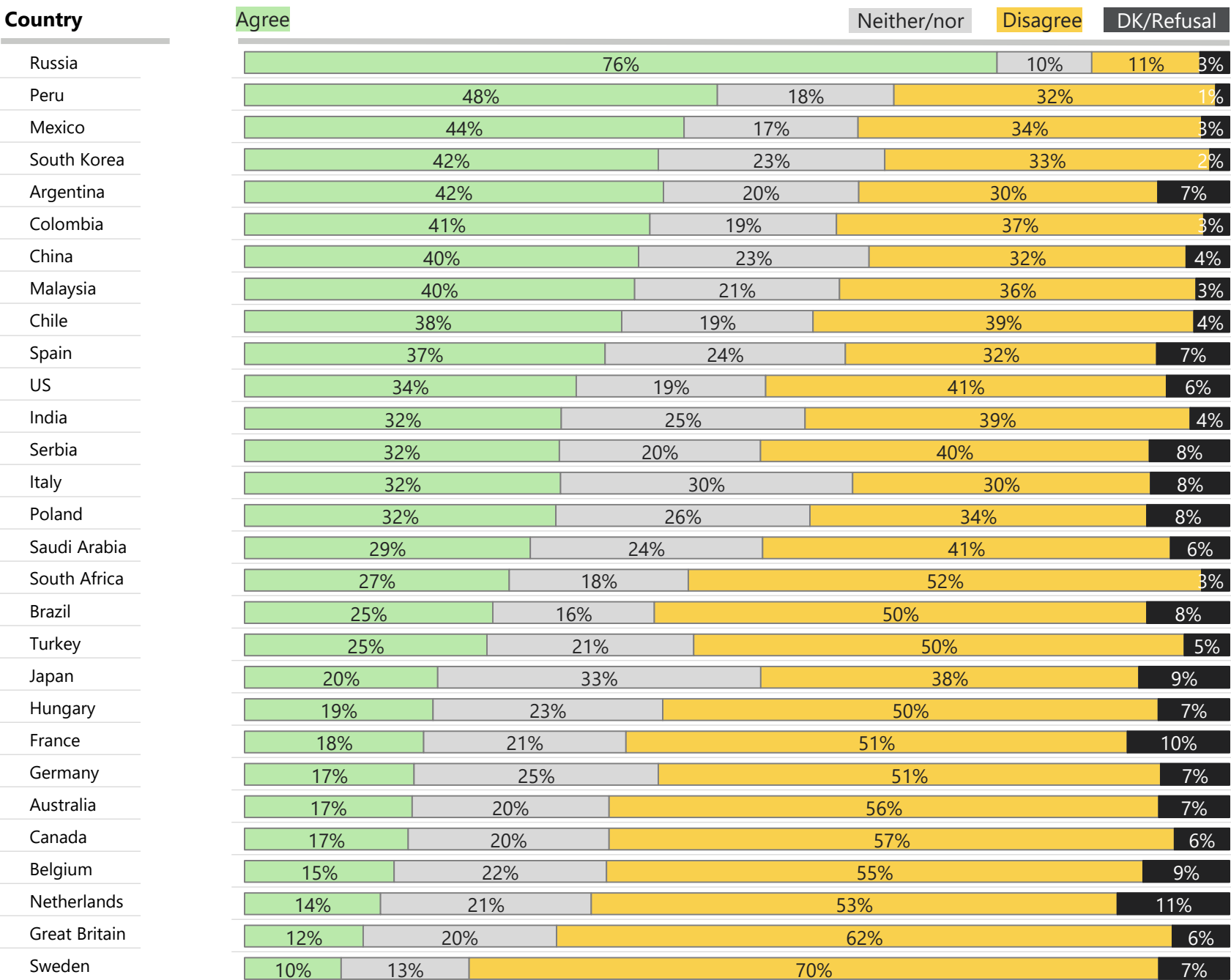
Base: 20,030 adults aged 16+ in 29 countries, between 23 August – 6 September 2019.



Q. To what extent , if at all, do you agree or disagree with the following statement?

Anyone with a history of mental illness should be excluded from public office

Western European countries are the least likely to agree that anyone with a history of mental illness should be excluded from public office. In Russia, three quarters of people agree with the statement.

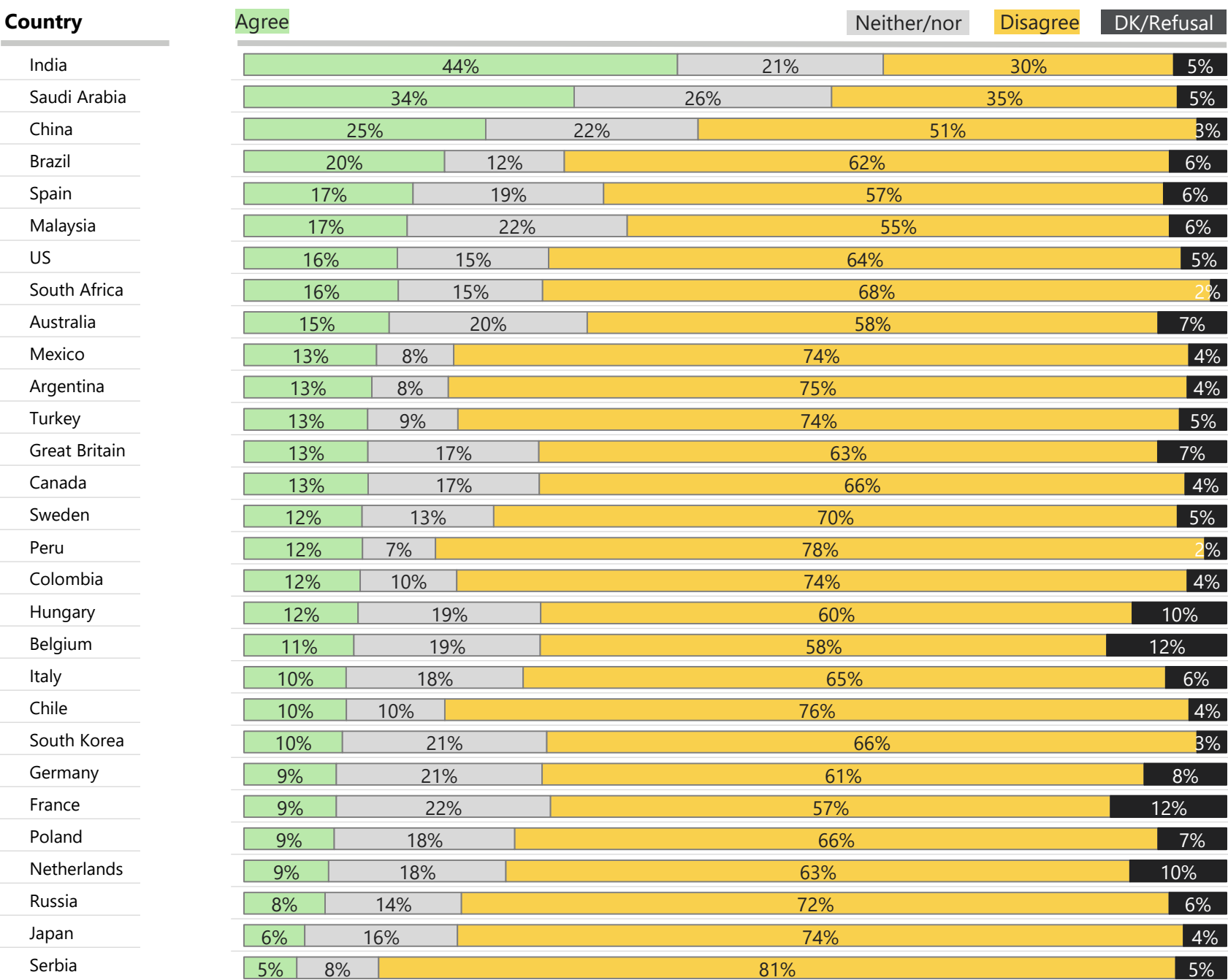


Base: 20,030 adults aged 16+ in 29 countries, between 23 August – 6 September 2019.

Q. To what extent , if at all, do you agree or disagree with the following statement?

Most adults diagnosed as having a mental health condition would get better over time without the help of doctors

People in India, Saudi Arabia are also the most likely to agree that most adults diagnosed as having a mental health condition would get better over time without the help of doctors.

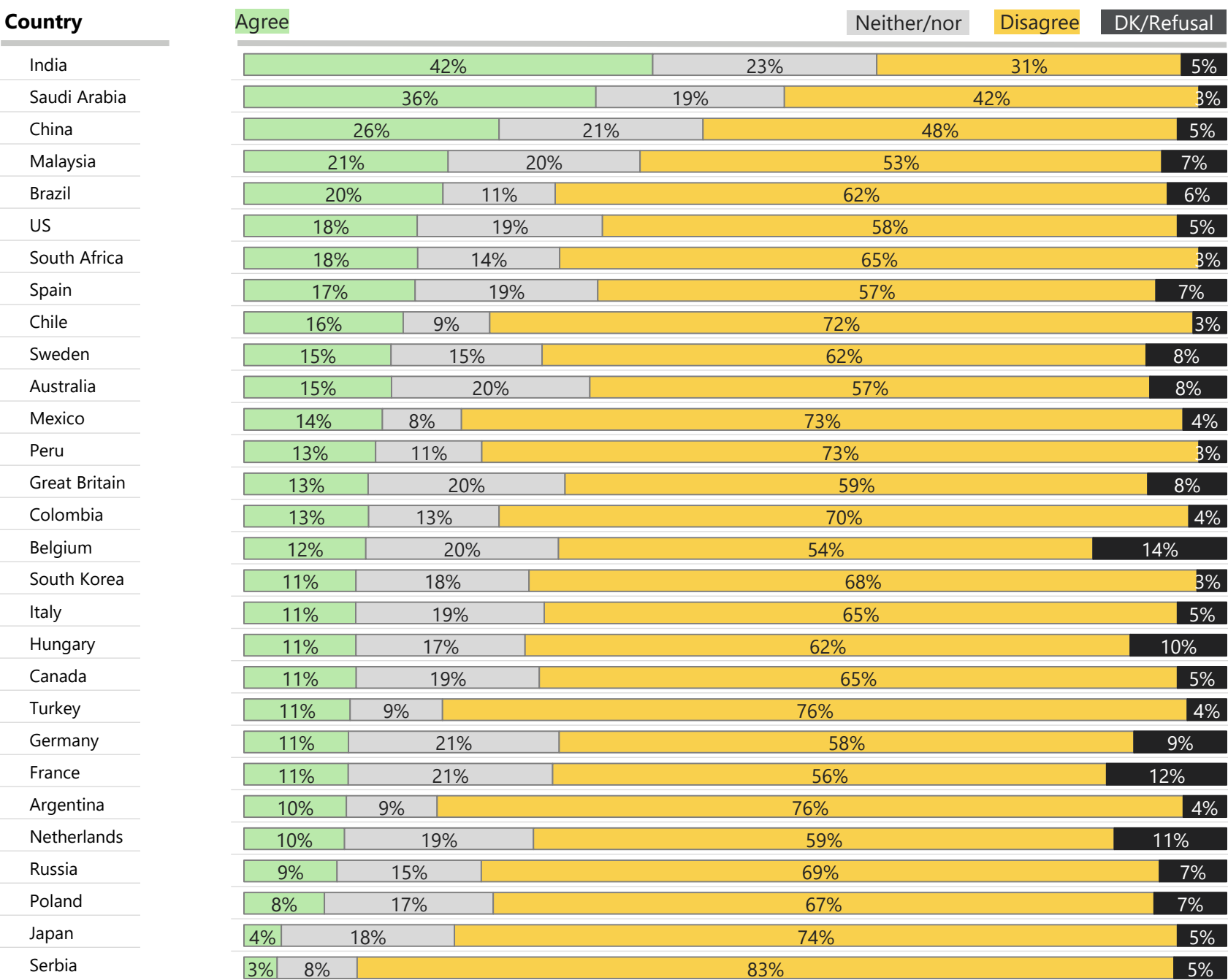


Base: 20,030 adults aged 16+ in 29 countries, between 23 August – 6 September 2019.

Q. To what extent , if at all, do you agree or disagree with the following statement?

Most children diagnosed as having a mental health condition would get better over time without the help of doctors

People in India, Saudi Arabia are also the most likely to agree that most children diagnosed as having a mental health condition would get better over time without the help of doctors.



Base: 20,030 adults aged 16+ in 29 countries, between 23 August – 6 September 2019.