





### WORLD

### MENTAL HEALTH DAY

2019













### ATTITUDES TO MENTAL HEALTH

### IN BRITAIN







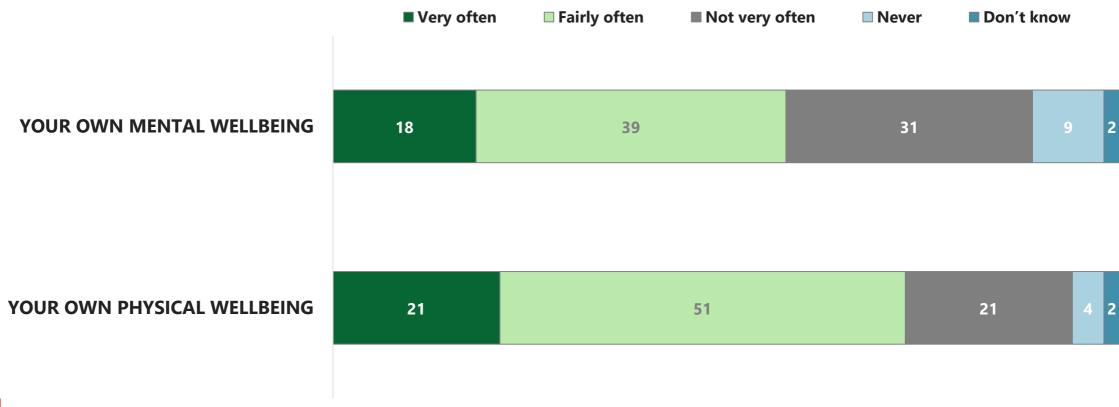


### BRITS ARE MORE LIKELY TO OFTEN THINK ABOUT THEIR PHYSICAL WELLBEING THAN THEIR MENTAL WELLBEING

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

YOUR OWN MENTAL WELLBEING

YOUR OWN PHYSICAL WELLBEING





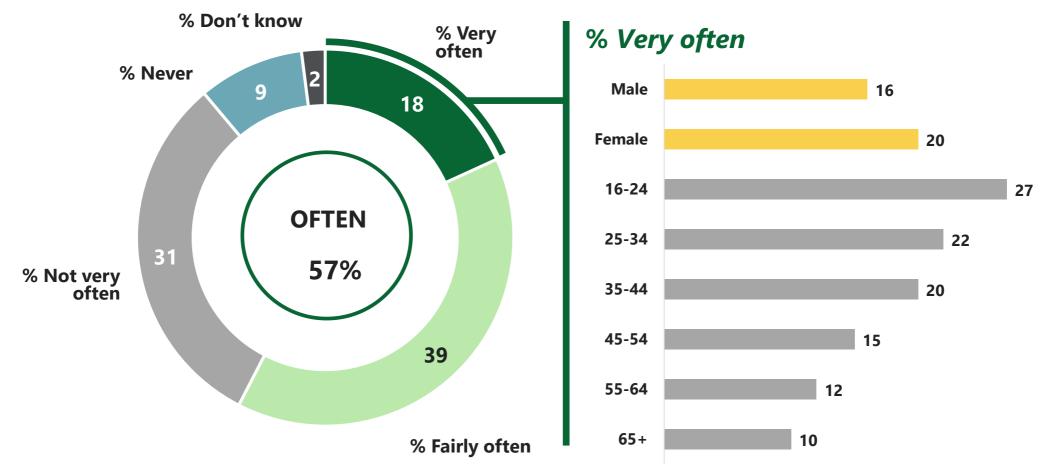


#### YOUNG PEOPLE IN BRITAIN ARE MORE LIKELY TO THINK ABOUT

#### THEIR MENTAL WELLBEING THAN OLDER GENERATIONS

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

#### YOUR OWN MENTAL WELLBEING





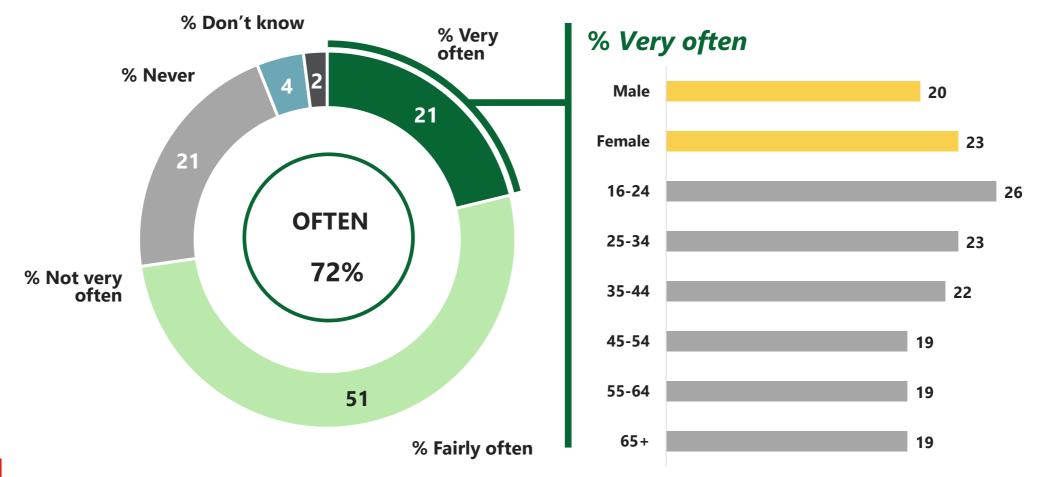


#### YOUNG PEOPLE ALSO THINK ABOUT THEIR PHYSICAL

#### WELLBEING MORE THAN OLDER GENERATIONS

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

#### YOUR OWN PHYSICAL WELLBEING







#### EIGHT IN TEN BRITS THINK MENTAL AND PHYSICAL HEALTH

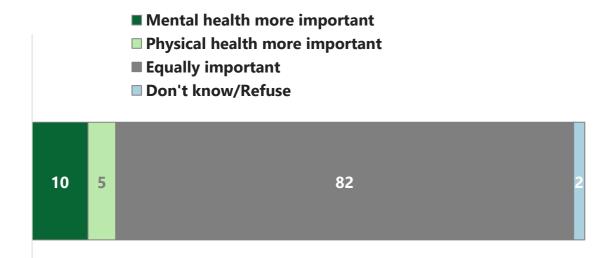
### ARE EQUALLY IMPORTANT, BUT TWO THIRDS THINK THE HEALTH SERVICE PRIORITISES PHYSICAL HEALTH OVER MENTAL HEALTH

Q. THINKING ABOUT YOUR OWN HEALTH,

DO YOU THINK THAT MENTAL HEALTH OR

PHYSICAL HEALTH IS MORE IMPORTANT

OR ARE THEY EQUALLY IMPORTANT?

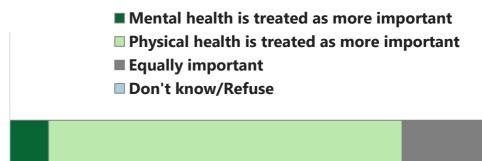


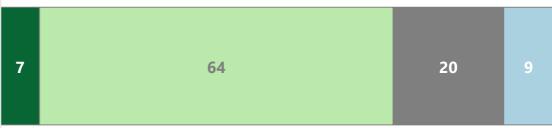


HOW YOU THINK THE IMPORTANCE OF

**MENTAL & PHYSICAL HEALTH ARE TREATED IN** 

[COUNTRY'S] CURRENT HEALTH CARE SYSTEM?









■ Strongly agree

# 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

**■ Tend to agree** 

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

Seeing a mental health professional is a sign of strength

■ Neither agree nor disagree

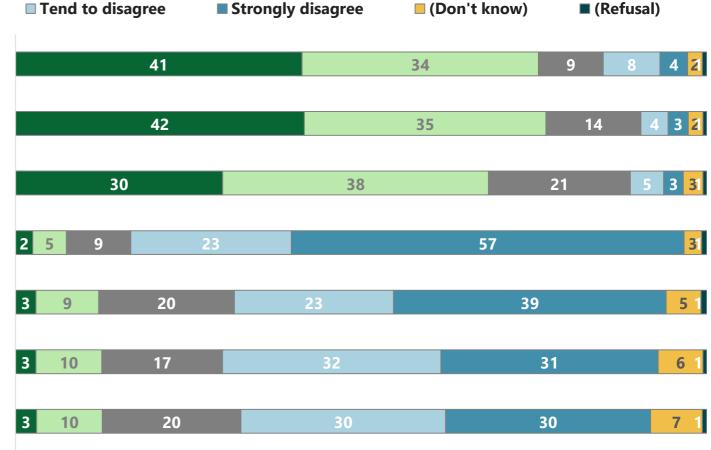
Mental illness is an illness like any other

Increased spending on mental health services is a waste of money

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

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

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







### 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.







Colombia	76%	Not very often/Never DK/	2%
Mexico	73%	24%	39 39
Brazil			
South Africa	73%	22%	5%
	71%	27%	29
Chile	70%	27%	3%
Argentina	69%	26%	5%
Peru	68%	29%	3%
Japan	67%	28%	5%
India	62%	31%	7%
Australia	60%	35%	5%
Spain	57%	38%	4%
US	57%	40%	3%
Italy	57%	37%	5%
Great Britain	57%	40%	3%
Poland	56%	39%	5%
Canada	56%	41%	4%
Hungary	53%	44%	3%
Serbia	53%	44%	3%
Malaysia	52%	42%	7%
Belgium	51%	42%	7%
France	49%	42%	9%
Sweden	49%	47%	4%
Netherlands	49%	46%	5%
Turkey	47%	47%	7%
Germany	45%	48%	7%
China	43%	51%	6%
Saudi Arabia	42%	46%	11%
South Korea	37%	61%	2%
Russia	25%	67%	8%

## 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.







Country	Very/fairly often	Not very	often/Never DK/	'Refusal
Colombia	87%		1	12% 1%
Mexico	86%		1	2% 1%
South Africa	85%		14	1%
Argentina	81%		17%	2%
Peru	81%		16%	3%
Chile	80%		19%	2%
Italy	79%		18%	3%
US	76%		21%	2%
Australia	76%		21%	3%
Brazil	75%		21%	4%
India	74%		20%	6%
Canada	74%		24%	2%
Japan	73%		22%	5%
Spain	72%		25%	3%
Great Britain	72%		25%	3%
Serbia	70%		28%	2%
Malaysia	69%		27%	4%
Sweden	69%		28%	3%
Poland	68%		28%	4%
Belgium	68%		26%	6%
Hungary	67%		31%	2%
France	63%		31%	6%
Netherlands	63%		34%	3%
Turkey	62%		33%	5%
Germany	62%		34%	4%
Russia	62%		34%	4%
Saudi Arabia	54%	35%		11%
China	54%	42	%	5%
South Korea	52%		7%	1%

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.







Country	Mental health more important	Equally important Physical health more in	mportant DK/Refusal
Saudi Arabia	25%	61%	12% 2%
India	23%	64%	11% 2%
Spain	19%	75%	3%%
Brazil	19%	69%	<mark>7%</mark> 5%
Sweden	18%	72%	7% 4%
South Korea	16%	75%	8% 2%
Italy	15%	76%	6% 2%
Turkey	14%	78%	7%1%
Poland	13%	79%	4% 4%
Argentina	13%	85%	2 <mark>%</mark>
South Africa	13%	83%	4%
China	12%	77%	10% 1%
Japan	12%	74%	9% 6%
Belgium	12%	77%	6% 5%
Australia	11%	79%	<mark>7%</mark> 3%
France	11%	78%	6% 6%
Peru	10%	87%	2.%
Netherlands	10%	81%	4% 4%
Great Britain	10%	82%	<mark>5%2</mark> %
US	10%	81%	<mark>7% 2</mark> %
Chile	10%	88%	2 <mark>%</mark>
Malaysia	9%	85%	<mark>4%</mark> %
Canada	8%	84%	4%3%
Serbia	7%	92%	0%
Colombia	7%	92%	1%
Mexico	7%	90%	3%
Germany	6%	84%	<b>5%</b> 5%
Russia	6%	87%	6%1%
Hungary	4%	87%	7% 3%

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.







Country	Mental health	Eq	ually important		Physical h	nealth	DK/Refusal
Saudi Arabia	23%	)	36%		25	9%	12%
India	17%		45%			30%	8%
Brazil	13%	349	%		36%		17%
Peru	11%	36%			36%		17%
Spain	11%		44%		35	%	10%
China	10%		62%			24%	3%
South Africa	10%	26%		4	7%		16%
Australia	10%	27%			52%		11%
Sweden	10%	23%			58%		9%
Poland	10%	29%		419	%		21%
Italy	10%	4.	3%		35%		12%
Malaysia	9%		65%			19%	7%
Belgium	8%	38%			38%		16%
Canada	8%	28%			51%		13%
US	8%	23%			61%		8%
South Korea	8%	38%			47%		7%
Hungary	8%	22%	33%	%		38%	
Chile	8%	26%		52	2%		14%
Great Britain	7%	20%		649	%		9%
Mexico	7%	42%			35%		16%
Japan	7%		52%		3(	0%	12%
France	7%	41%			32%		20%
Argentina	6%	36%			39%		20%
Turkey	6%	42%			38%		14%
Germany	5%	39%			39%		17%
Colombia	5%	35%		4	0%		20%
Netherlands	4%	31%			53%		12%
Russia	4%	37%		31%		289	%
Serbia	3%	30%		44%			23%

### 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.







ountry	Agree					Neith	er/no	r [	Disagre	ee DK/F	Refusal
Great Britain		76%							9%	12%	3%
Sweden	74%							1	10%	13%	3%
Russia		72%						7%		17%	4%
South Korea		72%							16%	1	<b>1%</b> 1%
Turkey		72%						7%		20%	1%
Australia		70%						13%	0	12%	5%
US		69%						11%		17%	3%
Poland		67%					7%			24%	2%
Canada		66%					14	4%		17%	3%
Spain		65%					14%	0		18%	4%
India		64%					16	%		16%	3%
South Africa		63%				1	0%			25%	2%
Serbia		59%				11%			27	7%	3%
China		58%				2	21%			19%	2%
Germany		56%				18%			2	1%	5%
Colombia		56%			8%	,			33%		2%
Hungary		56%				16%			2	5%	3%
Netherlands		55%			14	4%			25%		6%
Saudi Arabia		54%				21%			1	8%	7%
Belgium		54%				16%			249	%	5%
Italy		54%				19%			2	23%	4%
France		50%			17%				27%		6%
Chile		50%		1	2%				37%		2%
Malaysia		49%			15%				32%		4%
Argentina		49%		12	2%			3	5%		4%
Mexico		45%	89	6				44%			4%
Peru		45%		)%				43%	)		2%
Brazil		44%		4%				37%			5%
Japan		41%		24%					29%		7%

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.







Mexico		85%				7%	7%
South Africa		85%				9%	6%
Peru		85%				7%	8%
Chile		85%				8%	7%
Colombia		84%				8%	6%
Argentina		84%					6%
erbia		80%			10		%
audi Arabia		79%					7%
ireat Britain		77%			14%		'%
Malaysia		76%			15%		%
ndia		74%			15%	79	
pain		73%			15%	9%	
anada		73%			17%	8	%
ırkey	7	72%		9%		16%	
ustralia	7	'1%			16%	8%	
razil	7	1%		1	4%	9%	6
weden	7	1%		1	15%	11%	
S	69	9%		1	7%	10%	
ungary	65%			17%		15%	
ussia	65%			17%		13%	_ [
aly	62%			24%		9%	
hina	62%			24%		13%	6
elgium	61%			19%		13%	6
oland	61%			18%		17%	
ermany	61%			25%		10%	
letherlands	60%			21%		13%	6'
rance	60%			23%		12%	6
apan	47%		30%		1	18%	5

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.







Country	Agree		Neither	r/nor Disag	gree Don't	know/Refusa
Mexico		81%			13	3% 4%3
Peru		78%			11%	9% 29
South Africa		78%			13%	7% 29
Serbia		77%			15%	4% 3%
Colombia		74%			15%	9% 29
Chile		73%			16%	9% 29
Canada		72%			21%	<mark>5%</mark> 3%
Turkey		71%			18%	9% 29
Sweden		71%			15%	9% 5%
Brazil		71%		1	13%	11% 5%
US		71%			19%	8% 3%
Argentina		69%			18%	9% 4%
Saudi Arabia		69%				8% 4%
Italy		69%				8% 4%
Great Britain		68%		21%		
Netherlands		67%		189	%	10% 5%
Australia		67%		20	0%	8% 5%
Malaysia		65%		17%		<mark>12%</mark> 5%
Poland		64%		20%		11% 5%
Spain		63%		23%		10% 3%
India		63%		23%		9% 5%
Belgium		61%		19%	14	<del>%</del> 6%
Germany		58%				9% 5%
Russia		55%			15%	6%
China	52'	%		32%		11% 5%
Hungary	519	%	22%		20%	6%
France	49%		30%	)	14%	8%
South Korea	28%	37%			32%	3%
Japan	24%	38%		29	9%	9%

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.







ountry	Agree	Neither/nor	Disagree	DK/Ref
India	27%	17%	52%	
Saudi Arabia	25%	19%	50%	
China	21%	17%	59%	
Brazil	13% 11%		71%	
Malaysia	13%	7%	67%	
Russia	12% 14%	0	66%	
Germany	12% 18	3%	65%	
Belgium	12% 14%		69%	
Peru	11% 9%		79%	
Hungary	9% 17%		67%	
Poland	9% 14%		75%	
US	9% 12%		76%	
Spain	9% 13%		74%	
Sweden	8% 9%		77%	
South Africa	8% 14%		76%	
Canada	8% 12%		78%	
Turkey	8% 15%		74%	
Netherlands	8% 12%		74%	
France	8% 16%		70%	
Colombia	8% 11%		78%	
Mexico	8% 12%		77%	
Australia	8% 13%		74%	
South Korea	7% 13%		78%	
Japan	7% 20%		67%	
Great Britain	7% 9%		80%	
Italy	7% 15%		73%	
Chile	7% 8%		84%	
Argentina	6% 11%		80%	
Serbia	6% 16%		73%	

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.







Russia			76%				10%	11%
Peru		48%			18%			
лехico	4	4%		179	%		34%	
outh Korea	429	%		239	%		33%	1
Argentina	42	%		20%			30%	7%
Colombia	419	6		19%			37%	3
China	40%	)		23%			32%	4
Malaysia	40%			21%			36%	3
Chile	38%			19%			39%	4
pain	37%			24%			32%	7%
JS	34%			19%		41%	)	69
ndia	32%	32%		25%		39%		
erbia	32%	32%		20%		40%		8%
aly	32%			30%		30%		8%
oland	32%			26%		34%		8%
audi Arabia	29%		249	%		41%		6
outh Africa	27%		18%		52%			
Brazil	25%		16%			50%		8%
urkey	25%		21%			50%		
apan	20%		33%			38%		9%
lungary	19%	239	6			50%		79
rance	18%	21%			5	51%		10%
Sermany	17%	25%		51%				79
Australia	17%				56%			79
Canada	17%			57%				6
Belgium	15%			55%				9%
Netherlands	14%	21%		53%				11%
Great Britain	12% 20	)%		62%				6
weden	10% 13%				70%			7%

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.







ountry	Agree				Neither/nor	Disagree	DK/Refu
India		44%		21%		30%	
Saudi Arabia		34%		26%		35%	
China	25%		22%		51%		
Brazil	20%	12%			62%		
Spain	17%	19%			57%		6
Malaysia	17%	22%			55%		
US	16%	15%			64%		
South Africa	16%	15%			68%		
Australia	15%	20%			58%		7
Mexico	13%	8%			74%		
Argentina	13%	8%			75%		
Turkey	13%	9%	74%				
Great Britain	13%	17%	63%				7
Canada	13%	17%			66%		
Sweden	12%	13%			70%		
Peru	12%	7%			78%		
Colombia	12%	10%			74%		
Hungary	12%	19%			60%		10 <sup>4</sup>
Belgium	11%	19%	58%			12%	
Italy	10%	18%			65%		
Chile		0%		-	76%		
South Korea	10%	21%			66%		
Germany	9%	21%			61%		8'
France	9%	22%			57%		12%
Poland	9%	18%			66%		7
Netherlands	9%	18%			63%		109
Russia		4%			72%		
Japan	6% 169				74%		
Serbia	5% 8%			81%			

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.







