



Mental health is everything:

Findings from Mind's Big Mental Health Report

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About Mind Cymru





**We won't give up until
everyone experiencing a
mental health problem gets
both support and respect.**



About us - Mind Cymru

Mind Cymru is Mind in Wales.

We make sure everyone in Wales has access to the mental health information, support and services they need We are here to make sure no-one in Wales faces a mental health problem alone.

What do we do?

- **Campaigns** - We campaign to get a better deal for people in Wales
- **Bilingual information** - We offer mental health information in Welsh and English so people can find support in their language of choice.
- **Local Minds** - We have 15 local Minds across Wales, supporting around 37,000 people every year
- **Helplines** – Our 4 helplines, based in south Wales, provide a voice at the end of the phone. Each line meets a different mental health or wellbeing need – from information and service finding to understanding mental health law





Big Mental Health Report '25

Background

- Funded by Exilarch Foundation for seven years
- Annual publication, first published in 2024
- Bringing together data, lived experience to provide picture of mental health in both nations

This report brings together the latest evidence on how the nation's mental health is doing, as well as how mental health services are right now in England and Wales.

BMHR Structure

1. The current state of mental health
2. What's driving poor mental health?
3. Experiences of support
4. Mental health stigma and discrimination

Supported by



The Big Mental Health Report

2025



Key themes



Key themes: Overall

- 1 in 5 adults (20.2%) in England are living with a common mental health condition, with rates higher in women (24.2%) than men (15.4%).
- Prevalence has increased steadily, with those aged 16-24 being particularly affected rising from 17.5% in 2007 to 25.8% in 2023-24.
- Latest ONS suicide data reported increase in the suicide rate in Wales to 15.7 per 100,000 compared to just over 11 per 100,000 in England.
- UK Wellbeing Report found 1 in 8 people living below the Happiness Poverty Line.

Key theme: Poverty

- Adults living in the most deprived areas have higher levels of mental health problems (26.2%) than those living in less deprived areas (16%)
- People with problem debt were more than twice as likely to experience a mental health problem (39%)
- This was also true of those who were unemployed (40%) and those who were economically inactive (38.8%), with men more affected.
- Given the nature of poverty in Wales it is likely that these figures from England are indicative of a wider experience of poor mental health in Welsh communities.
- High levels of benefit claimants, providing people with a crucial economic safety net.

Key theme: Young people

- Young people with mental health problems are nearly five times more likely to be economically inactive compared to those without a mental health problem.
- Average life satisfaction score for pupils in Wales was 6.16/10 compared to OECD average of 6.75/10.
- A recent report into potential drivers behind worsening mental health outcomes for 14–25-year-olds identified four factors:
 - Declining sleep quality;
 - Financial insecurity;
 - Lack of access to early support;
 - Rapid shifts in social media and smartphone use.

Key theme: Stigma

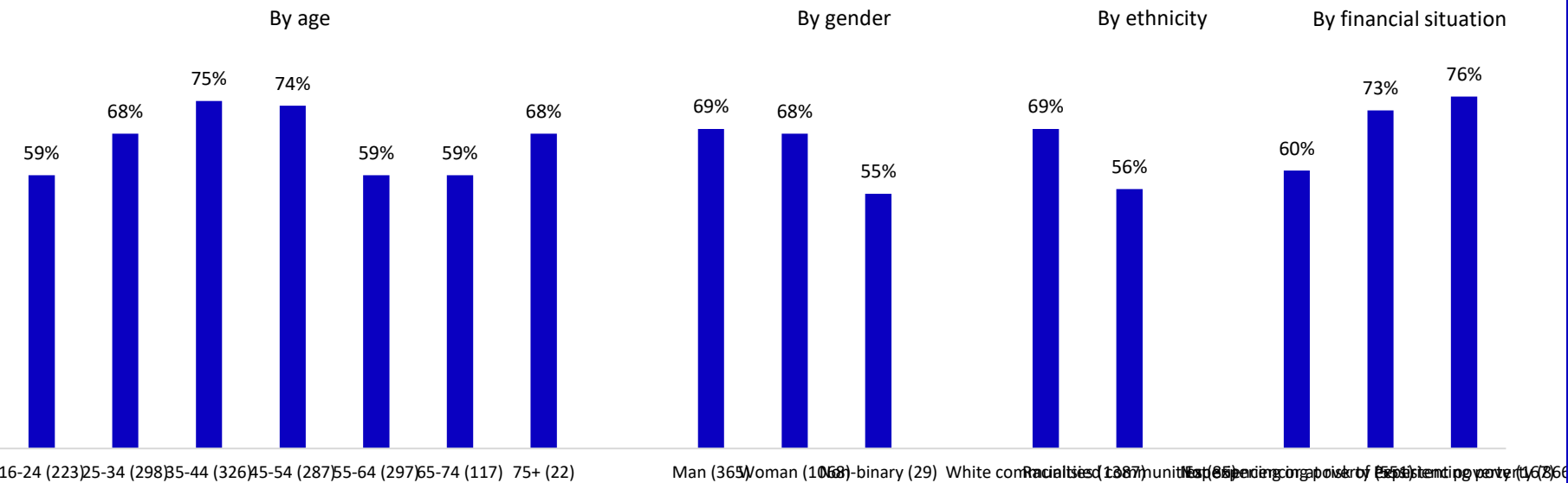
- Despite the progress made around society being more open about mental health the report found a general trend of a decline in attitudes towards mental health and a rise in stigma.
- Overall, the report found:
 - Public understanding declining
 - Fear based stigma growing
 - Workplace discrimination being evident
 - Stigma continued for less understood conditions such as schizophrenia.



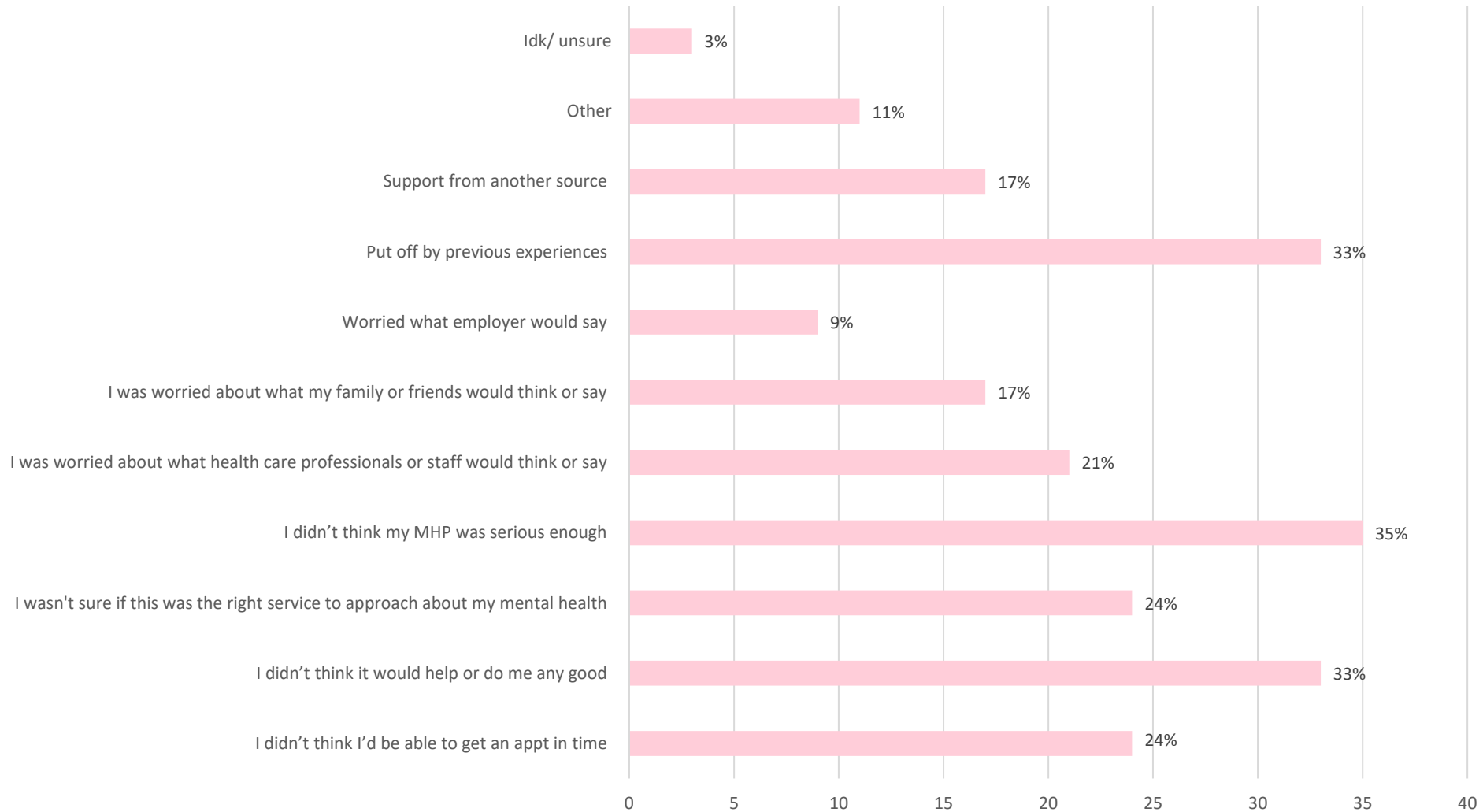
Experiences of primary care support

Primary Care Service Users: Wales

Percentage of respondents living in Wales, who've seen/spoken to a GP/practice nurse in the past 12 months.



Reasons for not accessing GP support



Experience of GP support

Listening and empathy

- 85% listened carefully to what you had to say
- 80% took your concerns seriously
- 80% understanding/ compassion for MH needs

Clear communication

- 81% provided explanations in a way you could understand

Personalisation

- 72% involved you as much as you wanted in decisions about your care and treatment
- 65% enough knowledge of your MH

Knowledge

- 78% had enough MH knowledge

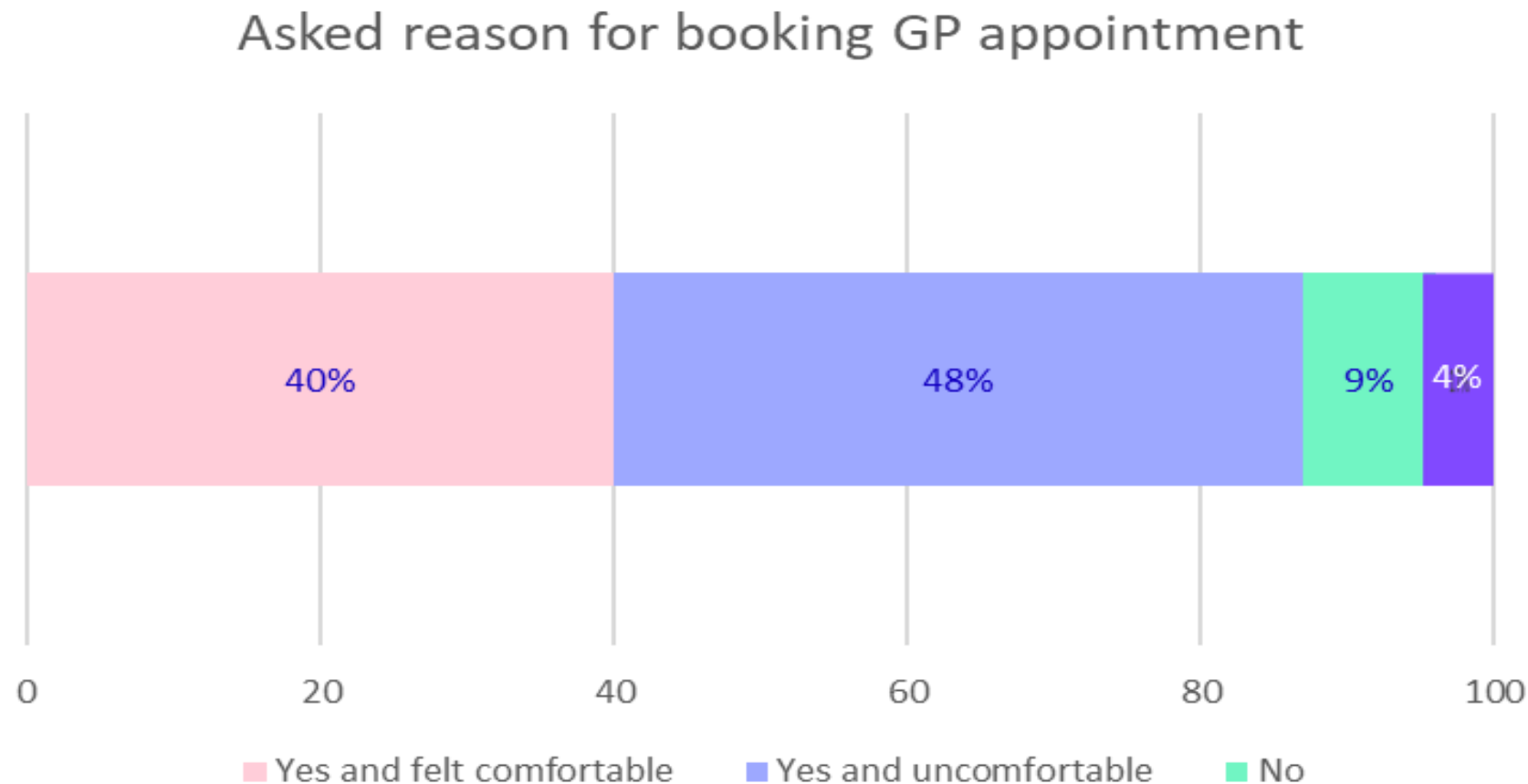
Time and space

- 68% had enough time to discuss MH
- 56% took time to find out about you as an individual

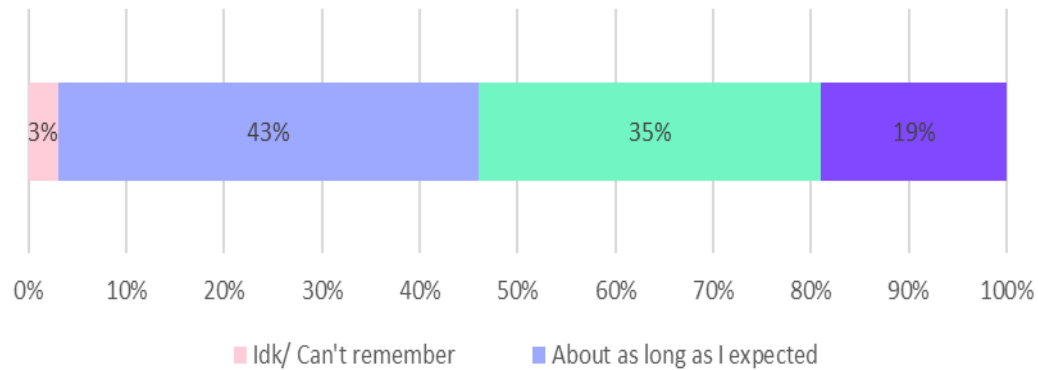
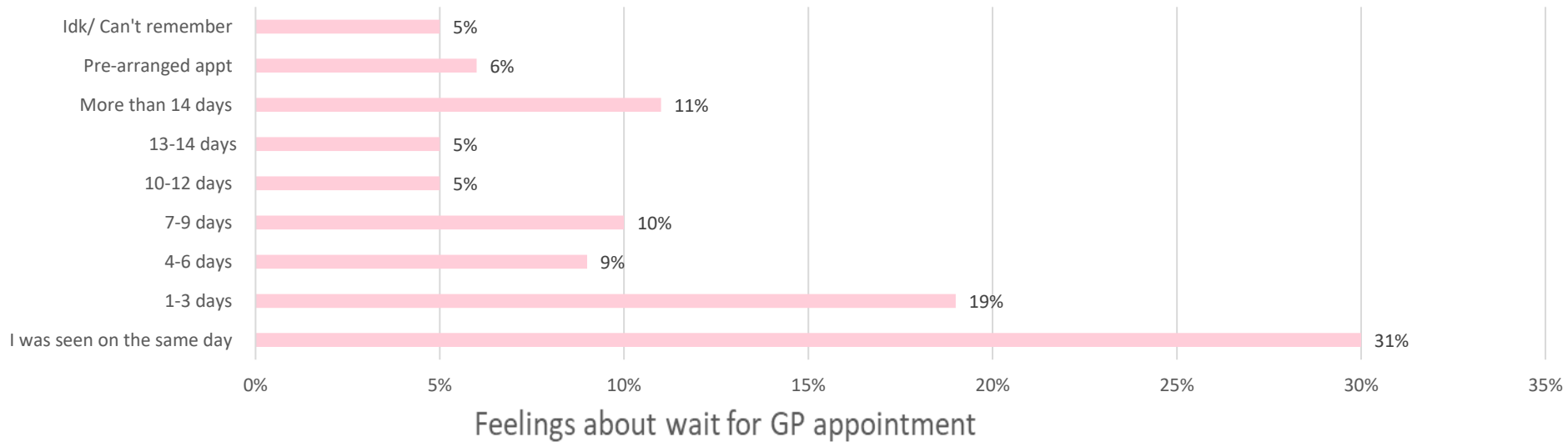
Impact

- 52% helped you feel optimistic/ hopeful

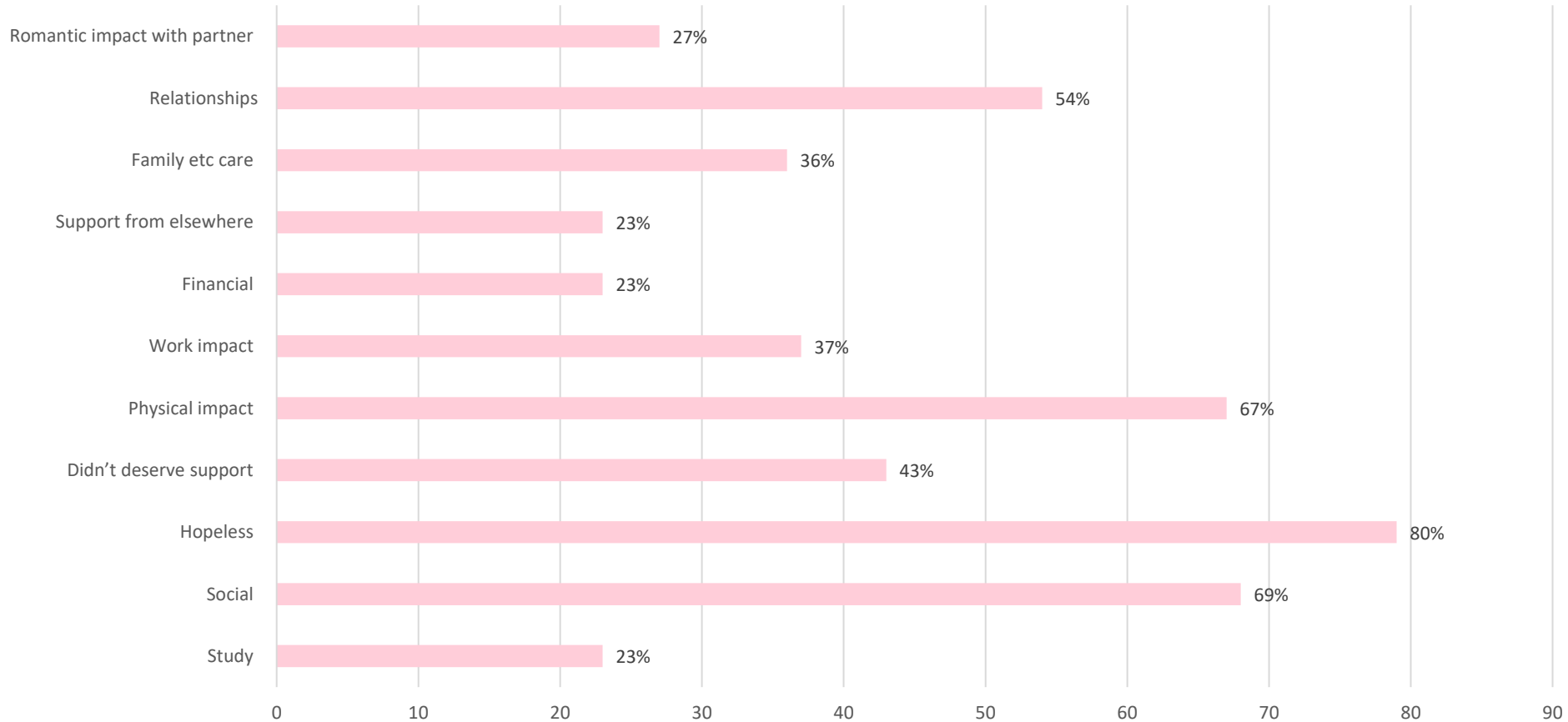
Asked reason for booking GP appointment



Length of wait for appointment

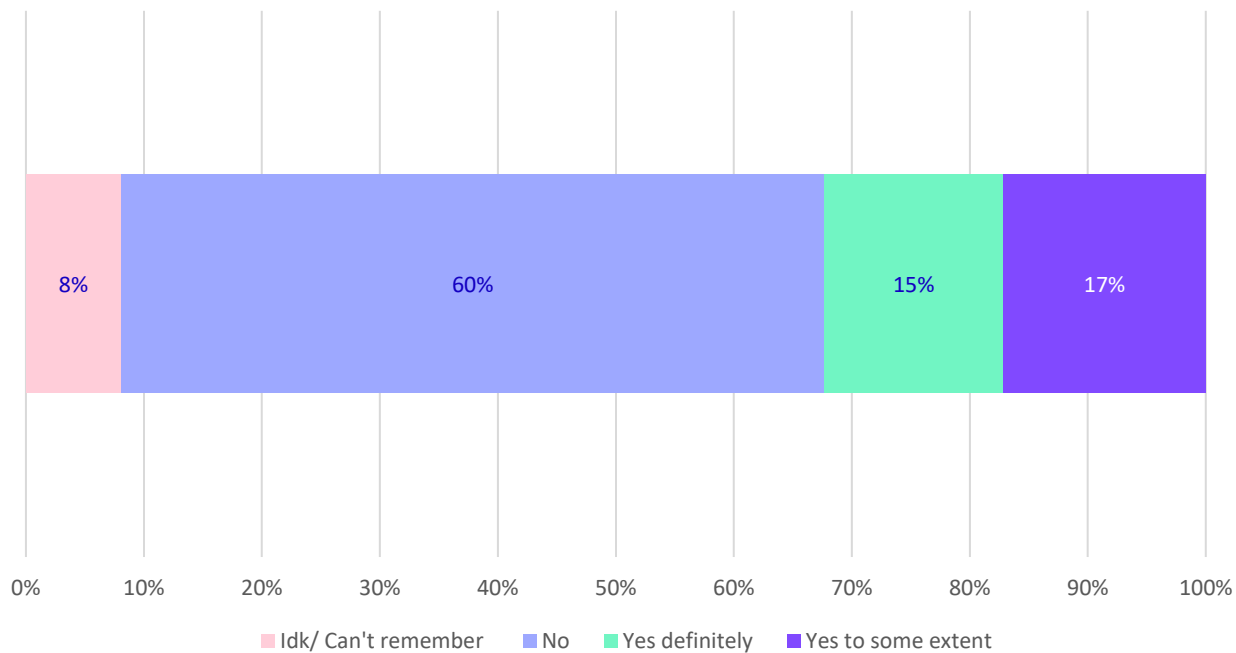


Mental health impact of waiting

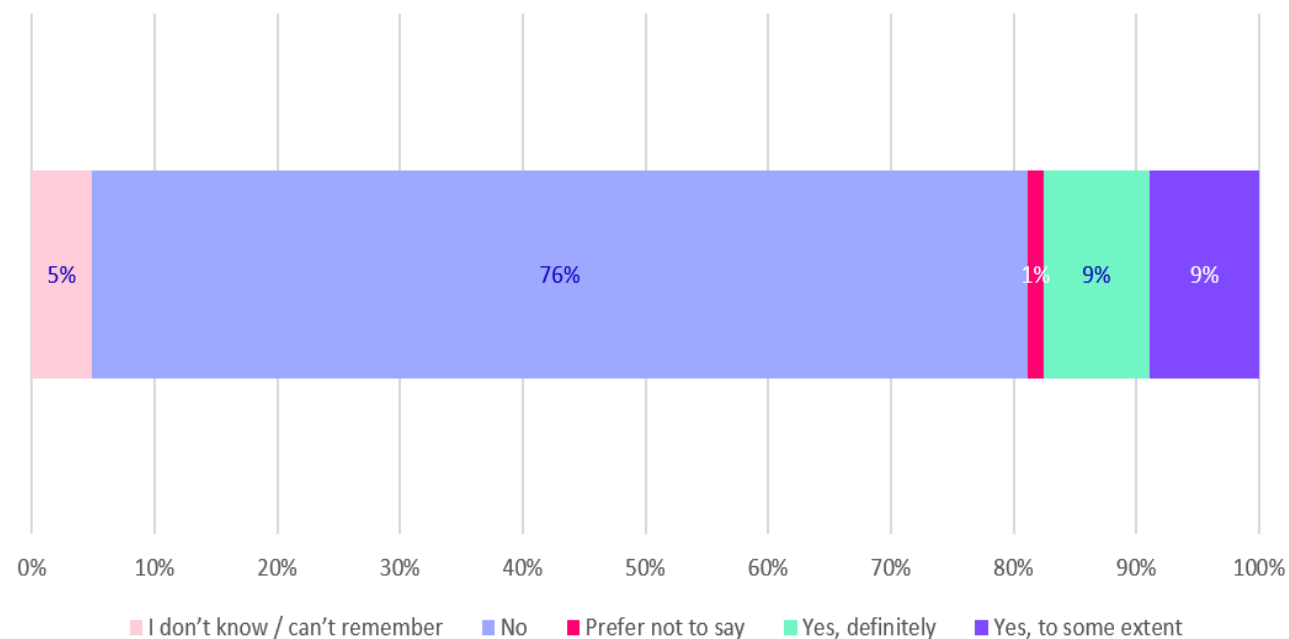


Experiences of unfair treatment

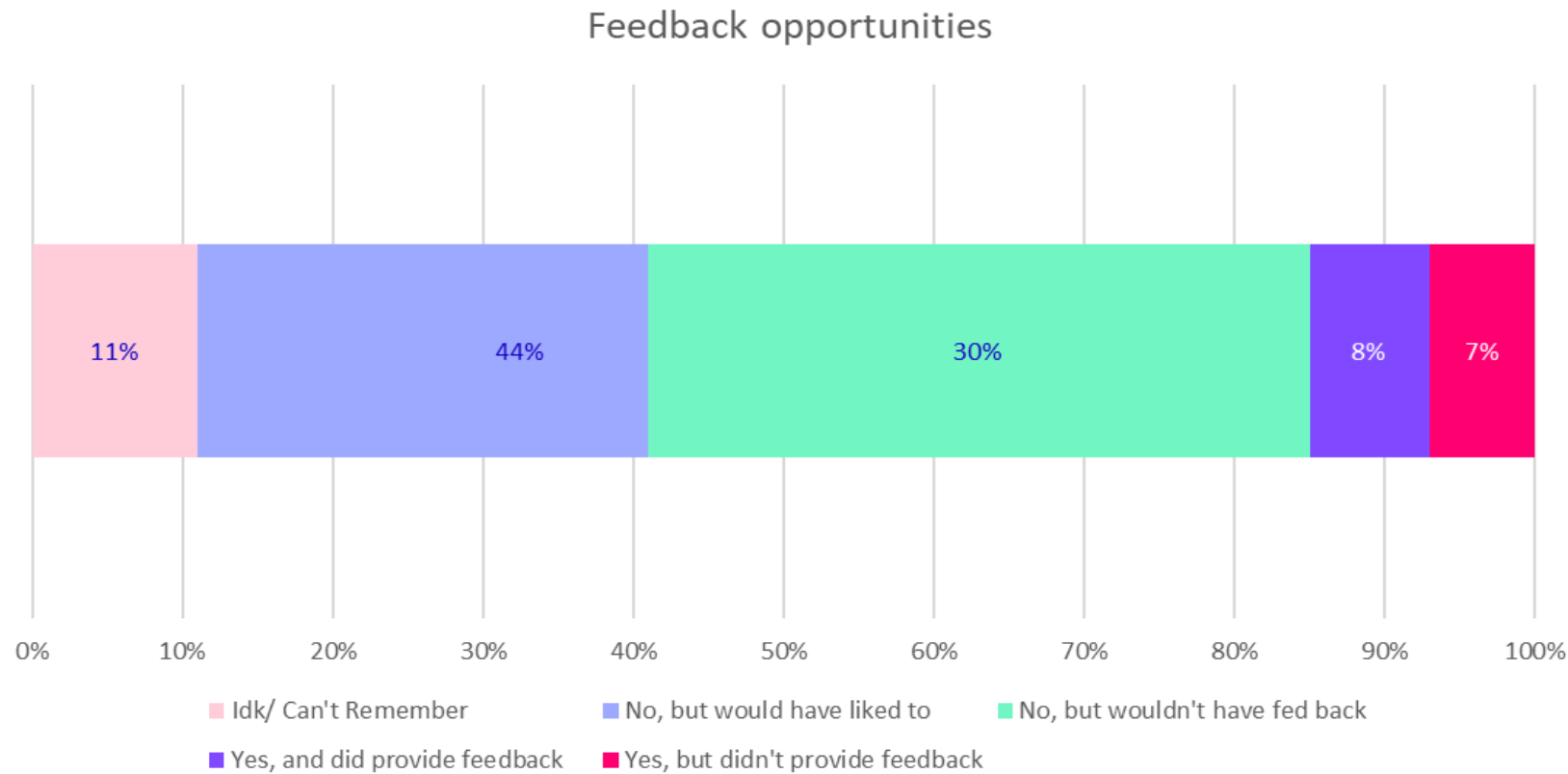
Unfair treatment by GP



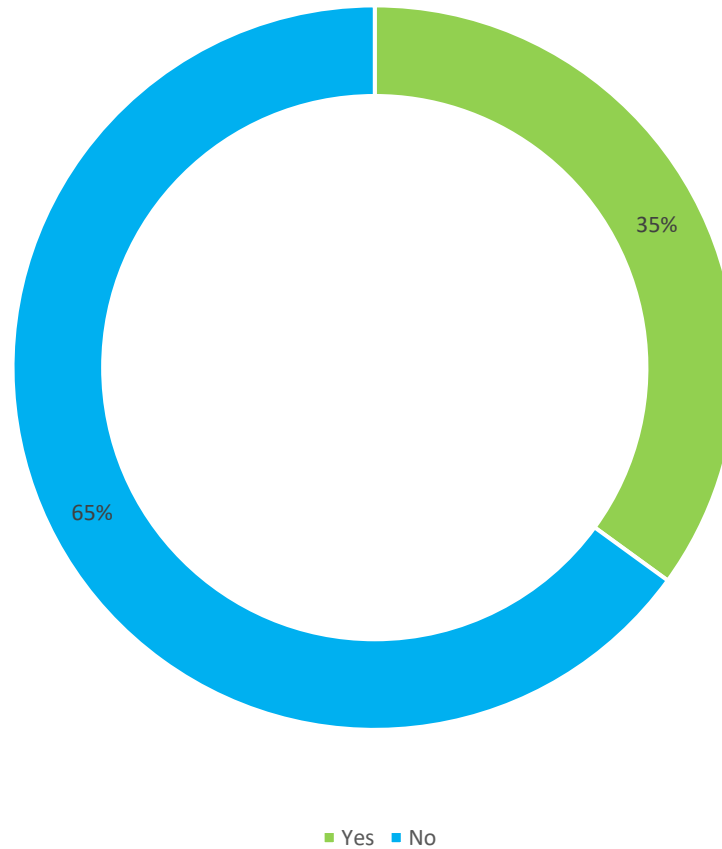
Unfair Treatment by Voluntary Sector



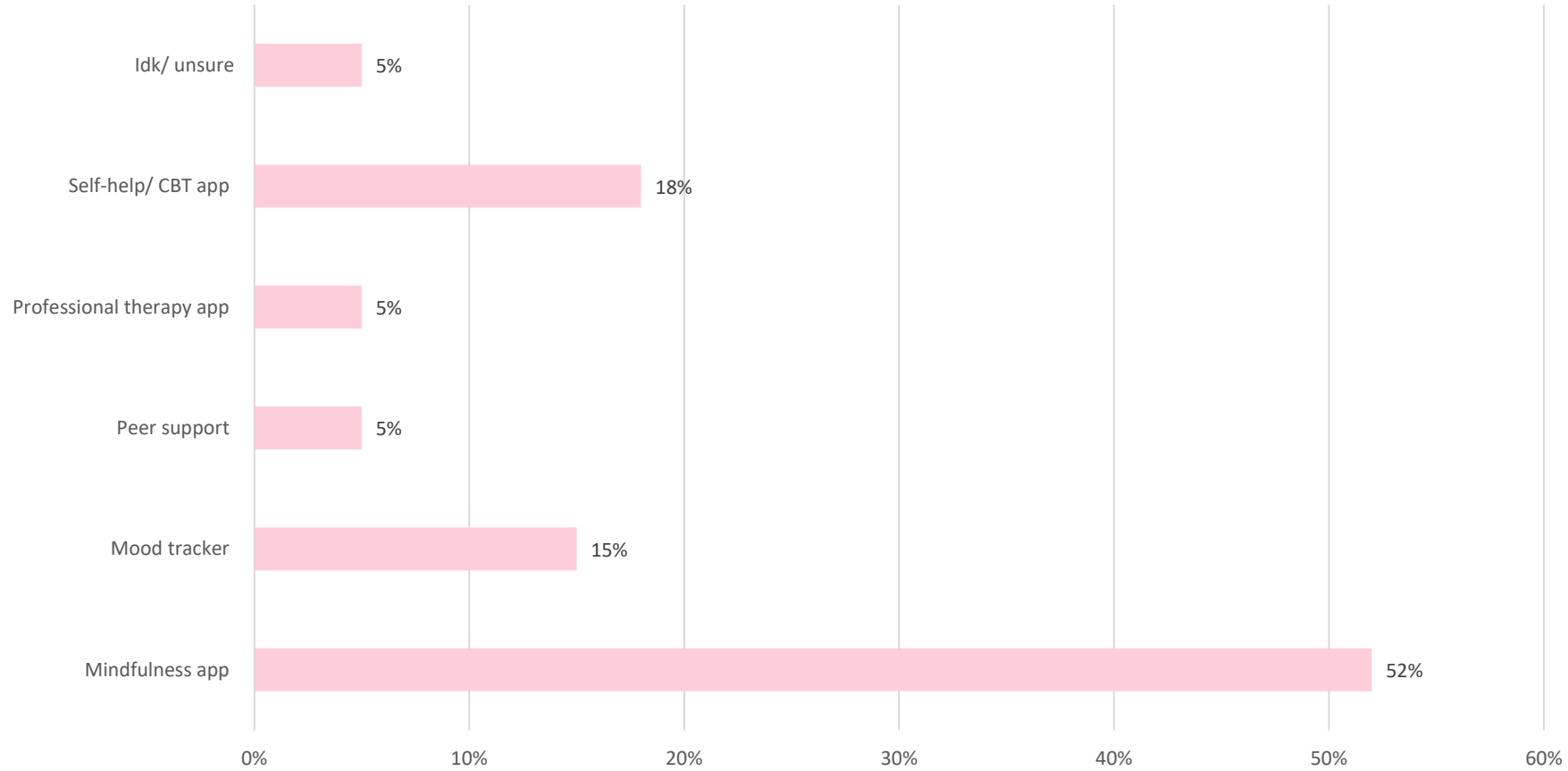
Opportunity to feedback on latest appointment



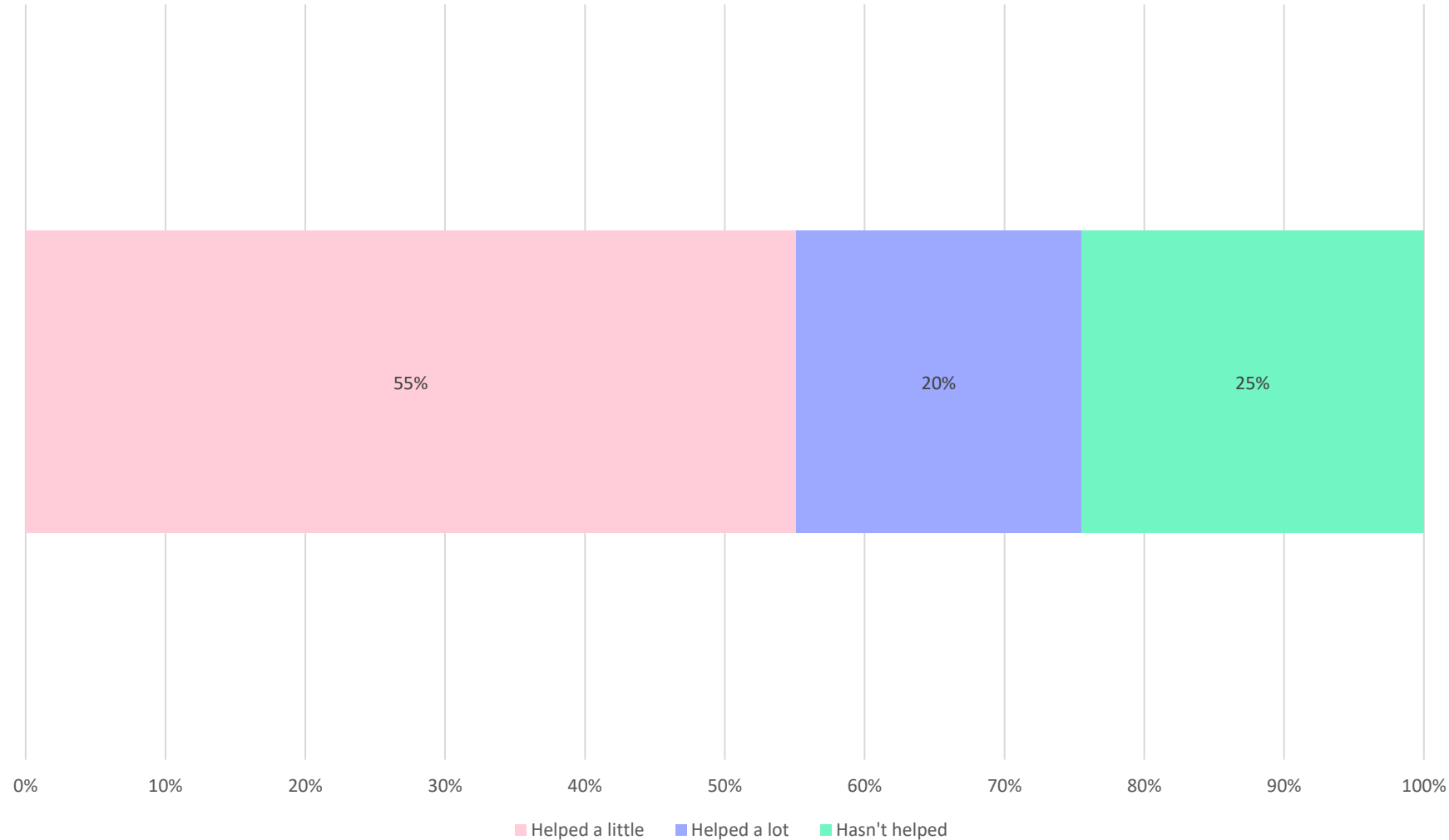
Using a digital platform in last year



Type of app used



Impact of app on mental health

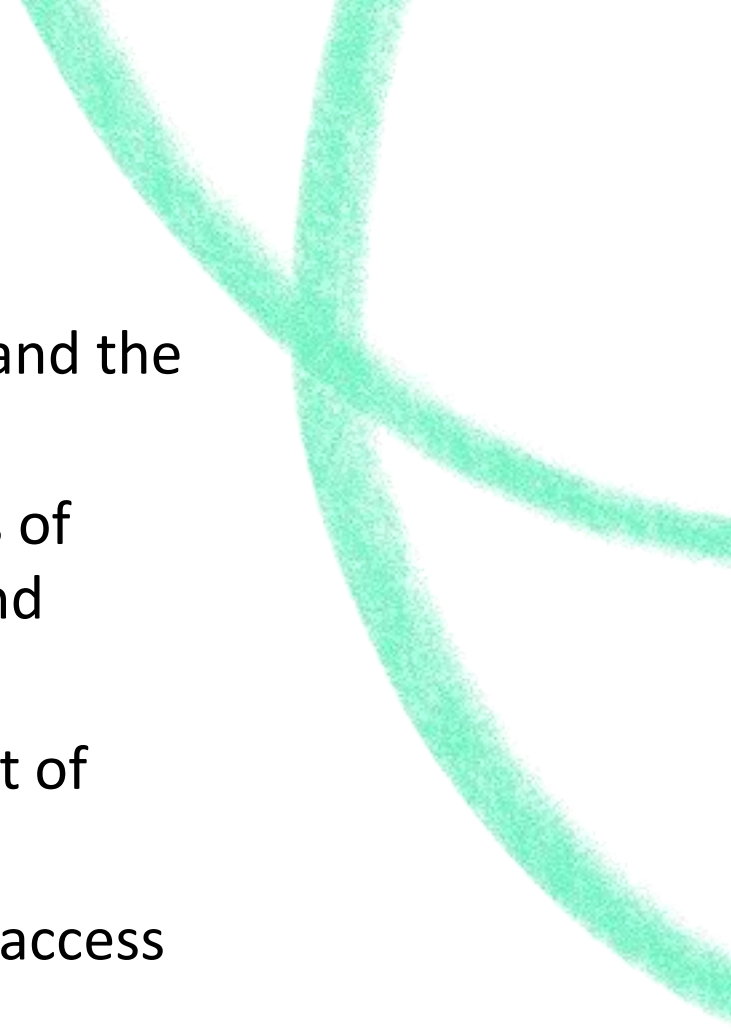


Conclusion

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Overall picture

- Continuing to see a rise in demand for mental health support and the mental health system
- Living with a mental health problem cuts across multiple areas of someone's life – from healthcare and education, to benefits and employment.
- The reasons for this are complex and multiple, from the impact of austerity and the pandemic to poverty and technology
- There is a need to reform early support to provide more open access to relieve pressure on GP services
- Technology is being used by a significant number of people to supplement support

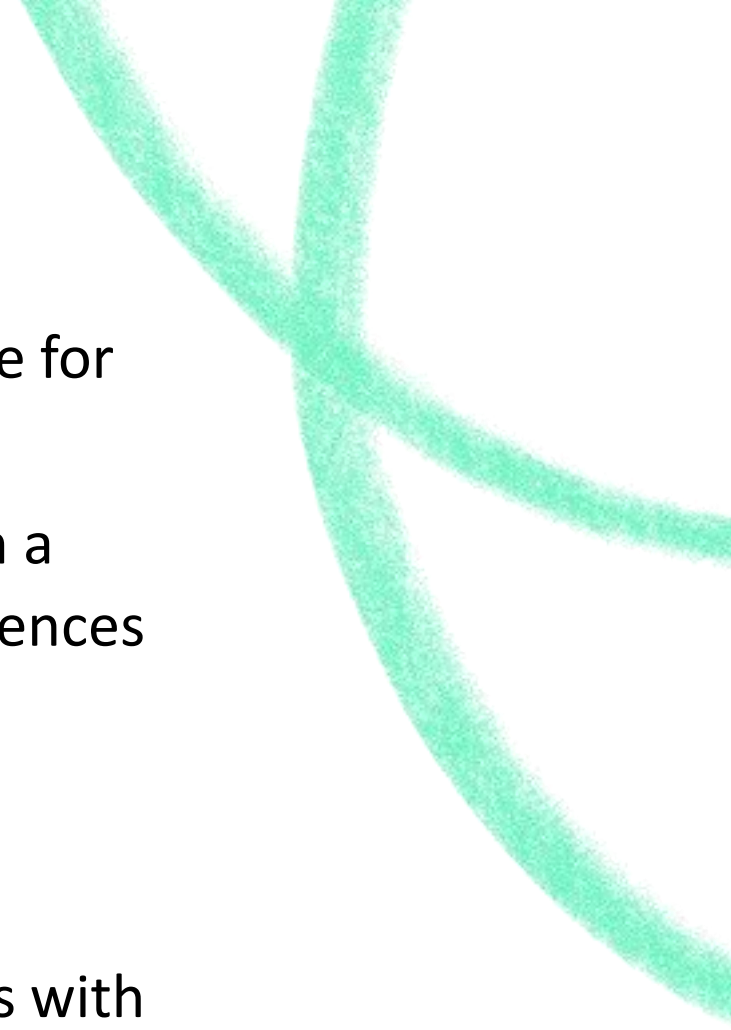




Mind Cymru priorities for next Welsh Government

Mind Cymru Priorities

- Make mental health a clear priority within the next programme for government
- Commit to the elimination of mental health inequality through a strategic programme focussed on improving access and experiences of mental health support
- Prioritise children and young people through a clear strategic response to rising mental health need
- Improve relationships between statutory and voluntary sectors with enhanced co-production to reach those most in need.



Diolch

