

YoungMinds survey results – September 2019

YoungMinds surveyed young people aged under 25 who had looked for support for their mental health in the UK. The survey was conducted from 16 – 23 August 2019 and was completed by 7,083 young people all of whom had looked for mental health support in the UK. 85% lived in England, 7% in Scotland, 4% in Wales and 3% in Northern Ireland.

1. Factors affecting mental health

Which, if any, of the following do you believe has had a significant impact on your mental health? Respondents ticked all that applied to them.

Pressure to do well at school or college	77%	
Worrying about how you look	69%	
Problems with family	62%	
Problems with friends	52%	
Traumatic experiences	46%	
Bullying	41%	
Problems with physical health	27%	
Not having enough money	32%	
Worrying about getting a job	29%	
Spending too much time on social media	27%	
Worrying about what's in the news	24%	
Experiencing discrimination (e.g. racism, sexism, homophobia)	22%	
Bereavement	20%	

2. Places to turn to for support

While you were waiting for mental health support, which of the following did you turn to for help?

Friends	71%
Parent	63%
Someone else at school (e.g. school nurse)	56%
Online	53%
Teacher	50%
Helpline	39%
Other family member	27%
Social worker	13%
Youth club	13%
Local charity	11%

And how helpful were they? (Figures based on how helpful or unhelpful they found a respondent found a person or service that they said they had turned to.)

Friend	50% found them helpful	17% found them unhelpful
Teacher	49% found them helpful	28% found them unhelpful
Youth Club	45% found them helpful	21% found them unhelpful

Local charity	45% found them helpful	25% found them unhelpful
Online	40% found them helpful	21% found them unhelpful
Other family	39% found them helpful	18% found them unhelpful
Parents	38% found them helpful	25% found them unhelpful
Helpline	37% found them helpful	28% found them unhelpful
Social worker	23% found them helpful	39% found them unhelpful

3. Availability of mental health support

Do you agree or disagree with the following statements?

I was able to find mental health support when I first needed it.

2% strongly agree, 14% agree, 16% neither agree nor disagree, 36% disagree, 30% strongly disagree, 1% don't know

I was able to find useful advice about mental health online.

11% strongly agree, 45% agree, 25% neither agree nor disagree, 13% disagree, 5% strongly disagree, 1% don't know

I was able to find useful advice about mental health from my school.

3% strongly agree, 14% agree, 17% neither agree nor disagree, 30% disagree, 33% strongly disagree, 2% don't know

I was able to find useful advice about mental health from a local youth group or local charity.

2% strongly agree, 9% agree, 28% neither agree nor disagree, 25% disagree, 17% strongly disagree, 19% don't know

I have had to manage my mental health myself because I couldn't find support elsewhere.

40% strongly agree, 38% agree, 12% neither agree nor disagree, 7% disagree, 2% strongly disagree, 1% don't know

4. Confidence in self-managing mental health conditions

When you struggle with your mental health, how confident do you feel in your ability to manage your mental health by yourself?

1% Very confident
 16% Quite confident
 18% Neither confident nor unconfident
 34% Quite unconfident
 28% Very unconfident
 2% Don't know or prefer not to say

5. Effects of mental health problems

Which of the following have been affected when you have struggled with your mental health? Respondents ticked what applied to them.

94% Self-esteem
 84% Relationship with friends
 84% My education
 81% Relationship with family

67% Participation in activities like sport, music or volunteering
60% Physical health
27% Employment