

# World Mental Health Day

10th October 2022

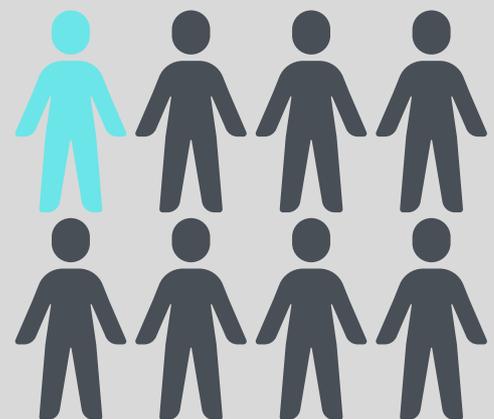


**World Mental Health Day** gives us all an opportunity to talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling.



**"Make mental health and wellbeing for all a global priority"**

Pre pandemic, 2019, an estimated 1 in 8 people globally were living with a mental disorder (WHO).



# A Public Mental Health Crisis?



1 in 5 women are affected by mental health problems during pregnancy and the first year after birth. [Source](#)

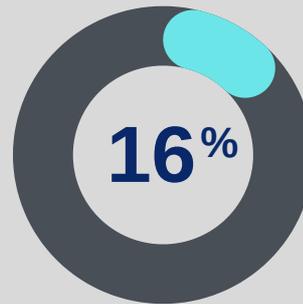


Deaf people are **twice** as likely to experience mental health difficulties. [Source](#)

**75%** of suicides registered in Scotland (2021) were male. [Source](#)

**122,000** [Source](#)

babies under the age of one are living with a parent who has a mental illness.



16-24 year-olds in Scotland say they have self-harmed at some point in their lives. [Source](#)

**1.25 million**

people in the UK have an eating disorder. [Source](#)



of prisoners report a history of mental ill health. [Source](#)

**24%** adults in Scotland would not feel comfortable talking to their GP or another healthcare professional about self-harm. [Source](#)

LGBT people experience a higher rate of suicidal ideation and self-harm [Source](#)

**£117.9 billion**

is what mental health problems cost the UK economy each year. [Source](#)

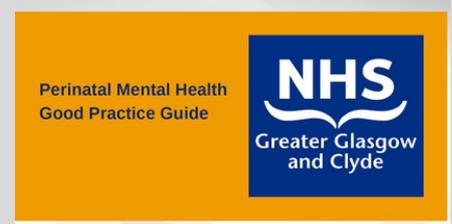
**25%** compared with

**2.4%** in the general population

# Mental Health Resources across the Life Course

## Perinatal Good Practice Guide

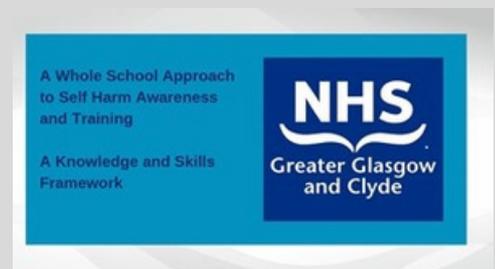
A resource to support Health Care Workers, Third Sector partners and any community organisations in contact with, supporting and/or working with new and expectant parents.



*Click on image to download*

## A whole school approach to self-harm awareness and training

A resource to support Education Authorities and Schools to consider how they may implement a whole organisation approach to self-harm awareness and training.



*Click on image to download*

## Suicide Prevention Resources and Supports



A resource for the wider public health workforce wishing to increase their knowledge and understanding of suicide prevention.

*Click on image to download*

## Useful Websites and Helplines

Child and Youth Mental Health Useful Websites and Helplines



Adult Mental Health Useful Websites and Helplines



*Click on images to download*

Please visit the NHS Greater Glasgow and Clyde Mental Health Improvement Team's website [here](#) for more mental health resources.

A downloadable poster available in 10 different languages, illustrates healthy ways to manage grief.

*Click on image to download*

