

Statistics

It is very hard to quantify the benefits of improving one's overall emotional health and well-being. However "happiness" exists on a continuum of emotional experiences at the bottom of which are mental health problems.

The evidence on mental health problems suggests that as a nation we skew uncomfortably towards the lower ends of that continuum. It is likely therefore that most people have an area of their life which could benefit from some extra emotional intelligence. That's what "Happy Hour" is about.

- 1 in 4 people will experience some kind of mental health problem in the course of a year
- Mixed anxiety & depression is the most common mental disorder in Britain
- Women are more likely to have been treated for a mental health problem than men
- About 10% of children have a mental health problem at any one time
- Depression affects 1 in 5 older people living in the community and 2 in 5 living in care homes
- British men are three times as likely as British women to die by suicide
- The UK has one of the highest rates of self harm in Europe, at 400 per 100,000 population
- Only one in 10 prisoners has no mental disorder

Source: Mental Health Foundation. <http://www.mentalhealth.org.uk/>