

Online Youth Mental Health Champion: Full references for statistics in course

This document serves as a one-stop reference list for all statistics cited in the Online Youth Mental Health Champion course.

Session 1

Activity 5: Mental health quiz

- About 13% (12.8%) of young people aged 5–19 meet clinical criteria for a mental health disorder (1)
- Half of mental ill health starts by age 15 and 75% develops by age 18 (2,3)
- About 20% of young people with mental ill health wait more than 6 months to receive care from a specialist (4)
- Only 1 in 8 children who have been sexually abused come to the attention of statutory agencies (5)
- Black people are up to 3 times more likely than White British people to access mental health treatment for a first episode of psychosis through the police or criminal justice system (6)
- The percentage of young people aged 5–15 with depression or anxiety increased from 3.9% in 2004 to 5.8% in 2017 (1)
- Mental health issues are more likely to affect young people who identify as LGBT+ than those who do not (7–11)

Activity 8: What is depression?

- Depression occurs in 2.1% of young people aged 5–19. Girls are about twice as likely as boys to be depressed (11)

Activity 9: About suicide

- In 2017, 682 people aged 10–29 died by suicide in England and Wales (12)
- 26.8% of people aged 16–24 report having had suicidal thoughts in their lifetime, a higher percentage than any other age group (13)

- 75% of suicides are by males; suicide is the most common cause of death for those aged 10–19 (12,13)

Session 2

Activity 10: What is anxiety?

- 7.2% of 5–19 year olds experience an anxiety condition (14)

Activity 11: What is self-harm?

- About 18% of students aged 12–17 report self-harming at some point in their life (15)
- Self-harming behaviours can begin at any age, but commonly start between ages 13 and 15 (16)
- 25.7% of women and 9.7% of men aged 16–24 report having self-harmed at some point in their life (17)
- Young people who identify as LGBT+ are more likely to report self-harming than young people who do not identify as LGBT+ (8,17)
- People who self-harm are approximately 49 times more likely to die by suicide (18)

Note: Further information on suicide risk following self-harm can be found in (19,20). Information on suicide risk following self-harm in children and young people can be found in (21,22)

Activity 12: Warning signs of self-harm and eating disorders

- The peak age of onset for an eating disorder diagnosis is between 16 and 20 years (23)
- Up to 725,000 people in the UK have an eating disorder (23)
- Note: 13.1% of 16–24 year olds have experienced symptoms of an eating disorder in the past year (25). 0.4% of 5–19 year olds experience symptoms of an eating disorder (7)

Activity 13: What is psychosis?

- Many people experience individual symptoms of psychosis. Research suggests that 9.8% of children and young people have experienced symptoms of psychosis (24)
- Young people from BAME and migrant backgrounds are more likely to show developmental difficulties associated with psychosis and develop psychotic disorders later in life (25,26)

Live Session 4: Effect of school exclusions

- Racist stereotypes have been shown to unconsciously bias teachers' perceptions of behaviour and pupils' personalities, particularly with Black students (27)
- Black Caribbean pupils are educated in Pupil Referral Units (PRUs) at nearly 4 times the rate we would expect, given the proportion they make of the national pupil population (28).
- Mixed ethnicity Black Caribbean and White pupils are more than twice as likely to be educated in a PRU than they should be. (29)
- An excluded student is 4 times more likely to be jailed as an adult. (29)

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