

Over 2,900 young people across the country have completed the Mind & Body mental health survey since September 2016

Here's what we have found

mind

&

body

The headline figures



More than **1 in 3** young people have thought about harming themselves



of young people think about hurting themselves either 'Often' or 'All of the time'

29%

of young people said they felt **depressed** for **6 or more days** in the last month

42%

of young people **worry** about how others **perceive** them either 'Often' or 'All of the time'

26%

of young people feel **overwhelmed with worries** either 'Often' or 'All of the time'

3 key indicators which suggest a young person may be at risk of self-harm

Engagement with other risky behaviours

1 **62%** of those who smoke and **57%** of young people who had alcohol **6 or more days** in the past month also reported having **thought about self-harming**



Knowing someone who self-harms

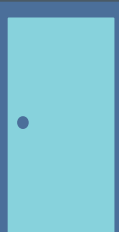


2 **59%** of young people who said they have a friend who self-harms reported they had **thought about hurting themselves**

2

Seeking isolation when feeling low

3 **61%** of young people who **always** spend time alone when overwhelmed with **worries** reported to having **thought about harming themselves**



Other potential indicators include:

Worries about the future

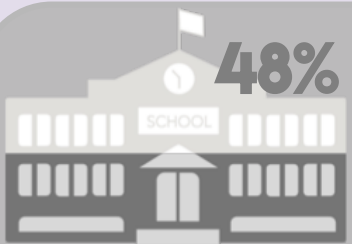
Doesn't trust others

Is generally very unhappy

Has low self-esteem

Lacks positive coping strategies

Feels unsafe at school



48%

Less than **1 in 2**

young people think that teachers and other staff **provide the support they need** in schools

12%

of young people reported that they had **been bullied** within the last **2 months**

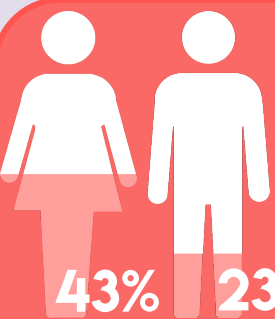


Of those **being bullied**

62%

said they have **thought about harming themselves**

A gender gap?

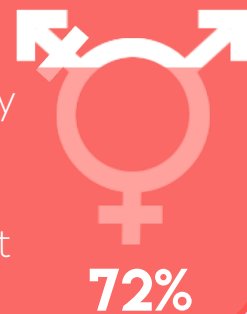


43% **23%**

% of young people who have thought about harming themselves

Females are **1.9 times more likely** to think about **self-harming** than males

Young people who identify as **transgender** are **over 3 times more likely** than males to think about **self-harming**



72%