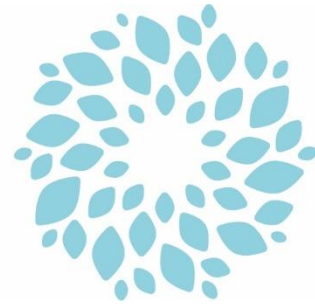


# St Patrick's Mental Health Services

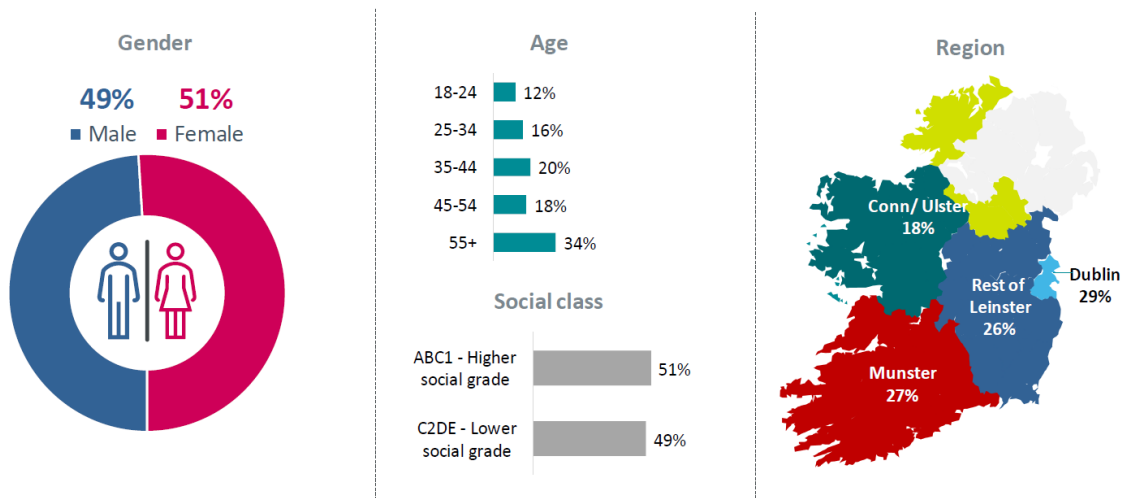


## Annual Stigma and Attitudes to Mental Health Survey: 2023 findings

### Methodology

A bespoke online survey was conducted to explore public awareness of, and attitudes towards mental health in Ireland. The questionnaire was based on previous iterations of the survey, with 2023 changes made in collaboration with St Patrick's Mental Health Services. A nationally representative sample of 800 adults aged 18+ was achieved using a combination of quotas (gender, age, region, social class) and weighting. Fieldwork took place 23 to 27 June 2023.

### Demographic profile



### Experience of mental health difficulties

- 47% of people have had a friend disclose a mental health difficulty to them; 41% an immediate family member; 25% a colleague; 27% a partner; and 16% an extended family member.
- 51% of respondents report having experienced a mental health difficulty. Women and those aged under 35 are more likely to report experience of a mental health difficulties while men and the over 55s are less likely to do so.
- 50% of those who have experienced mental health difficulties have been diagnosed with a mental health difficulty.
- 56% of those who have experienced a mental health difficulty have received treatment.

- 50% of people who experienced mental health difficulties did not want to engage with treatment due to stigma or embarrassment.
- Hobbies (56%), an exercise regime (54%) and increased time outdoors (53%) are among the top ways in which people manage their mental health.

### *Stigma and attitudes towards mental health*

- 19% would tell no one if they felt they had an issue with alcohol, drugs or prescription medicines.
- 13% would tell no one if they were experiencing a mental health difficulty.
- 13% would tell no one if they were taking antidepressants.
- 21% would tell no one if they had previously been an inpatient for mental health difficulty.
- 22% would tell no one if they were experiencing suicidal thoughts.
- 92% agree that anyone can experience mental health difficulties.
- 57% of people are afraid of experiencing mental health difficulties themselves in the future.
- 65% believe Irish people would willingly accept someone with a mental health difficulty as a close friend.
- 52% believe that Irish people would treat someone with a mental health difficulty the same as anyone else.
- 50% believe being treated for a mental health difficulty is seen as a sign of personal failure by Irish society.
- 22% would consider it a sign of weakness if they sought help for a mental health difficulty.
- 9% would consider it a sign of weakness if a friend sought help for a mental health difficulty.
- 60% believe someone who experiences panic attacks could be head of a company.
- 59% would be okay explaining to their boss if they needed time off due to a mental health difficulty.
- 63% would marry someone who was previously hospitalised with depression.
- 61% would trust someone who had previously experienced postnatal depression to look after their child.
- 71% believe Irish people would willingly accept someone recovering from a substance abuse problem as a close friend.
- 65% don't believe mental health is talked about enough in the media.
- 84% believe there is a worrying prevalence of anxiety in Irish society.
- 53% believe Irish people would accept someone who received inpatient treatment for a mental health difficulty as a close friend.
- 72% believe that Irish society tends to view people who have spent time as an inpatient in a mental health service somewhat differently.
- 69% believe that people who use mental health services often fully recover.
- 53% believe Irish people would accept someone who has received inpatient treatment.

- 65% believe that Irish people would willingly accept someone who has received an outpatient treatment at a mental health facility.
- 47% believe that workplaces in Ireland are open to employing people with mental health difficulties.
- 51% of people are not aware that people with mental health difficulties have the right to access reasonable accommodations in the workplace.
- 26% of people have, or know someone who has, experienced discrimination at work or in their local community due to mental health difficulties.
- 23% of people have, or know someone who has, experienced stigma or discrimination due to mental health difficulties within their families.

#### *Children's mental health*

- 72% of parents to under-18s worry about their children's mental health.
- 25% of parents to under-18s have sought mental health services for their child
- Of these, 50% of children were diagnosed with a mental health difficulty.
- 76% of parents see an association between social media and mental health difficulties in children.

#### *Societal concerns*

Regarding societal challenges, which, if any, of the following are you most concerned about over the coming 12 months? *Respondents ranked in order of most concerned*

- 85% are concerned about economic factors over the coming 12 months
- 62% are concerned about the impact of the Russian invasion of Ukraine
- 69% are concerned about mental health
- 69% are concerned about housing
- 57% are concerned about climate change.