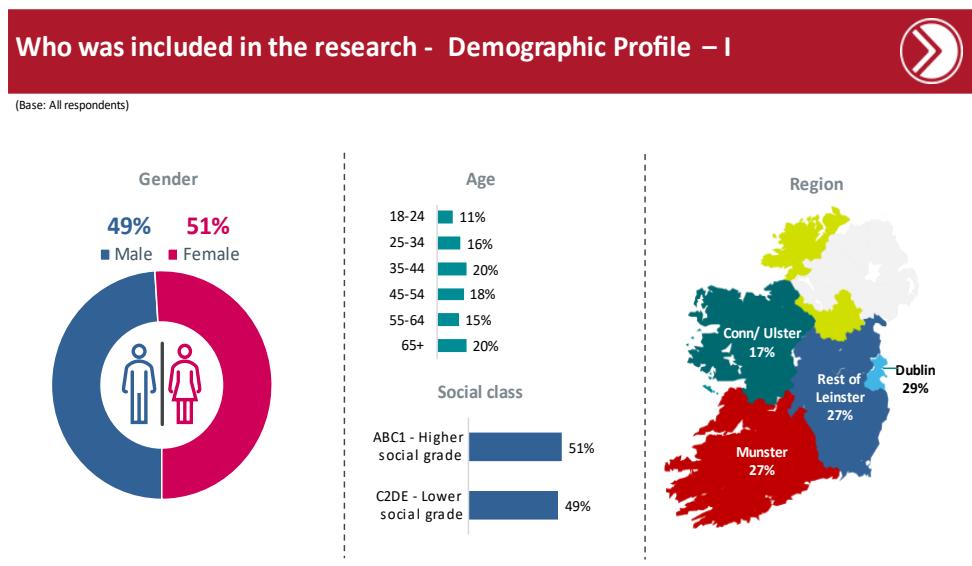


Annual Stigma and Attitudes to Mental Health Survey: 2025 findings

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 any changes made in collaboration with St Patrick's Mental Health Services. A nationally representative sample of 1,000 adults aged 18+ was achieved using a combination of quotas (gender, age, region, social class) and weighting. Fieldwork took place from 25 to 29 April 2025.

Demographic profile



Awareness and experience of mental health/mental health difficulties

- 65% of people are satisfied with their current mental health. Satisfaction is highest among those aged 65+. Dissatisfaction with mental health is higher among females and those aged 35 to 44.
- 51% of respondents report having experienced a mental health difficulty. Women and those aged 35-44 are more likely to report experience of a mental health difficulties.
- 67% of those who have experienced a mental health difficulty have received treatment. Women are more likely to have received treatment for a mental health difficulty.
- 47% of people who experienced mental health difficulties did not engage with treatment due to stigma or embarrassment.
- Exercise, time outdoors in nature and hobbies are the top ways in which people manage their mental health:
 - 59% of respondents cited exercise as a way they manage their mental health; 55% cited increased time outdoors in nature; 44% cited spending time on hobbies; and 31% cited limiting or avoiding alcohol.

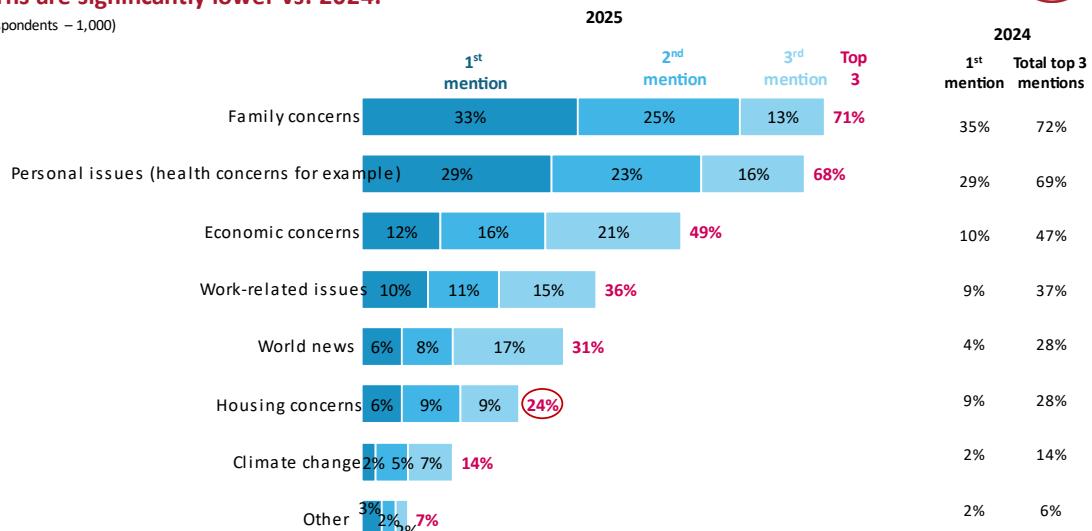
- 48% of people have had a friend disclose a mental health difficulty to them; 38% an immediate family member; 31% a partner; 23% a colleague; and 18% an extended family member.
- The top three factors influencing mental health are family concerns, personal issues and economic concerns.

Q: In day-to-day life, which factors, if any, influence your own mental health and wellbeing?

The top three factors influencing mental health and wellbeing continue to be family concerns, personal issues and economic concerns. When looking at total top three mentions, housing concerns are significantly lower vs. 2024.



(BASE: All respondents – 1,000)



Q2. In day-to-day life which factors, if any, influence your own mental health and wellbeing?

 Denotes lower or higher significant difference vs. 2024

10

Stigma and attitudes towards mental health

- 93% agree that anyone can experience mental health difficulties.
- 59% are afraid of experiencing mental health difficulties themselves in the future.
- 18% would tell no one if they were experiencing suicidal thoughts.
- 14% would tell no one if they felt they had an issue with alcohol, drugs or prescription medicines.
- 10% would tell no one if they were taking antidepressants.
- 18% would tell no one if they had previously been an inpatient for mental health difficulty.
- 67% believe Irish people would willingly accept someone with a mental health difficulty as a close friend.
- 54% believe that Irish people would treat someone with a mental health difficulty the same as anyone else.

- 52% believe being treated for a mental health difficulty is seen as a sign of personal failure by Irish society.
- 26% would consider it a sign of weakness if they sought help for a mental health difficulty.
- 15% would consider it a sign of weakness if a friend sought help for a mental health difficulty.
- 63% 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.
- 62% would marry someone who was previously hospitalised with depression.
- 60% would trust someone who had previously experienced postnatal depression to look after their child.
- 88% believe there is a worrying prevalence of anxiety in Irish society.
- 77% believe that people with mental health difficulties experience less stigma and discrimination than 10 years ago.
- 78% believe social media and/or smartphone use are associated with mental health difficulties in adults.
- 62% believe that people in Ireland speak about mental health in a respectful way, and understand what mental health means.
- 32% have been, or know someone who has been, discriminated against at work, at home or in the local community due to mental health difficulties.
- 49% have, or know someone who has had, positive experiences of disclosing mental health difficulties at work, at home or in the local community.
- 47% believe that workplaces in Ireland are open to employing people with mental health difficulties.
- 66% believe that people who use mental health services often fully recover.
- 67% believe that Irish people would willingly accept someone who has received outpatient treatment.
- 78% believe that Irish society views people who spend time as an inpatient somewhat differently.

Children's mental health

- 71% of parents to under-18s worry about their children's mental health.

- 30% of parents to under-18s have sought help for their children's mental health.
- 80% see an association between social media and mental health difficulties in children.

Societal concerns

- Economic factors, the impact of international conflict, such as situations in Ukraine and Gaza, and housing were noted as the greatest concerns facing Irish adults.

Which, if any of the following, societal challenges are you most concerned about in the coming 12 months?

