

Royal College of Psychiatrists, Patient Polling – September 2020

Methodology: Savanta ComRes interviewed 513 British adults aged 18+ with a formerly diagnosed mental health condition online between 16th and 21st September 2020. Data were weighted to be broadly representative of adults aged 18+ with a diagnosed condition by age, gender and region. Savanta ComRes is a member of the British Polling Council and abides by its rules. Full tables at www.comresglobal.com

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BASE: Those who have had to wait for a second appointment after their first appointment/ initial assessment with an NHS mental health specialist	
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BASE: Those who have had to wait for a second appointment after their first appointment/ initial assessment with an NHS mental health specialist	
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BASE: Those who have had to wait for a second appointment after their first appointment/ initial assessment with an NHS mental health specialist	
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BASE: Those whose mental health got worse when they had to wait for a second appointment after their first appointment/ initial assessment with an NHS mental health specialist	
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BASE: Those who have had to wait for a second appointment after their first appointment/ initial assessment with an NHS mental health specialist	

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D1. How do you identify?

BASE: All respondents

	Gender		Age									Region			Ethnicity		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+	England	Scotland	Wales	White	Non-White
Significance Level: 95%																	
Unweighted Total	513	239	273	85	113	102	87	87	39	198	189	126	423	55	35	464	39
Total	513	241	271	82	103	92	82	82	72	185	174	154	404	57	51	464	40
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	241	241	-	41	40	36	30	42	52	81	66	94	185	30	26	214	24
	47%	100%	-	50%	38%	39%	37%	51%	73%	44%	38%	61%	46%	52%	52%	46%	60%
		b						h	abcdegh			bcdgh					
Female	271	-	271	41	63	56	52	40	20	104	108	60	220	27	25	249	16
	53%	-	100%	50%	61%	61%	63%	49%	27%	56%	62%	39%	54%	46%	48%	54%	40%
			a	f	fi	fi	fi	f		fi	efi						
In another way	1	-	-	-	1	-	-	-	-	1	-	-	-	1	-	1	-
	*	-	-	-	1%	-	-	-	-	1%	-	-	-	2%	-	*	-
														a			
Prefer not to say	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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D2. How old are you?

BASE: All respondents

	Gender		Age									Region			Ethnicity		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+	England	Scotland	Wales	White	Non-White
	a	b	a	b	c	d	e	f	g	h	i	a	b	c	a	b	
Significance Level: 95%																	
Unweighted Total	513	239	273	85	113	102	87	87	39	198	189	126	423	55	35	464	39
Total	513	241	271	82	103	92	82	82	72	185	174	154	404	57	51	464	40
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
18-24	82	41	41	82	-	-	-	-	-	82	-	-	68	10	4	66	15
	16%	17%	15%	100%	-	-	-	-	-	44%	-	-	17%	17%	8%	14%	37%
				bcdefghi						bcdefhi						a	
25-34	103	40	63	-	103	-	-	-	-	103	-	-	86	7	10	90	9
	20%	16%	23%	-	100%	-	-	-	-	56%	-	-	21%	13%	19%	19%	24%
				acdefghi						acdefhi							
35-44	92	36	56	-	-	92	-	-	-	-	92	-	71	8	13	81	9
	18%	15%	21%	-	-	100%	-	-	-	-	53%	-	18%	13%	26%	18%	23%
						abdefghi					abdefgi						
45-54	82	30	52	-	-	-	82	-	-	-	82	-	69	9	4	78	3
	16%	13%	19%	-	-	-	100%	-	-	-	47%	-	17%	15%	8%	17%	8%
			a				abcefghi				abcefgi						
55-64	82	42	40	-	-	-	-	82	-	-	-	82	60	11	11	80	1
	16%	17%	15%	-	-	-	-	100%	-	-	-	53%	15%	20%	22%	17%	3%
								abcdefghi				abcdfgh				b	
65+	72	52	20	-	-	-	-	-	72	-	-	72	50	13	8	70	2
	14%	22%	7%	-	-	-	-	-	100%	-	-	47%	12%	23%	16%	15%	5%
		b							abcdefghi			abcdfgh			a		
Net: 18-34	185	81	104	82	103	-	-	-	-	185	-	-	154	17	14	156	24
	36%	34%	38%	100%	100%	-	-	-	-	100%	-	-	38%	30%	27%	34%	61%
				cdefhi	cdefhi					cdefhi						a	
Net: 35-54	174	66	108	-	-	92	82	-	-	-	174	-	140	16	18	159	12
	34%	27%	40%	-	-	100%	100%	-	-	-	100%	-	35%	28%	35%	34%	31%
			a			abefgi	abefgi				abefgi						
Net: 55+	154	94	60	-	-	-	-	82	72	-	-	154	110	24	20	149	3
	30%	39%	22%	-	-	-	-	100%	100%	-	-	100%	27%	42%	38%	32%	8%
		b						abcdgh	abcdgh			abcdgh			a		b
Base for stats	513	241	271	82	103	92	82	82	72	185	174	154	404	57	51	464	40
Mean Score	43.37	45.69	41.38	21.29	29.90	39.21	49.13	59.02	68.92	26.09	43.88	63.64	42.64	46.76	45.36	44.41	33.29
		b			ag	abg	abcgh	abcdgh	abcdeghi	a	abcg	abcdegh				b	
Standard Deviation	16.184	17.503	14.645	1.891	2.861	2.793	2.708	3.113	3.763	4.947	5.673	6.020	16.101	16.730	15.881	16.105	14.012
Standard Error	.715	1.132	.886	.205	.269	.277	.290	.334	.603	.352	.413	.536	.783	2.256	2.684	.748	2.244
Error variance	.51	1.28	.79	.04	.07	.08	.08	.11	.36	.12	.17	.29	.61	5.09	7.21	.56	5.03

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Regions. Where do you live?

BASE: All respondents

	Gender		Age									Region			Ethnicity		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+	England	Scotland	Wales	White	Non-White
	a	b	a	b	c	d	e	f	g	h	i	a	b	c	a	b	
Significance Level: 95%																	
Unweighted Total	513	239	273	85	113	102	87	87	39	198	189	126	423	55	35	464	39
Total	513	241	271	82	103	92	82	82	72	185	174	154	404	57	51	464	40
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Scotland	57	30	27	10	7	8	9	11	13	17	16	24	-	57	-	54	3
	11%	12%	10%	12%	7%	8%	11%	14%	18%	9%	9%	16%	-	100%	-	12%	7%
														ac			
North-West	56	29	28	8	10	13	12	4	9	19	25	13	56	-	-	52	3
	11%	12%	10%	10%	10%	14%	14%	5%	12%	10%	14%	8%	14%	-	-	11%	8%
						e	e				e		bc				
North-East	20	11	9	3	3	4	3	5	2	6	8	7	20	-	-	20	-
	4%	5%	3%	4%	3%	5%	4%	6%	2%	3%	4%	5%	5%	-	-	4%	-
Yorkshire & The Humber	41	14	27	11	8	6	9	3	4	19	15	7	41	-	-	39	2
	8%	6%	10%	13%	8%	7%	11%	4%	5%	10%	8%	5%	10%	-	-	8%	4%
				ei									bc				
Wales	51	26	25	4	10	13	4	11	8	14	18	20	-	-	51	48	3
	10%	11%	9%	5%	9%	15%	5%	14%	12%	8%	10%	13%	-	-	100%	10%	7%
						ad									ab		
West Midlands	46	22	25	6	13	5	9	8	5	19	14	14	46	-	-	42	3
	9%	9%	9%	8%	12%	5%	11%	10%	7%	10%	8%	9%	11%	-	-	9%	7%
													bc				
East Midlands	36	14	22	6	10	8	5	6	-	16	13	6	36	-	-	35	1
	7%	6%	8%	8%	10%	8%	7%	8%	-	9%	8%	4%	9%	-	-	7%	3%
					f								b				
South-West	41	20	21	6	6	5	7	9	9	12	12	18	41	-	-	38	2
	8%	8%	8%	7%	5%	5%	8%	11%	12%	6%	7%	12%	10%	-	-	8%	4%
													bc				
South-East	61	18	43	11	14	11	7	14	4	25	18	18	61	-	-	59	2
	12%	8%	16%	14%	13%	12%	9%	17%	5%	14%	11%	12%	15%	-	-	13%	4%
			a										bc				
Eastern	31	11	19	2	7	4	7	5	7	8	11	11	31	-	-	28	1
	6%	5%	7%	2%	6%	5%	8%	6%	9%	4%	6%	7%	8%	-	-	6%	2%
													b				
London	72	46	25	15	16	15	10	4	12	31	25	16	72	-	-	48	21
	14%	19%	9%	18%	16%	16%	13%	5%	16%	17%	14%	10%	18%	-	-	10%	54%
		b		e	e	e			e	e	e		bc				a
Other	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Net: England	404	185	220	68	86	71	69	60	50	154	140	110	404	-	-	362	34
	79%	77%	81%	83%	83%	77%	84%	73%	70%	83%	81%	72%	100%	-	-	78%	87%
					i		i			ei			bc				

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D4. What is your ethnic group?

BASE: All respondents

	Gender		Age									Region			Ethnicity		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+	England	Scotland	Wales	White	Non-White
	a	b	a	b	c	d	e	f	g	h	i	a	b	c	a	b	
Significance Level: 95%																	
Unweighted Total	513	239	273	85	113	102	87	87	39	198	189	126	423	55	35	464	39
Total	513	241	271	82	103	92	82	82	72	185	174	154	404	57	51	464	40
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
English/Welsh/Scottish/Northern Irish/British	459	210	248	64	89	80	77	80	70	153	156	149	357	54	48	459	-
	89%	87%	91%	78%	86%	86%	94%	97%	97%	83%	90%	97%	88%	94%	95%	99%	-
							ag	abcgh	ag		ag	abcgh				b	
Irish	4	3	1	1	-	2	1	-	-	1	3	-	4	-	-	4	-
	1%	1%	*	1%	-	2%	1%	-	-	*	2%	-	1%	-	-	1%	-
Gypsy or Irish Traveller	2	1	1	1	1	-	-	-	-	2	-	-	2	-	-	2	-
	*	*	*	1%	1%	-	-	-	-	1%	-	-	*	-	-	*	-
Any other White background	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
White and Black Caribbean	3	2	1	1	1	1	-	-	-	2	1	-	3	-	-	-	3
	1%	1%	*	1%	1%	1%	-	-	-	1%	*	-	1%	-	-	-	7%
																	a
White and Black African	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
White and Asian	5	4	1	3	1	-	-	1	-	4	-	1	4	-	1	-	5
	1%	2%	*	3%	1%	-	-	2%	-	2%	-	1%	1%	-	3%	-	13%
				h						h							a
Any other Mixed/Multiple ethnic background	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Indian	8	3	4	2	2	-	3	-	-	4	3	-	7	1	-	-	8
	1%	1%	2%	3%	2%	-	4%	-	-	2%	2%	-	2%	2%	-	-	19%
							ci										a
Pakistani	7	3	4	3	1	3	-	-	-	4	3	-	6	1	-	-	7
	1%	1%	2%	4%	1%	3%	-	-	-	2%	2%	-	2%	1%	-	-	17%
				i													a
Bangladeshi	5	2	3	-	3	2	-	-	-	3	2	-	5	-	-	-	5
	1%	1%	1%	-	3%	2%	-	-	-	2%	1%	-	1%	-	-	-	12%
																	a
Chinese	4	2	2	2	-	-	-	-	2	2	-	2	3	-	1	-	4
	1%	1%	1%	3%	-	-	-	-	3%	1%	-	1%	1%	-	3%	-	11%
				h					h								a
Any other Asian background	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
African	2	1	1	1	-	1	-	-	-	1	1	-	2	-	-	-	2
	*	*	*	1%	-	1%	-	-	-	1%	*	-	*	-	-	-	5%
																	a

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D4. What is your ethnic group?

BASE: All respondents

	Gender		Age									Region			Ethnicity		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+	England	Scotland	Wales	White	Non-White
	a	b	a	b	c	d	e	f	g	h	i	a	b	c	a	b	
Significance Level: 95%																	
Unweighted Total	513	239	273	85	113	102	87	87	39	198	189	126	423	55	35	464	39
Total	513	241	271	82	103	92	82	82	72	185	174	154	404	57	51	464	40
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Caribbean	4	4	-	1	1	2	-	-	-	2	2	-	4	-	-	-	4
	1%	2%	-	1%	1%	2%	-	-	-	1%	1%	-	1%	-	-	-	10%
		b															a
Any other Black/African/Caribbean background	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Arab	3	3	-	1	1	1	-	-	-	2	1	-	2	1	-	-	3
	1%	1%	-	1%	1%	1%	-	-	-	1%	1%	-	*	2%	-	-	7%
																	a
Any other ethnic group	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Prefer not to say	9	3	6	2	4	2	1	1	-	5	3	1	8	1	-	-	-
	2%	1%	2%	2%	4%	2%	1%	1%	-	3%	1%	1%	2%	2%	-	-	-
Net: White	464	214	249	66	90	81	78	80	70	156	159	149	362	54	48	464	-
	91%	89%	92%	80%	87%	88%	95%	97%	97%	84%	91%	97%	90%	94%	95%	100%	-
							ag	abcg	ag		ag	abcgh				b	
Net: Non white	40	24	16	15	9	9	3	1	2	24	12	3	34	3	3	-	40
	8%	10%	6%	18%	9%	10%	4%	2%	3%	13%	7%	2%	8%	5%	5%	-	100%
				defhi	ei	ei				dei							a
Net: Mixed/multiple	8	6	2	4	2	1	-	1	-	6	1	1	6	-	1	-	8
	2%	3%	1%	5%	2%	1%	-	2%	-	3%	*	1%	2%	-	3%	-	20%
				dh													a
Net: Asian/Asian British	23	10	13	8	6	4	3	-	2	14	8	2	20	2	1	-	23
	5%	4%	5%	9%	6%	5%	4%	-	3%	7%	4%	1%	5%	3%	3%	-	59%
				ei	e	e				ei	e						a
Net: Black/African/Caribbean/Black British	6	5	1	2	1	3	-	-	-	3	3	-	6	-	-	-	6
	1%	2%	*	3%	1%	3%	-	-	-	2%	2%	-	1%	-	-	-	14%
																	a
Net: Other	3	3	-	1	1	1	-	-	-	2	1	-	2	1	-	-	3
	1%	1%	-	1%	1%	1%	-	-	-	1%	1%	-	*	2%	-	-	7%
																	a

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Q1. Have you ever experienced a mental health problem?

BASE: All respondents

	Gender		Age									Region			Ethnicity			
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+	England	Scotland	Wales	White	Non-White	
		a	b	a	b	c	d	e	f	g	h	i	a	b	c	a	b	
Significance Level: 95%																		
Unweighted Total	513	239	273	85	113	102	87	87	39	198	189	126	423	55	35	464	39	
Total	513	241	271	82	103	92	82	82	72	185	174	154	404	57	51	464	40	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Yes - and this was formally diagnosed by a GP or other mental health professional	513	241	271	82	103	92	82	82	72	185	174	154	404	57	51	464	40	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Yes - but this was not formally diagnosed by a GP or other mental health professional	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
No, I have never experienced a mental health problem	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Prefer not to say	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	

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Q1B. What were your mental health problem(s) formally diagnosed as?

BASE: All respondents

	Gender		Age									Region			Ethnicity		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+	England	Scotland	Wales	White	Non-White
Significance Level: 95%																	
Unweighted Total	513	239	273	85	113	102	87	87	39	198	189	126	423	55	35	464	39
Total	513	241	271	82	103	92	82	82	72	185	174	154	404	57	51	464	40
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Anxiety (including general anxiety, panic attacks)	333	146	186	47	66	63	60	55	42	113	122	98	254	41	38	308	20
	65%	61%	69%	58%	64%	68%	73% a	68%	59%	61%	70% a	64%	63%	71%	74%	66% b	50%
Bipolar disorder	35	21	14	5	9	10	6	3	2	14	16	5	32	-	3	30	5
	7%	9%	5%	7%	8%	11% i	7%	4%	2%	8%	9% i	3%	8%	-	6%	6%	13%
Depression	374	169	204	48	68	72	70	63	54	116	141	116	286	45	43	348	20
	73%	70%	75%	59%	66%	78% ag	85% abg	77% ag	75%	63%	81% abg	76% ag	71%	79%	83%	75% b	50%
Obsessive-compulsive disorder (OCD)	38	16	23	4	13	10	5	3	2	17	16	5	33	3	3	35	3
	7%	6%	8%	4%	13% aei	11% i	7%	4%	3%	9%	9%	3%	8%	5%	6%	8%	8%
Schizophrenia	17	15	2	4	4	7	-	3	-	8	7	3	17	-	-	11	6
	3%	6% b	1%	5% d	3%	7% di	-	4%	-	4%	4%	2%	4%	-	-	2%	15% a
Eating disorder (including anorexia, bulimia, binge eating)	36	16	21	9	9	6	6	4	2	18	12	6	29	5	3	31	5
	7%	6%	8%	11%	9%	7%	7%	5%	3%	10%	7%	4%	7%	8%	5%	7%	13%
Personality disorder	33	14	19	7	12	8	3	3	-	20	11	3	28	2	3	30	3
	6%	6%	7%	9% i	12% defi	9% i	3%	3%	-	11% defi	6%	2%	7%	3%	6%	6%	7%
Addiction	41	23	17	7	11	8	8	4	2	18	16	6	35	5	1	37	4
	8%	10%	6%	8%	11% i	9%	9%	5%	3%	10%	9%	4%	9%	8%	3%	8%	9%
Something else	25	12	12	3	3	5	2	2	9	6	8	11	20	1	4	23	1
	5%	5%	4%	4%	2%	6%	3%	3%	13% bdegh	3%	4%	7%	5%	1%	8%	5%	3%
Prefer not to say	3	2	1	-	2	-	1	1	-	2	1	1	3	-	-	2	1
	1%	1%	*	-	1%	-	1%	1%	-	1%	*	1%	1%	-	-	1%	2%

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Q2. You said that you have experienced a mental health problem which was diagnosed by a GP or other mental health professional. Have you ever been referred to an NHS mental health specialist?

BASE: All respondents

	Gender		Age									Region			Ethnicity		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+	England	Scotland	Wales	White	Non-White
Significance Level: 95%																	
Unweighted Total	513	239	273	85	113	102	87	87	39	198	189	126	423	55	35	464	39
Total	513	241	271	82	103	92	82	82	72	185	174	154	404	57	51	464	40
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No - never	132	59	73	20	12	27	18	27	28	32	45	55	108	10	14	126	4
	26%	25%	27%	24%	12%	29%	22%	33%	39%	17%	26%	36%	27%	18%	28%	27%	9%
				b		bg		bg	bdg		bg	bdg				b	
Yes - once	207	100	107	38	48	32	38	27	23	86	71	50	167	25	15	184	20
	40%	41%	39%	46%	47%	35%	47%	33%	32%	46%	41%	33%	41%	43%	29%	40%	51%
					i		i			ei							
Yes - on multiple occasions	169	80	88	24	42	32	24	25	21	66	57	46	126	22	21	150	16
	33%	33%	32%	29%	40%	35%	30%	31%	29%	35%	33%	30%	31%	39%	40%	32%	40%
Don't know	6	2	4	1	1	1	1	2	-	2	2	2	4	-	1	5	-
	1%	1%	1%	1%	1%	1%	1%	3%	-	1%	1%	2%	1%	-	3%	1%	-
Net: Yes	375	180	195	61	90	65	63	53	44	152	127	96	293	47	36	334	36
	73%	75%	72%	75%	87%	70%	77%	64%	61%	82%	73%	63%	72%	82%	70%	72%	91%
					acefhi		i			cefhi		i				a	

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Q3. Have you ever had difficulty accessing NHS mental health services?

BASE: All respondents

	Gender		Age									Region			Ethnicity		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+	England	Scotland	Wales	White	Non-White
Significance Level: 95%																	
Unweighted Total	513	239	273	85	113	102	87	87	39	198	189	126	423	55	35	464	39
Total	513	241	271	82	103	92	82	82	72	185	174	154	404	57	51	464	40
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No - never	256	126	131	30	35	41	41	55	55	65	81	110	195	35	27	239	13
	50%	52%	48%	36%	34%	44%	50%	68%	76%	35%	47%	72%	48%	60%	53%	51%	33%
							bg	abcdgh	abcdgh		bg	abcdgh				b	
Yes - once	111	61	50	29	30	27	14	7	4	59	41	11	96	11	4	93	17
	22%	25%	18%	36%	29%	29%	17%	9%	5%	32%	23%	7%	24%	18%	8%	20%	42%
				defhi	efi	efi	i			defi	efi		c			a	
Yes - on multiple occasions	117	45	72	21	37	23	19	12	6	58	41	18	90	11	15	104	10
	23%	19%	26%	25%	36%	24%	23%	14%	8%	31%	24%	12%	22%	20%	30%	22%	25%
			a	fi	defhi	fi	fi			efi	fi						
Don't know	28	9	19	2	1	2	8	7	8	3	11	15	23	1	4	27	-
	6%	4%	7%	2%	1%	3%	10%	9%	11%	2%	6%	10%	6%	2%	8%	6%	-
							abcg	bg	bcg		bg	abcg					
Net: Yes	228	106	121	50	67	49	33	19	9	117	82	29	187	22	20	198	27
	44%	44%	45%	61%	65%	53%	40%	24%	13%	63%	47%	19%	46%	38%	38%	43%	67%
				defhi	defhi	efi	efi			defhi	efi					a	

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Q4. Have you ever had to wait for a second appointment after having your first appointment / initial assessment with an NHS mental health specialist?

BASE: Those who have been referred to an NHS mental health specialist

	Gender		Age									Region			Ethnicity			
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+	England	Scotland	Wales	White	Non-White	
		a	b	a	b	c	d	e	*f	g	h	i	a	b	*c	a	b	
Significance Level: 95%																		
Unweighted Total	381	186	194	63	98	72	67	57	24	161	139	81	312	45	24	339	36	
Total	375	180	195	61	90	65	63	53	44	152	127	96	293	47	36	334	36	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Yes - I have had to wait	230	101	128	42	61	42	37	32	17	102	79	48	174	32	24	203	23	
	61%	56%	66%	68%	67%	65%	59%	60%	38%	68%	62%	50%	60%	67%	67%	61%	65%	
				i	i					i								
No - I have not had to wait	82	49	32	10	11	12	14	13	21	21	26	34	67	13	3	76	6	
	22%	28%	17%	16%	13%	19%	22%	25%	49%	14%	21%	36%	23%	27%	7%	23%	17%	
		b						b			abcgh							
Not applicable - I did not need a second appointment after my first appointment / initial assessment	39	18	21	4	14	5	8	4	4	18	13	7	34	2	3	32	7	
	10%	10%	11%	7%	15%	7%	14%	7%	8%	12%	10%	8%	12%	4%	8%	10%	19%	
Not applicable - I am still waiting for my first appointment / initial assessment with an NHS mental health specialist	9	4	5	2	2	3	1	1	-	4	4	1	8	-	1	8	-	
	2%	2%	2%	3%	2%	5%	1%	2%	-	3%	3%	1%	3%	-	4%	3%	-	
Not applicable - although referred, I have never sought NHS mental health treatment	9	4	5	4	2	2	1	-	-	6	3	-	6	-	3	9	-	
	2%	2%	3%	6%	3%	3%	1%	-	-	4%	2%	-	2%	-	8%	3%	-	
				i														
Don't know	7	3	3	-	-	-	2	3	2	-	2	5	4	1	2	6	-	
	2%	2%	2%	-	-	-	3%	5%	5%	-	1%	5%	1%	2%	6%	2%	-	
							g	bg				bg						

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Q5. You said that you have had to wait for a second appointment with an NHS mental health specialist. Did you have to wait more than a week before your second appointment?

BASE: Those who have had to wait for a second appointment after their first appointment/ initial assessment with an NHS mental health specialist

	Gender		Age									Region			Ethnicity				
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+	England	Scotland	Wales	White	Non-White		
Significance Level: 95%		a	b	a	b	c	d	e	f	g	h	i	a	b	*c	a	*b		
Unweighted Total	240	109	130	42	68	47	40	34	9	110	87	43	194	30	16	213	23		
Total	230	101	128	42	61	42	37	32	17	102	79	48	174	32	24	203	23		
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%		
Yes - between 1-4 weeks	70	33	37	20	14	10	7	8	11	34	17	19	48	13	9	64	5		
	30%	33%	29%	49%	22%	23%	19%	25%	67%	33%	22%	39%	27%	41%	38%	31%	23%		
				bcdeh															
Yes - between 5-8 weeks	58	28	29	11	14	10	10	8	4	25	20	12	46	7	5	51	4		
	25%	28%	22%	27%	24%	24%	27%	27%	23%	25%	25%	25%	26%	21%	21%	25%	19%		
Yes - between 9-12 weeks	37	16	21	4	12	11	5	6	-	16	15	6	29	5	3	29	8		
	16%	16%	17%	10%	19%	25%	12%	19%	-	15%	19%	12%	17%	15%	12%	14%	36%		
Yes - between 3 and 6 months	27	13	14	4	7	3	6	6	2	10	10	7	22	3	3	23	3		
	12%	13%	11%	8%	11%	8%	17%	18%	10%	10%	12%	15%	13%	8%	12%	11%	15%		
Yes - between 6 months and 1 year	16	6	10	3	6	2	4	2	-	9	5	2	14	3	-	15	1		
	7%	6%	8%	6%	10%	4%	10%	7%	-	9%	7%	4%	8%	9%	-	8%	4%		
Yes - between 1 and 2 years	5	2	3	-	3	2	-	-	-	3	2	-	3	-	1	5	-		
	2%	2%	3%	-	4%	5%	-	-	-	3%	3%	-	2%	-	6%	2%	-		
Yes - more than 2 years	4	2	2	-	1	3	-	-	-	1	3	-	1	1	3	4	1		
	2%	2%	2%	-	2%	8%	-	-	-	1%	4%	-	*	3%	11%	2%	3%		
				g															
No, I did not have to wait more than a week	5	2	3	-	1	1	2	1	-	1	3	1	5	-	-	5	-		
	2%	1%	2%	-	1%	3%	5%	2%	-	1%	4%	2%	3%	-	-	2%	-		
Don't know	8	-	8	-	4	-	3	1	-	4	3	1	7	1	-	8	-		
	3%	-	6%	-	6%	-	9%	3%	-	4%	4%	2%	4%	3%	-	4%	-		
			a	c															
Net: Yes - more than a week	218	99	117	42	56	41	32	30	17	98	73	47	163	31	24	191	23		
	95%	99%	91%	100%	93%	97%	86%	94%	100%	96%	92%	96%	93%	97%	100%	94%	100%		
		b	d	d															
Net: Yes - more than 4 weeks	147	66	80	21	43	31	25	22	5	64	56	28	115	18	15	127	18		
	64%	66%	62%	51%	70%	74%	67%	70%	33%	62%	71%	57%	66%	56%	62%	62%	77%		
		a	a	a															
Net: Yes - more than 8 weeks	90	38	52	10	28	21	15	14	2	39	36	15	69	11	10	75	14		
	39%	38%	40%	25%	47%	50%	40%	43%	10%	38%	45%	32%	40%	35%	41%	37%	58%		
		a	a	a															
Net: Yes - more than 12 weeks	53	22	30	6	17	10	10	8	2	23	21	9	40	6	7	47	5		
	23%	22%	24%	15%	28%	25%	27%	24%	10%	22%	26%	19%	23%	20%	29%	23%	23%		
Net: Yes - more than 6 months	25	10	16	3	10	7	4	2	-	12	11	2	18	4	4	24	2		
	11%	9%	12%	6%	16%	17%	10%	7%	-	12%	14%	4%	10%	12%	17%	12%	8%		
Net: Yes - more than 1 year	9	4	6	-	4	6	-	-	-	4	6	-	4	1	4	8	1		
	4%	4%	4%	-	6%	13%	-	-	-	3%	7%	-	2%	3%	17%	4%	3%		
				adeqi															

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Q6_1. I myself - As a result of waiting for your second appointment with an NHS mental health specialist, have you, or someone on your behalf, done any of the following?

BASE: Those who have had to wait for a second appointment after their first appointment/ initial assessment with an NHS mental health specialist

	Gender		Age									Region			Ethnicity		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+	England	Scotland	Wales	White	Non-White
Significance Level: 95%																	
Unweighted Total	240	109	130	42	68	47	40	34	9	110	87	43	194	30	16	213	23
Total	230	101	128	42	61	42	37	32	17	102	79	48	174	32	24	203	23
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Gone to Accident & Emergency (A&E)	19	7	11	6	4	6	2	1	-	10	8	1	14	2	3	17	2
	8%	7%	9%	15%	7%	14%	5%	3%	-	10%	10%	2%	8%	6%	12%	8%	8%
				i		i											
Contacted 111	24	15	9	9	8	6	1	1	-	17	6	1	22	1	1	17	7
	11%	15%	7%	21%	14%	13%	2%	3%	-	17%	8%	2%	13%	3%	6%	8%	31%
		b		dehi	i	i				dei							
Contacted 999	17	9	7	5	5	5	1	-	-	11	6	-	14	1	1	11	6
	7%	9%	6%	13%	9%	11%	3%	-	-	10%	7%	-	8%	3%	6%	5%	24%
				ei	i	ei				i							
Contacted a GP surgery	94	50	44	15	21	23	17	10	7	37	40	17	73	10	11	85	8
	41%	49%	35%	37%	35%	56%	46%	30%	43%	36%	51%	35%	42%	32%	44%	42%	35%
		b				begi					eg						
Contact a national helpline (e.g. Samaritans, SHOUT)	35	13	22	7	11	7	4	6	-	18	11	6	26	3	6	33	2
	15%	13%	17%	16%	19%	15%	12%	17%	-	18%	14%	11%	15%	10%	24%	16%	9%
Contact a local mental health crisis line	38	14	24	6	11	10	2	5	2	18	13	7	26	6	6	36	2
	16%	13%	19%	14%	19%	25%	6%	17%	12%	17%	16%	15%	15%	18%	27%	18%	9%
					d												
Other	3	2	1	-	1	-	-	-	2	1	-	2	3	-	-	3	-
	1%	2%	1%	-	1%	-	-	-	10%	1%	-	4%	1%	-	-	1%	-
None of the above	78	25	52	12	17	9	14	17	10	28	24	26	53	14	10	69	6
	34%	25%	40%	28%	27%	22%	38%	52%	57%	28%	30%	54%	31%	45%	44%	34%	25%
			a					abcgh				abcgh					
Don't know	4	1	3	-	2	-	2	-	-	2	2	-	4	-	-	4	-
	2%	1%	2%	-	3%	-	6%	-	-	2%	3%	-	2%	-	-	2%	-
Net: Contacted emergency services (A&E, 111 or 999)	41	24	17	16	13	8	3	2	-	29	11	2	35	3	3	31	10
	18%	24%	13%	38%	21%	20%	7%	5%	-	28%	14%	3%	20%	9%	12%	15%	43%
		b		dehi	ei	i				dehi							
Net: Contacted emergency services or a local mental health crisis line	71	34	37	19	23	15	5	6	2	43	20	8	55	8	8	60	11
	31%	33%	29%	46%	39%	35%	14%	20%	12%	42%	25%	17%	31%	27%	33%	29%	48%
				dehi	di	d				dehi							

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Q6_2. Someone else on my behalf - As a result of waiting for your second appointment with an NHS mental health specialist, have you, or someone on your behalf, done any of the following?

BASE: Those who have had to wait for a second appointment after their first appointment/ initial assessment with an NHS mental health specialist

	Gender		Age									Region			Ethnicity		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+	England	Scotland	Wales	White	Non-White
Significance Level: 95%		a	b	a	b	c	d	e	f	g	h	i	a	b	*c	a	*b
Unweighted Total	240	109	130	42	68	47	40	34	9	110	87	43	194	30	16	213	23
Total	230	101	128	42	61	42	37	32	17	102	79	48	174	32	24	203	23
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Gone to Accident & Emergency (A&E)	12 5%	7 7%	5 4%	6 14% dehi	3 4%	3 7%	- -	- -	- -	9 9% i	3 4%	- -	7 4%	2 5%	3 12%	11 5%	1 3%
Contacted 111	23 10%	11 11%	12 9%	9 23% dhi	7 11%	4 10%	1 2%	2 7%	- -	16 16% dh	5 6%	2 5%	20 11%	2 6%	2 6%	19 9%	4 18%
Contacted 999	18 8%	9 9%	9 7%	5 11%	6 10%	6 15% i	1 3%	1 2%	- -	10 10%	7 9%	1 2%	16 9%	1 3%	1 6%	14 7%	5 20%
Contacted a GP surgery	36 16%	18 18%	18 14%	5 13%	12 21%	7 16%	5 15%	5 15%	2 10%	18 17%	12 15%	6 13%	29 16%	2 6%	6 24%	30 15%	5 23%
Contact a national helpline (e.g. Samaritans, SHOUT)	14 6%	10 10% b	4 3%	4 9%	6 10%	2 4%	2 6%	1 3%	- -	10 10%	4 5%	1 2%	13 8%	1 3%	- -	9 5%	5 22%
Contact a local mental health crisis line	15 7%	6 6%	9 7%	2 4%	4 7%	8 18% egi	2 4%	- -	- -	6 6%	9 12% ei	- -	13 7%	1 3%	1 6%	15 7%	- -
Other	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
None of the above	135 59%	53 52%	81 63%	20 48%	28 47%	22 52%	26 71% abg	25 78% abcg	13 78%	49 47%	48 61%	38 78% abcg	99 57%	24 74%	12 49%	123 61%	9 37%
Don't know	13 6%	7 7%	6 4%	3 8%	4 6%	2 4%	3 7%	- -	2 12%	7 7%	4 5%	2 4%	8 5%	2 5%	3 14%	11 5%	2 10%
Net: Contacted emergency services (A&E, 111 or 999)	41 18%	20 20%	21 17%	15 36% dehi	13 21% di	10 23% di	2 5%	2 7%	- -	28 27% dehi	11 14%	2 5%	35 20%	4 12%	3 12%	33 16%	8 35%
Net: Contacted emergency services or a local mental health crisis line	50 22%	23 23%	27 21%	15 36% dei	15 25% dei	15 35% dei	3 7%	2 7%	- -	30 29% dei	18 22% di	2 5%	42 24%	5 15%	3 12%	42 21%	8 35%

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Q6. As a result of waiting for your second appointment with an NHS mental health specialist, have you, or someone on your behalf, done any of the following?

BASE: Those who have had to wait for a second appointment after their first appointment/ initial assessment with an NHS mental health specialist

	Gender		Age									Region			Ethnicity		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+	England	Scotland	Wales	White	Non-White
Significance Level: 95%																	
Unweighted Total	240	109	130	42	68	47	40	34	9	110	87	43	194	30	16	213	23
Total	230	101	128	42	61	42	37	32	17	102	79	48	174	32	24	203	23
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Gone to Accident & Emergency (A&E)	25	13	12	10	7	6	2	1	-	17	8	1	19	3	3	23	2
	11%	13%	10%	24% dehi	11%	14% i	5%	3%	-	16% ei	10%	2%	11%	9%	12%	11%	8%
Contacted 111	40	22	18	15	14	8	1	2	-	29	9	2	34	3	3	32	9
	18%	22%	14%	36% dehi	23% di	19% di	2%	7%	-	28% dehi	11%	5%	20%	9%	12%	16%	37%
Contacted 999	25	14	12	6	10	7	1	1	-	17	8	1	23	1	1	19	7
	11%	14%	9%	15% i	17% dei	16% dei	3%	2%	-	16% dei	10%	2%	13%	3%	6%	9%	28%
Contacted a GP surgery	109	54	55	18	29	25	18	13	7	47	42	20	85	10	13	97	10
	47%	54%	43%	43%	48%	58%	48%	40%	43%	46%	53%	41%	49%	32%	57%	48%	44%
Contact a national helpline (e.g. Samaritans, SHOUT)	43	20	23	10	16	7	4	6	-	25	12	6	34	3	6	38	5
	19%	20%	18%	24%	26%	17%	12%	17%	-	25%	15%	11%	19%	10%	24%	19%	22%
Contact a local mental health crisis line	46	18	27	7	14	13	4	5	2	21	17	7	34	6	6	44	2
	20%	18%	21%	17%	23%	32% d	11%	17%	12%	20%	22%	15%	19%	18%	27%	21%	9%
Other	3	2	1	-	1	-	-	-	2	1	-	2	3	-	-	3	-
	1%	2%	1%	-	1%	-	-	-	10%	1%	-	4%	1%	-	-	1%	-
None of the above	71	23	47	9	14	9	15	14	10	23	23	24	47	14	9	63	6
	31%	23%	37% a	22%	23%	20% g	40% g	45% abcg	57%	23%	29% abcgh	49%	27%	45%	38%	31%	25%
Don't know	2	-	2	-	1	-	1	-	-	1	1	-	2	-	-	2	-
	1%	-	2%	-	2%	-	3%	-	-	1%	1%	-	1%	-	-	1%	-
Net: Contacted emergency services (A&E, 111 or 999)	58	33	26	21	20	12	3	3	-	41	15	3	52	4	3	46	12
	25%	32% b	20%	50% cdehi	33% dehi	28% dei	7%	10%	-	40% dehi	18%	6%	30% b	12%	12%	23%	52%
Net: Contacted emergency services or a local mental health crisis line	88	41	47	24	30	19	6	7	2	54	25	9	72	8	8	74	13
	38%	40%	37%	58% dehi	49% dehi	46% dei	16%	22%	12%	53% dehi	32%	19%	41%	27%	33%	37%	58%

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Q7. You said that you have had to wait for a second appointment with an NHS mental health specialist. To what extent, if at all, would you say that your mental health got better or worse while waiting for this second appointment?

BASE: Those who have had to wait for a second appointment after their first appointment/ initial assessment with an NHS mental health specialist

	Total	Gender		Age									Region			Ethnicity	
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+	England	Scotland	Wales	White	Non-White
Significance Level: 95%																	
Unweighted Total	240	109	130	42	68	47	40	34	9	110	87	43	194	30	16	213	23
Total	230	101	128	42	61	42	37	32	17	102	79	48	174	32	24	203	23
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much better (5.0)	20 9%	15 15% b	5 4%	10 23% cdehi	7 12% dei	3 7%	- -	- -	- -	17 16% dehi	3 4%	- -	18 10%	2 6%	- -	14 7%	6 25%
Somewhat better (4.0)	37 16%	17 17%	19 15%	6 14%	12 20%	10 23%	5 12%	5 16%	- -	18 17%	14 18%	5 10%	29 17%	5 15%	3 12%	30 15%	6 27%
There was no change in my mental health while I was waiting (3.0)	78 34%	32 32%	46 36%	13 32%	17 28%	14 34%	11 31%	13 42%	9 54%	30 29%	26 33%	22 46% bg	58 33%	10 32%	10 41%	70 34%	6 28%
Somewhat worse (2.0)	61 27%	28 28%	33 26%	5 11%	14 23%	9 20%	15 40% ag	12 37% ag	8 46%	19 18%	23 29% a	19 40% acg	40 23%	14 45% a	7 29%	59 29%	2 11%
Much worse (1.0)	28 12%	8 8%	20 16%	9 20% i	6 9%	6 15%	5 14%	2 5%	- -	14 14%	12 15%	2 3%	23 13% b	- -	4 18%	25 12%	2 10%
Don't know	5 2%	1 1%	4 3%	- -	4 6%	- -	1 3%	- -	- -	4 4%	1 1%	- -	4 2%	1 3%	- -	5 2%	- -
Would rather not say	2 1%	- -	2 1%	- -	2 3%	- -	- -	- -	- -	2 2%	- -	- -	2 1%	- -	- -	2 1%	- -
Net: Better	56 25%	32 31% b	24 19%	15 37% dei	19 31% di	13 30% i	5 12%	5 16%	- -	34 33% dei	17 22%	5 10%	47 27%	7 21%	3 12%	44 21%	12 52%
Net: Worse	89 39%	36 36%	53 41%	13 32%	19 32%	15 36%	20 54% abg	13 42%	8 46%	33 32%	35 44%	21 44%	64 36%	14 45%	11 47%	83 41%	5 20%
Base for stats	223	100	123	42	55	42	36	32	17	97	78	48	169	31	24	197	23
Mean Score	2.82	3.03	2.64	3.07	3.02	2.86	2.43	2.68	2.54	3.04	2.66	2.63	2.87	2.82	2.48	2.74	3.47
		b		d	d					dh							
Standard Deviation	1.121	1.165	1.057	1.424	1.188	1.161	.904	.807	.514	1.288	1.067	.718	1.173	.926	.943	1.084	1.265
Standard Error	.073	.112	.095	.220	.151	.169	.145	.138	.171	.126	.115	.109	.086	.172	.236	.075	.264
Error variance	.01	.01	.01	.05	.02	.03	.02	.02	.03	.02	.01	.01	.01	.03	.06	.01	.07

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Q8. You said that your mental health got worse while waiting for a second appointment with an NHS mental health specialist. In which of the following ways, if any, did this affect other aspects of your life?

BASE: Those whose mental health got worse when they had to wait for a second appointment after their first appointment/ initial assessment with an NHS mental health specialist

	Gender		Age									Region			Ethnicity		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+	England	Scotland	Wales	White	Non-White
Significance Level: 95%		a	b	*a	*b	*c	*d	*e	*f	g	h	i	a	*b	*c	a	*b
Unweighted Total	93	38	55	14	22	17	21	15	4	36	38	19	72	14	7	87	5
Total	89	36	53	13	19	15	20	13	8	33	35	21	64	14	11	83	5
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Led to problems at work (e.g. losing my job)	16	8	8	4	3	6	1	2	-	7	7	2	12	2	1	16	-
	18%	22%	15%	28%	18%	41%	4%	11%	-	22%	20%	7%	19%	14%	13%	19%	-
Led to problems with my studies (e.g. dropping out of school, struggling academically)	15	4	11	7	3	3	1	-	-	11	4	-	11	2	1	13	1
	17%	12%	20%	56%	17%	20%	5%	-	-	33%	11%	-	18%	15%	13%	16%	18%
Led to relationship problems (e.g. separation, divorce, family break-down)	29	14	16	6	7	6	6	2	2	13	13	4	24	3	2	28	2
	33%	38%	29%	41%	39%	41%	32%	12%	27%	40%	36%	18%	38%	20%	18%	33%	34%
Led to financial problems (e.g. getting into debt, difficulty saving)	26	12	14	3	8	4	7	4	-	10	12	4	17	5	4	26	-
	30%	33%	27%	20%	39%	28%	38%	31%	-	32%	34%	20%	27%	33%	37%	32%	-
Had a social impact (e.g. missing key social events, losing touch with friends)	64	28	36	9	15	11	16	7	6	24	27	13	46	10	8	62	2
	72%	77%	69%	69%	77%	73%	81%	52%	72%	74%	78%	60%	73%	72%	69%	74%	35%
Other	7	2	5	-	1	1	3	-	2	1	4	2	4	-	2	7	-
	7%	5%	9%	-	4%	5%	14%	-	28%	2%	10%	10%	7%	-	19%	8%	-
This did not impact other aspects of my life	4	2	2	2	-	-	1	1	-	2	1	1	3	-	1	2	2
	5%	7%	3%	17%	-	-	4%	8%	-	7%	2%	5%	4%	-	12%	2%	49%
Don't know	1	-	1	-	1	-	-	-	-	1	-	-	1	-	-	1	-
	1%	-	2%	-	4%	-	-	-	-	3%	-	-	1%	-	-	1%	-
Would rather not say	5	-	5	-	-	-	2	3	-	-	2	3	2	3	-	5	-
	6%	-	10%	-	-	-	10%	23%	-	-	6%	14%	3%	22%	-	6%	-
Net: Impacted other aspects of their life	79	33	45	11	19	15	17	9	8	30	32	17	58	11	10	76	2
	89%	93%	86%	83%	96%	100%	86%	70%	100%	90%	92%	81%	91%	78%	88%	91%	51%

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Q10. You said that you have had to wait for a second appointment with an NHS mental health specialist. If you feel comfortable, please briefly describe the mental health problem that led to you being referred to a mental health specialist.

BASE: Those who have had to wait for a second appointment after their first appointment/ initial assessment with an NHS mental health specialist

	Gender		Age									Region			Ethnicity		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+	England	Scotland	Wales	White	Non-White
	a	b	a	b	c	d	e	f	g	h	i	a	b	*c	a	*b	
Significance Level: 95%																	
Unweighted Total	240	109	130	42	68	47	40	34	9	110	87	43	194	30	16	213	23
Total	230	101	128	42	61	42	37	32	17	102	79	48	174	32	24	203	23
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Depression / Clinical depression	55	24	32	10	10	8	6	10	13	20	13	23	38	9	9	51	4
	24%	24%	25%	23%	17%	18%	15%	31%	77%	19%	17%	47%	22%	27%	39%	25%	18%
											abcdgh						
Anxiety / Panic attacks	44	17	27	9	9	6	9	6	5	18	15	11	34	8	3	42	2
	19%	17%	21%	21%	15%	15%	24%	18%	33%	17%	19%	23%	19%	24%	11%	21%	10%
Suicidal/ Suicidal thoughts/ Attempted suicide	20	9	11	6	2	3	4	3	4	7	7	7	16	5	-	19	2
	9%	9%	9%	13%	3%	7%	11%	10%	21%	7%	8%	14%	9%	15%	-	9%	8%
				b							b						
Agoraphobia/ Fear of going out/ Unable to leave the house	8	1	7	-	2	1	5	-	-	2	5	-	5	1	1	8	-
	3%	1%	5%	-	4%	2%	12%	-	-	2%	7%	-	3%	3%	6%	4%	-
							aegi										
Self-harm	5	2	3	2	1	-	3	-	-	2	3	-	5	-	-	5	-
	2%	2%	2%	4%	1%	-	8%	-	-	2%	4%	-	3%	-	-	3%	-
							c										
PTSD	5	1	4	-	-	1	2	2	-	-	3	2	2	2	2	4	-
	2%	1%	3%	-	-	2%	6%	6%	-	-	4%	4%	1%	6%	6%	2%	-
							bg	bg			g	g					
Eating disorders	4	3	2	1	1	2	-	1	-	2	2	1	3	-	1	4	-
	2%	3%	1%	2%	1%	5%	-	2%	-	2%	3%	2%	2%	-	5%	2%	-
Sleeping problems	4	2	2	-	-	-	-	-	4	-	-	4	-	-	4	4	-
	2%	2%	2%	-	-	-	-	-	25%	-	-	9%	-	-	18%	2%	-
												bcgh					
Autism/ Asperger's	3	2	1	-	-	1	-	-	2	-	1	2	2	-	1	3	-
	1%	2%	1%	-	-	3%	-	-	10%	-	2%	4%	1%	-	6%	2%	-
												g					
Breakdown	3	-	3	-	1	2	-	-	-	1	2	-	2	1	-	3	-
	1%	-	2%	-	2%	4%	-	-	-	1%	2%	-	1%	3%	-	1%	-
OCD	3	2	1	1	1	-	1	-	-	2	1	-	3	-	-	3	-
	1%	2%	1%	3%	1%	-	3%	-	-	2%	1%	-	2%	-	-	1%	-
Stress	3	2	1	-	1	1	1	-	-	1	2	-	2	1	-	3	-
	1%	2%	1%	-	2%	2%	2%	-	-	1%	2%	-	1%	3%	-	1%	-
Psychosis/ Paranoia/ Schizophrenia	2	2	-	-	-	-	1	2	-	-	1	2	2	-	-	2	-
	1%	2%	-	-	-	-	2%	5%	-	-	1%	3%	1%	-	-	1%	-
								g									

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Q10. You said that you have had to wait for a second appointment with an NHS mental health specialist. If you feel comfortable, please briefly describe the mental health problem that led to you being referred to a mental health specialist.

BASE: Those who have had to wait for a second appointment after their first appointment/ initial assessment with an NHS mental health specialist

	Gender		Age									Region			Ethnicity		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+	England	Scotland	Wales	White	Non-White
		a	b	a	b	c	d	e	*f	g	h	i	a	b	*c	a	*b
Significance Level: 95%																	
Unweighted Total	240	109	130	42	68	47	40	34	9	110	87	43	194	30	16	213	23
Total	230	101	128	42	61	42	37	32	17	102	79	48	174	32	24	203	23
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Alcoholism/ Alcohol abuse	2 1%	1 1%	1 1%	1 3%	- -	1 2%	- -	- -	- -	1 1%	1 1%	- -	1 *	- -	1 6%	2 1%	- -
ADHD	2 1%	- -	2 1%	1 2%	1 1%	- -	- -	- -	- -	2 2%	- -	- -	2 1%	- -	- -	2 1%	- -
Postnatal depression	2 1%	- -	2 1%	- -	1 1%	1 2%	- -	- -	- -	1 1%	1 1%	- -	1 *	1 3%	- -	2 1%	- -
Personality disorder	2 1%	- -	2 1%	- -	1 1%	1 2%	- -	- -	- -	1 1%	1 1%	- -	2 1%	- -	- -	2 1%	- -
Addiction (all other mentions)	2 1%	2 1%	- -	- -	2 2%	- -	- -	- -	- -	2 1%	- -	- -	2 1%	- -	- -	2 1%	- -
Bipolar	1 *	- -	1 1%	- -	- -	1 2%	- -	- -	- -	- -	1 1%	- -	1 *	- -	- -	1 *	- -
Other	8 3%	3 3%	5 4%	1 3%	2 3%	- -	1 2%	- -	4 24%	3 3%	1 1%	4 8% ch	3 2%	2 6%	3 14%	7 3%	1 5%
Don't know	10 4%	6 6%	3 3%	3 8%	2 3%	1 2%	2 6%	2 5%	- -	5 5%	3 4%	2 4%	9 5%	1 3%	- -	6 3%	3 13%
Nothing	1 *	1 1%	- -	- -	- -	1 2%	- -	- -	- -	- -	1 1%	- -	1 *	- -	- -	1 *	- -
Not stated/ would rather not say	109 47%	49 49%	59 46%	21 51%	37 61%	22 53%	16 43%	13 40%	- -	58 57%	38 48%	13 26%	89 51%	12 38%	8 35%	91 45%	15 64%
				i	i	i				i	i						