

ROYAL COLLEGE OF PSYCHIATRISTS – MENTAL HEALTH AND WAITING TIMES BESPOKE POLL

Methodology: ComRes interviewed 501 British adults aged 18+ with a diagnosed mental health problem* online between 17th–22nd August 2018. Data were weighted to be demographically representative of all British adults aged 18+ with a diagnosed mental health problem by age, gender and region. ComRes is a member of the British Polling Council and abides by its rules. *Must say that they have experienced a mental health problem and it was formally diagnosed by a GP or other mental health professional to qualify.

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For information about commissioning research please contact info@comresglobal.com or call +44 (0)20 7871 8660.

REPUTATION | COMMUNICATIONS | PUBLIC POLICY

Four Millbank | London | SW1P 3JA | T. +44 (0)20 7871 8660

Rond-Point Schuman / Schumanplein 6 | Box 5 | 1040 Bruxelles | T. +32 (0)2 234 63 82

51/F Raffles City | No.268 Xi Zang Middle Road | HuangPu District Shanghai | 200001 China | T. +86 (0)21 2312 7674

Page: i
Table of Contents

S1. Have you ever experienced a mental health problem?	1
BASE: All respondents	
Q1. You said that you have experienced a mental health problem. When you experienced this problem, did you have to wait to see an NHS mental health specialist? Please note that we are interested in how long you might have waited to see an NHS mental health specialist. If you received private treatment, please select 'Not applicable' below.	4
BASE: All those with a diagnosed mental health problem	
Q1. You said that you have experienced a mental health problem. When you experienced this problem, did you have to wait to see an NHS mental health specialist? Please note that we are interested in how long you might have waited to see an NHS mental health specialist. If you received private treatment, please select 'Not applicable' below.	10
BASE: All those with a diagnosed mental health problem who have sought NHS treatment	
Q2. You said that you have had to wait for a referral to see an NHS mental health specialist. To what extent, if at all, would you say that your mental health got better or worse as a result of waiting for this referral?	16
BASE: All those with a diagnosed mental health problem who have waited a week or more to see an NHS mental health specialist	
Q2. You said that you have had to wait for a referral to see an NHS mental health specialist. To what extent, if at all, would you say that your mental health got better or worse as a result of waiting for this referral?	19
BASE: All those with a diagnosed mental health problem who have waited a week or more to see an NHS mental health specialist	
Q3. You said that your mental health got worse while waiting for a referral to an NHS mental health specialist. In which of the following ways, if any, did this deterioration in your mental health impact other aspects of your life?	20
BASE: All those with a diagnosed mental health problem, whose mental health got worse while waiting a week or more to see an NHS mental health specialist	
Q4. You said that you have had to wait to see 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.	26
BASE: All those with a diagnosed mental health problem who have waited a week or more to see a specialist	
Gender. Are you...?	32
BASE: All respondents	
Age. How old are you?	35
BASE: All respondents	
Regions. Where do you live?	38
BASE: All respondents	

DJ-303939 Mental health and waiting times campaign

S1. Have you ever experienced a mental health problem?

BASE: All respondents

Significance Level: 95%

	Gender		Age									
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+
		a	b	a	b	c	d	e	f	g	h	i
Unweighted Total	501	218	282	55	111	112	98	68	57	166	210	125
Total	501	215	285	55	110	106	105	65	60	165	211	125
	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	501	215	285	55	110	106	105	65	60	165	211	125
	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	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-

DJ-303939 Mental health and waiting times campaign

S1. Have you ever experienced a mental health problem?

BASE: All respondents

	Region												Length of wait					
	Total	Scotland	Wales	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Eastern	London	South East	South West	Net: England	Net: A week to three months	Net: More than four weeks	Net: More than three months	Net: More than six months	Net: More than a year
	a	*b	c	d	e	f	g	h	i	j	k	l	a	b	c	d	*e	
Significance Level: 95%																		
Unweighted Total	501	44	26	32	60	54	46	39	45	57	62	36	431	234	249	123	57	29
Total	501	50	26	30	65	40	45	35	55	60	60	35	425	234	249	122	58	29
	100%	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	501	50	26	30	65	40	45	35	55	60	60	35	425	234	249	122	58	29
	100%	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



DJ-303939 Mental health and waiting times campaign

S1. Have you ever experienced a mental health problem?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Yes - and this was formally diagnosed by a GP or other mental health professional

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

	Change in mental health while waiting			Impact on life		
	Total	Net: Got better a	No change b	Net: Got worse c	No impact *a	Net: Any impact b
Unweighted Total	501	103	120	132	2	126
Total	501 100%	103 100%	121 100%	130 100%	2 100%	124 100%
Yes - and this was formally diagnosed by a GP or other mental health professional	501 100%	103 100%	121 100%	130 100%	2 100%	124 100%
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	-	-	-	-	-	-

DJ-303939 Mental health and waiting times campaign

Q1. You said that you have experienced a mental health problem. When you experienced this problem, did you have to wait to see an NHS mental health specialist? Please note that we are interested in how long you might have waited to see an NHS mental health specialist. If you received private treatment, please select 'Not applicable' below.

BASE: All those with a diagnosed mental health problem

	Gender		Age									
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+
Significance Level: 95%		a	b	a	b	c	d	e	f	g	h	i
Unweighted Total	501	218	282	55	111	112	98	68	57	166	210	125
Total	501	215	285	55	110	106	105	65	60	165	211	125
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - 1-4 weeks	107	47	60	10	21	31	21	10	15	31	51	25
	21%	22%	21%	18%	19%	29%	20%	15%	25%	18%	24%	20%
						eg						
Yes - 5-8 weeks	69	35	34	6	20	16	14	7	6	26	30	13
	14%	16%	12%	11%	18%	15%	13%	11%	9%	16%	14%	10%
Yes - 9-12 weeks	58	30	28	8	16	12	12	8	3	24	23	11
	12%	14%	10%	15%	14%	11%	11%	12%	5%	15%	11%	9%
Yes - between 3 and 6 months	64	25	39	10	14	13	12	9	6	24	25	15
	13%	12%	14%	18%	13%	12%	11%	13%	10%	15%	12%	12%
Yes - between 6 months and a year	28	14	14	4	8	7	6	2	1	12	13	3
	6%	7%	5%	8%	7%	7%	6%	3%	2%	7%	6%	3%
Yes - Between one and two years	12	6	6	1	4	3	3	-	1	5	6	1
	2%	3%	2%	2%	4%	2%	3%	-	2%	3%	3%	1%
Yes - More than two years	17	8	9	3	3	5	3	2	1	6	8	3
	3%	4%	3%	6%	3%	5%	3%	3%	2%	4%	4%	3%
No, I did not have to wait more than a week	70	23	46	6	12	12	15	13	12	18	26	25
	14%	11%	16%	11%	11%	11%	14%	21%	20%	11%	12%	20%
												bcg
Not applicable - I have not sought NHS treatment for a mental health problem	48	15	33	4	11	5	13	8	7	15	18	15
	9%	7%	12%	7%	10%	5%	13%	12%	12%	9%	9%	12%
							c					c
Don't know	28	12	15	2	2	4	6	6	8	4	10	14
	6%	6%	5%	3%	2%	4%	6%	9%	13%	2%	5%	11%
								bg	bcgh			bcgh
Net: A week or more	356	165	191	43	86	86	71	38	33	128	156	71
	71%	77%	67%	78%	78%	81%	67%	59%	55%	78%	74%	57%
		b		efi	efi	defi				efi	efi	
Net: A week to three months	234	112	122	24	57	58	46	25	23	81	105	49
	47%	52%	43%	44%	52%	55%	44%	39%	39%	49%	50%	39%
		b			ei							
Net: More than 4 weeks	249	118	131	33	65	55	50	28	18	98	105	46
	50%	55%	46%	60%	59%	52%	47%	43%	30%	59%	50%	37%
				fi	efi	fi	f			efi	fi	

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Q1. You said that you have experienced a mental health problem. When you experienced this problem, did you have to wait to see an NHS mental health specialist? Please note that we are interested in how long you might have waited to see an NHS mental health specialist. If you received private treatment, please select 'Not applicable' below.

BASE: All those with a diagnosed mental health problem

	Gender		Age									
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+
Significance Level: 95%		a	b	a	b	c	d	e	f	g	h	i
Unweighted Total	501	218	282	55	111	112	98	68	57	166	210	125
Total	501	215	285	55	110	106	105	65	60	165	211	125
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Net: More than three months	122	53	69	19	29	27	24	13	10	48	52	23
	24%	24%	24%	34%	26%	26%	23%	20%	16%	29%	25%	18%
				fi						i		
Net: More than six months	58	28	30	9	15	14	12	4	3	23	27	8
	12%	13%	11%	16%	13%	14%	12%	7%	6%	14%	13%	6%
				i						i		
Net: More than a year	29	14	15	4	7	7	6	2	2	11	13	4
	6%	6%	5%	8%	6%	7%	6%	3%	4%	7%	6%	3%

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BASE: All those with a diagnosed mental health problem

	Region												Length of wait					
	Total	Scotland	Wales	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Eastern	London	South East	South West	Net: England	Net: A week to three months	Net: More than four weeks	Net: More than three months	Net: More than six months	Net: More than a year
	a	*b	c	d	e	f	g	h	i	j	k	l	a	b	c	d	*e	
Significance Level: 95%																		
Unweighted Total	501	44	26	32	60	54	46	39	45	57	62	36	431	234	249	123	57	29
Total	501	50	26	30	65	40	45	35	55	60	60	35	425	234	249	122	58	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - 1-4 weeks	107 21%	9 18%	5 19%	6 21%	16 25%	10 24%	10 22%	9 25%	9 16%	14 23%	11 18%	9 25%	93 22%	107 46%	-	-	-	-
														bcd				
Yes - 5-8 weeks	69 14%	10 20%	3 11%	4 13%	8 12%	5 13%	5 11%	6 16%	4 7%	11 19%	9 16%	5 14%	56 13%	69 30%	69 28%	-	-	-
														cd	cd			
Yes - 9-12 weeks	58 12%	8 16%	2 7%	4 12%	5 8%	2 6%	3 6%	1 3%	15 26%	10 16%	6 9%	4 11%	48 11%	58 25%	58 23%	-	-	-
									defgij	g				cd	cd			
Yes - between 3 and 6 months	64 13%	6 12%	2 8%	6 19%	5 8%	9 22%	9 20%	5 15%	6 11%	10 17%	4 7%	2 5%	56 13%	-	64 26%	64 53%	-	-
						djk	j							-	ad	abd		
Yes - between 6 months and a year	28 6%	7 14%	2 7%	1 3%	3 5%	1 4%	2 4%	3 8%	2 4%	4 7%	1 2%	2 5%	20 5%	-	28 11%	28 23%	28 49%	-
														-	a	ab	abc	
Yes - Between one and two years	12 2%	1 2%	1 4%	1 3%	-	-	-	1 3%	-	3 5%	4 7%	1 3%	10 2%	-	12 5%	12 10%	12 21%	12 42%
														-	a	a	abc	
Yes - More than two years	17 3%	1 2%	2 7%	2 6%	2 3%	2 4%	1 2%	-	4 7%	1 2%	2 3%	1 3%	14 3%	-	17 7%	17 14%	17 30%	17 58%
														-	a	ab	abc	
No, I did not have to wait more than a week	70 14%	5 9%	5 20%	2 6%	14 22%	9 23%	3 7%	6 18%	10 18%	2 4%	10 16%	4 11%	60 14%	-	-	-	-	-
					fi	fi		i	i		i			-	-	-	-	-
Not applicable - I have not sought NHS treatment for a mental health problem	48 9%	1 2%	4 16%	4 13%	4 7%	2 6%	9 20%	2 5%	4 7%	4 7%	9 15%	4 12%	42 10%	-	-	-	-	-
							adegl				a			-	-	-	-	-
Don't know	28 6%	2 5%	-	1 3%	7 10%	-	4 8%	3 8%	2 4%	-	5 8%	4 11%	25 6%	-	-	-	-	-
					ei		ei	ei			ei	ei		-	-	-	-	-
Net: A week or more	356 71%	42 84%	17 64%	23 77%	40 61%	29 72%	29 65%	24 69%	39 71%	53 89%	37 61%	23 66%	297 70%	234 100%	249 100%	122 100%	58 100%	29 100%
		dfj							defghjkl									



DJ-303939 Mental health and waiting times campaign

Q1. You said that you have experienced a mental health problem. When you experienced this problem, did you have to wait to see an NHS mental health specialist? Please note that we are interested in how long you might have waited to see an NHS mental health specialist. If you received private treatment, please select 'Not applicable' below.

BASE: All those with a diagnosed mental health problem

	Region													Length of wait				
	Total	Scotland	Wales	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Eastern	London	South East	South West	Net: England	Net: A week to three months	Net: More than four weeks	Net: More than three months	Net: More than six months	Net: More than a year
	a	*b	c	d	e	f	g	h	i	j	k	l	a	b	c	d	*e	
Significance Level: 95%																		
Unweighted Total	501	44	26	32	60	54	46	39	45	57	62	36	431	234	249	123	57	29
Total	501	50	26	30	65	40	45	35	55	60	60	35	425	234	249	122	58	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Net: A week to three months	234 47%	27 54%	10 38%	14 46%	29 45%	17 42%	18 39%	15 43%	27 49%	35 58%	26 43%	17 49%	197 46%	234 100%	127 51%	- -	- -	- -
Net: More than 4 weeks	249 50%	33 66%	12 45%	17 56%	24 37%	19 48%	19 43%	15 44%	31 56%	39 66%	26 43%	14 41%	205 48%	127 54%	249 100%	122 100%	58 100%	29 100%
		dfgijkl							dfgijkl					a	a	a	a	a
Net: More than three months	122 24%	15 30%	7 27%	9 31%	11 16%	12 29%	12 26%	9 25%	12 22%	19 31%	11 18%	6 16%	100 24%	- -	122 49%	122 100%	58 100%	29 100%
														a	ab	ab	ab	ab
Net: More than six months	58 12%	9 18%	5 19%	4 12%	5 8%	3 7%	3 6%	4 10%	6 11%	8 14%	7 12%	4 11%	44 10%	- -	58 23%	58 47%	58 100%	29 100%
														a	ab	abc	abc	abc
Net: More than a year	29 6%	2 5%	3 12%	3 9%	2 3%	2 4%	1 2%	1 3%	4 7%	4 7%	6 10%	2 5%	24 6%	- -	29 12%	29 24%	29 51%	29 100%
														a	ab	abc	abc	abc



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Q1. You said that you have experienced a mental health problem. When you experienced this problem, did you have to wait to see an NHS mental health specialist? Please note that we are interested in how long you might have waited to see an NHS mental health specialist. If you received private treatment, please select 'Not applicable' below.

BASE: All those with a diagnosed mental health problem

Significance Level: 95%

Unweighted Total

Total

Yes - 1-4 weeks

Yes - 5-8 weeks

Yes - 9-12 weeks

Yes - between 3 and 6 months

Yes - between 6 months and a year

Yes - Between one and two years

Yes - More than two years

No, I did not have to wait more than a week

Not applicable - I have not sought NHS treatment for a mental health problem

Don't know

Net: A week or more

Net: A week to three months

Net: More than 4 weeks

	Change in mental health while waiting			Impact on life		
	Total	Net: Got better	No change	Net: Got worse	No impact	Net: Any impact
	a	b	c	*a	b	
Unweighted Total	501	103	120	132	2	126
Total	501	103	121	130	2	124
	100%	100%	100%	100%	100%	100%
Yes - 1-4 weeks	107	36	42	28	-	27
	21%	35%	34%	21%	-	22%
		c	c			
Yes - 5-8 weeks	69	17	27	25	1	23
	14%	17%	23%	19%	43%	18%
Yes - 9-12 weeks	58	20	19	19	-	19
	12%	20%	15%	15%	-	16%
Yes - between 3 and 6 months	64	14	18	32	-	32
	13%	14%	15%	25%	-	25%
			ab			
Yes - between 6 months and a year	28	4	9	16	1	13
	6%	4%	7%	12%	57%	11%
			a			
Yes - Between one and two years	12	5	1	6	-	6
	2%	5%	1%	5%	-	5%
Yes - More than two years	17	6	6	4	-	4
	3%	6%	5%	3%	-	3%
No, I did not have to wait more than a week	70	-	-	-	-	-
	14%	-	-	-	-	-
Not applicable - I have not sought NHS treatment for a mental health problem	48	-	-	-	-	-
	9%	-	-	-	-	-
Don't know	28	-	-	-	-	-
	6%	-	-	-	-	-
Net: A week or more	356	103	121	130	2	124
	71%	100%	100%	100%	100%	100%
Net: A week to three months	234	74	88	72	1	69
	47%	72%	73%	55%	43%	55%
		c	c			
Net: More than 4 weeks	249	67	79	102	2	97
	50%	65%	66%	79%	100%	78%
			ab			

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Q1. You said that you have experienced a mental health problem. When you experienced this problem, did you have to wait to see an NHS mental health specialist? Please note that we are interested in how long you might have waited to see an NHS mental health specialist. If you received private treatment, please select 'Not applicable' below.

BASE: All those with a diagnosed mental health problem

Significance Level: 95%

Unweighted Total

Total

Net: More than three months

Net: More than six months

Net: More than a year

	Change in mental health while waiting			Impact on life		
	Net: Got better	No change	Net: Got worse	No impact	Net: Any impact	
Total	a	b	c	*a	b	
Unweighted Total	501	103	120	132	2	126
Total	501	103	121	130	2	124
	100%	100%	100%	100%	100%	100%
Net: More than three months	122	29	33	58	1	55
	24%	28%	27%	45%	57%	45%
			ab			
Net: More than six months	58	15	16	26	1	24
	12%	15%	13%	20%	57%	19%
Net: More than a year	29	11	7	10	-	10
	6%	11%	6%	8%	-	8%

DJ-303939 Mental health and waiting times campaign

Q1. You said that you have experienced a mental health problem. When you experienced this problem, did you have to wait to see an NHS mental health specialist? Please note that we are interested in how long you might have waited to see an NHS mental health specialist. If you received private treatment, please select 'Not applicable' below.

BASE: All those with a diagnosed mental health problem who have sought NHS treatment

	Gender		Age									
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+
		a	b	a	b	c	d	e	f	g	h	i
Significance Level: 95%												
Unweighted Total	454	203	250	51	100	107	86	60	50	151	193	110
Total	453	200	252	51	99	101	92	57	53	150	193	110
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - 1-4 weeks	107	47	60	10	21	31	21	10	15	31	51	25
	24%	23%	24%	19%	21%	30%	23%	17%	28%	20%	27%	23%
Yes - 5-8 weeks	69	35	34	6	20	16	14	7	6	26	30	13
	15%	17%	14%	12%	20%	16%	15%	13%	10%	18%	15%	12%
Yes - 9-12 weeks	58	30	28	8	16	12	12	8	3	24	23	11
	13%	15%	11%	16%	16%	12%	13%	14%	6%	16%	12%	10%
Yes - between 3 and 6 months	64	25	39	10	14	13	12	9	6	24	25	15
	14%	12%	16%	20%	14%	13%	13%	15%	12%	16%	13%	14%
Yes - between 6 months and a year	28	14	14	4	8	7	6	2	1	12	13	3
	6%	7%	6%	8%	8%	7%	7%	4%	2%	8%	7%	3%
Yes - Between one and two years	12	6	6	1	4	3	3	-	1	5	6	1
	3%	3%	3%	2%	4%	3%	3%	-	2%	3%	3%	1%
Yes - More than two years	17	8	9	3	3	5	3	2	1	6	8	3
	4%	4%	4%	7%	3%	5%	3%	4%	2%	4%	4%	3%
No, I did not have to wait more than a week	70	23	46	6	12	12	15	13	12	18	26	25
	15%	12%	18%	12%	12%	11%	16%	23%	23%	12%	14%	23%
								cg				bcgh
Not applicable - I have not sought NHS treatment for a mental health problem	-	-	-	-	-	-	-	-	-	-	-	-
Don't know	28	12	15	2	2	4	6	6	8	4	10	14
	6%	6%	6%	4%	2%	4%	7%	10%	15%	3%	5%	12%
								bg	bcgh			bcgh
Net: A week or more	356	165	191	43	86	86	71	38	33	128	156	71
	79%	82%	76%	84%	86%	85%	77%	67%	62%	85%	81%	65%
				efi	efi	efi				efi	efi	
Net: A week to three months	234	112	122	24	57	58	46	25	23	81	105	49
	52%	56%	48%	47%	57%	58%	51%	44%	44%	54%	54%	44%
						i						
Net: More than 4 weeks	249	118	131	33	65	55	50	28	18	98	105	46
	55%	59%	52%	65%	65%	54%	54%	49%	34%	65%	54%	42%
				fi	efi	f	f			efhi	fi	
Net: More than three months	122	53	69	19	29	27	24	13	10	48	52	23
	27%	26%	27%	37%	29%	27%	26%	23%	18%	32%	27%	20%
				fi						i		

DJ-303939 Mental health and waiting times campaign

Q1. You said that you have experienced a mental health problem. When you experienced this problem, did you have to wait to see an NHS mental health specialist? Please note that we are interested in how long you might have waited to see an NHS mental health specialist. If you received private treatment, please select 'Not applicable' below.

BASE: All those with a diagnosed mental health problem who have sought NHS treatment

	Gender		Age									
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+
Significance Level: 95%		a	b	a	b	c	d	e	f	g	h	i
Unweighted Total	454	203	250	51	100	107	86	60	50	151	193	110
Total	453	200	252	51	99	101	92	57	53	150	193	110
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Net: More than six months	58	28	30	9	15	14	12	4	3	23	27	8
	13%	14%	12%	17%	15%	14%	14%	7%	6%	15%	14%	7%
										i		
Net: More than a year	29	14	15	4	7	7	6	2	2	11	13	4
	6%	7%	6%	9%	7%	7%	7%	4%	4%	8%	7%	4%

DJ-303939 Mental health and waiting times campaign

Q1. You said that you have experienced a mental health problem. When you experienced this problem, did you have to wait to see an NHS mental health specialist? Please note that we are interested in how long you might have waited to see an NHS mental health specialist. If you received private treatment, please select 'Not applicable' below.

BASE: All those with a diagnosed mental health problem who have sought NHS treatment

	Region												Length of wait					
	Total	Scotland	Wales	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Eastern	London	South East	South West	Net: England	Net: A week to three months	Net: More than four weeks	Net: More than three months	Net: More than six months	Net: More than a year
	a	*b	*c	d	e	f	g	h	i	j	k	l	a	b	c	d	*e	
Significance Level: 95%																		
Unweighted Total	454	43	22	28	56	51	37	37	42	53	53	32	389	234	249	123	57	29
Total	453	49	22	26	61	38	36	33	51	56	51	31	383	234	249	122	58	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - 1-4 weeks	107 24%	9 18%	5 23%	6 24%	16 27%	10 25%	10 27%	9 26%	9 17%	14 25%	11 21%	9 28%	93 24%	107 46%	-	-	-	-
														bcd	-	-	-	-
Yes - 5-8 weeks	69 15%	10 21%	3 13%	4 15%	8 13%	5 14%	5 13%	6 17%	4 7%	11 20%	9 18%	5 15%	56 15%	69 30%	69 28%	-	-	-
														cd	cd	-	-	-
Yes - 9-12 weeks	58 13%	8 16%	2 9%	4 14%	5 9%	2 6%	3 8%	1 3%	15 28%	10 17%	6 11%	4 12%	48 13%	58 25%	58 23%	-	-	-
								defgij	g					cd	cd	-	-	-
Yes - between 3 and 6 months	64 14%	6 12%	2 9%	6 22%	5 9%	9 23%	9 24%	5 16%	6 12%	10 18%	4 8%	2 6%	56 15%	-	64 26%	64 53%	-	-
						djk	djk							-	ad	abd	-	-
Yes - between 6 months and a year	28 6%	7 14%	2 9%	1 4%	3 5%	1 4%	2 5%	3 8%	2 5%	4 8%	1 2%	2 6%	20 5%	-	28 11%	28 23%	28 49%	-
														-	a	ab	abc	-
Yes - Between one and two years	12 3%	1 2%	1 5%	1 3%	-	-	-	1 3%	-	3 6%	4 8%	1 3%	10 3%	-	12 5%	12 10%	12 21%	12 42%
											del			-	a	a	abc	-
Yes - More than two years	17 4%	1 2%	2 9%	2 7%	2 3%	2 4%	1 3%	-	4 7%	1 2%	2 4%	1 3%	14 4%	-	17 7%	17 14%	17 30%	17 58%
														-	a	ab	abc	-
No, I did not have to wait more than a week	70 15%	5 9%	5 23%	2 7%	14 23%	9 24%	3 9%	6 19%	10 19%	2 4%	10 19%	4 13%	60 16%	-	-	-	-	-
					i	i		i	i		i		i	-	-	-	-	-
Not applicable - I have not sought NHS treatment for a mental health problem	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Don't know	28 6%	2 5%	-	1 3%	7 11%	-	4 11%	3 9%	2 5%	-	5 9%	4 13%	25 7%	-	-	-	-	-
					ei		ei	ei			ei	ei		-	-	-	-	-
Net: A week or more	356 79%	42 86%	17 77%	23 89%	40 66%	29 76%	29 81%	24 72%	39 76%	53 96%	37 72%	23 74%	297 78%	234 100%	249 100%	122 100%	58 100%	29 100%
										defghijkl								



DJ-303939 Mental health and waiting times campaign

Q1. You said that you have experienced a mental health problem. When you experienced this problem, did you have to wait to see an NHS mental health specialist? Please note that we are interested in how long you might have waited to see an NHS mental health specialist. If you received private treatment, please select 'Not applicable' below.

BASE: All those with a diagnosed mental health problem who have sought NHS treatment

	Region													Length of wait				
	Total	Scotland	Wales	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Eastern	London	South East	South West	Net: England	Net: A week to three months	Net: More than four weeks	Net: More than three months	Net: More than six months	Net: More than a year
	a	*b	*c	d	e	f	g	h	i	j	k	l	a	b	c	d	*e	
Significance Level: 95%																		
Unweighted Total	454	43	22	28	56	51	37	37	42	53	53	32	389	234	249	123	57	29
Total	453	49	22	26	61	38	36	33	51	56	51	31	383	234	249	122	58	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Net: A week to three months	234 52%	27 55%	10 45%	14 53%	29 48%	17 45%	18 48%	15 45%	27 52%	35 63%	26 50%	17 56%	197 52%	234 100%	127 51%	- -	- -	- -
Net: More than 4 weeks	249 55%	33 67%	12 54%	17 65%	24 39%	19 51%	19 53%	15 46%	31 60%	39 71%	26 51%	14 46%	205 53%	127 54%	249 100%	122 100%	58 100%	29 100%
		d							d	degjkl		d	d	a	a	a	a	
Net: More than three months	122 27%	15 31%	7 32%	9 36%	11 17%	12 31%	12 32%	9 27%	12 24%	19 33%	11 22%	6 18%	100 26%	- -	122 49%	122 100%	58 100%	29 100%
														a	ab	ab	ab	
Net: More than six months	58 13%	9 19%	5 23%	4 14%	5 9%	3 8%	3 8%	4 11%	6 12%	8 15%	7 14%	4 12%	44 11%	- -	58 23%	58 47%	58 100%	29 100%
														a	ab	abc	abc	
Net: More than a year	29 6%	2 5%	3 14%	3 11%	2 3%	2 4%	1 3%	1 3%	4 7%	4 8%	6 12%	2 6%	24 6%	- -	29 12%	29 24%	29 51%	29 100%
														a	ab	abc	abc	



DJ-303939 Mental health and waiting times campaign

Q1. You said that you have experienced a mental health problem. When you experienced this problem, did you have to wait to see an NHS mental health specialist? Please note that we are interested in how long you might have waited to see an NHS mental health specialist. If you received private treatment, please select 'Not applicable' below.

BASE: All those with a diagnosed mental health problem who have sought NHS treatment

	Total	Change in mental health while waiting			Impact on life	
		Net: Got better	No change	Net: Got worse	No impact	Net: Any impact
		a	b	c	*a	b
Significance Level: 95%						
Unweighted Total	454	103	120	132	2	126
Total	453	103	121	130	2	124
	100%	100%	100%	100%	100%	100%
Yes - 1-4 weeks	107 24%	36 35%	42 34%	28 21%	-	27 22%
		c	c			
Yes - 5-8 weeks	69 15%	17 17%	27 23%	25 19%	1 43%	23 18%
Yes - 9-12 weeks	58 13%	20 20%	19 15%	19 15%	-	19 16%
Yes - between 3 and 6 months	64 14%	14 14%	18 15%	32 25%	-	32 25%
				ab		
Yes - between 6 months and a year	28 6%	4 4%	9 7%	16 12%	1 57%	13 11%
			a			
Yes - Between one and two years	12 3%	5 5%	1 1%	6 5%	-	6 5%
Yes - More than two years	17 4%	6 6%	6 5%	4 3%	-	4 3%
No, I did not have to wait more than a week	70 15%	-	-	-	-	-
Not applicable - I have not sought NHS treatment for a mental health problem	-	-	-	-	-	-
Don't know	28 6%	-	-	-	-	-
Net: A week or more	356 79%	103 100%	121 100%	130 100%	2 100%	124 100%
Net: A week to three months	234 52%	74 72%	88 73%	72 55%	1 43%	69 55%
		c	c			
Net: More than 4 weeks	249 55%	67 65%	79 66%	102 79%	2 100%	97 78%
				ab		

DJ-303939 Mental health and waiting times campaign

Q1. You said that you have experienced a mental health problem. When you experienced this problem, did you have to wait to see an NHS mental health specialist? Please note that we are interested in how long you might have waited to see an NHS mental health specialist. If you received private treatment, please select 'Not applicable' below.

BASE: All those with a diagnosed mental health problem who have sought NHS treatment

Significance Level: 95%

Unweighted Total

Total

Net: More than three months

Net: More than six months

Net: More than a year

	Change in mental health while waiting			Impact on life		
	Net: Got better	No change	Net: Got worse	No impact	Net: Any impact	
	a	b	c	*a	b	
Unweighted Total	454	103	120	132	2	126
Total	453	103	121	130	2	124
	100%	100%	100%	100%	100%	100%
Net: More than three months	122	29	33	58	1	55
	27%	28%	27%	45%	57%	45%
			ab			
Net: More than six months	58	15	16	26	1	24
	13%	15%	13%	20%	57%	19%
Net: More than a year	29	11	7	10	-	10
	6%	11%	6%	8%	-	8%

DJ-303939 Mental health and waiting times campaign

Q2. You said that you have had to wait for a referral to see an NHS mental health specialist. To what extent, if at all, would you say that your mental health got better or worse as a result of waiting for this referral?

BASE: All those with a diagnosed mental health problem who have waited a week or more to see an NHS mental health specialist

	Gender		Age									
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+
Significance Level: 95%		a	b	a	b	c	d	e	f	g	h	i
Unweighted Total	357	168	189	42	86	91	66	41	31	128	157	72
Total	356	165	191	43	86	86	71	38	33	128	156	71
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much better	34	20	15	6	9	11	4	2	2	15	15	4
	10%	12%	8%	13%	11%	13%	6%	5%	6%	12%	10%	5%
Somewhat better	69	39	29	7	25	20	9	5	3	31	29	8
	19%	24%	15%	15%	29%	23%	13%	13%	10%	24%	19%	12%
There was no change in my mental health while I was waiting	121	58	64	7	26	22	35	17	14	34	57	31
	34%	35%	33%	17%	31%	26%	49%	44%	44%	26%	36%	44%
		b	dfi				abcg	acg	a		a	acg
Somewhat worse	88	32	56	13	19	25	14	11	7	31	39	18
	25%	20%	29%	30%	22%	29%	20%	28%	21%	24%	25%	25%
		a										
Much worse	42	15	27	11	7	8	7	4	6	18	15	9
	12%	9%	14%	26%	8%	9%	11%	10%	17%	14%	10%	13%
				bcdh								
Don't know	1	1	-	-	-	-	-	-	1	-	-	1
	*	*	-	-	-	-	-	-	2%	-	-	1%
Would rather not say	1	-	1	-	-	-	1	-	-	-	1	-
	*	-	*	-	-	-	1%	-	-	-	*	-
Net: Got better	103	59	44	12	34	31	14	7	5	46	45	12
	29%	36%	23%	28%	40%	36%	19%	18%	16%	36%	29%	17%
		b			defi	defi				defi		
Net: Got worse	130	47	83	24	25	33	21	14	13	49	54	27
	37%	29%	43%	55%	29%	38%	30%	38%	38%	38%	35%	38%
			a	bdh								

DJ-303939 Mental health and waiting times campaign

Q2. You said that you have had to wait for a referral to see an NHS mental health specialist. To what extent, if at all, would you say that your mental health got better or worse as a result of waiting for this referral?

BASE: All those with a diagnosed mental health problem who have waited a week or more to see an NHS mental health specialist

	Region												Length of wait					
	Total	Scotland	Wales	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Eastern	London	South East	South West	Net: England	Net: A week to three months	Net: More than four weeks	Net: More than three months	Net: More than six months	Net: More than a year
	a	*b	*c	d	e	f	*g	h	i	j	*k	l	a	b	c	d	*e	
Significance Level: 95%																		
Unweighted Total	357	37	17	25	37	39	30	27	32	51	38	24	303	234	249	123	57	29
Total	356	42	17	23	40	29	29	24	39	53	37	23	297	234	249	122	58	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much better	34 10%	5 11%	2 12%	1 4%	2 6%	4 13%	1 3%	3 14%	7 18%	6 12%	1 2%	2 9%	27 9%	24 10%	23 9%	10 8%	4 7%	4 14%
Somewhat better	69 19%	10 24%	4 24%	3 12%	10 26%	4 13%	4 13%	4 18%	5 13%	17 32%	7 18%	2 8%	55 19%	50 21%	44 18%	19 16%	11 19%	7 24%
There was no change in my mental health while I was waiting	121 34%	15 35%	4 22%	13 57%	15 38%	6 20%	14 47%	7 30%	12 32%	10 20%	17 45%	8 35%	103 35%	88 38%	79 32%	33 27%	16 27%	7 24%
Somewhat worse	88 25%	8 19%	2 12%	4 16%	5 13%	11 38%	8 27%	8 33%	12 31%	14 26%	9 24%	7 32%	78 26%	47 20%	69 28%	41 33%	16 29%	8 28%
Much worse	42 12%	5 11%	5 29%	3 12%	7 17%	3 10%	3 10%	1 4%	2 6%	6 11%	4 11%	4 16%	33 11%	24 10%	33 13%	18 15%	10 17%	2 8%
Don't know	1 *	-	-	-	-	1 3%	-	-	-	-	-	-	1 *	1 *	-	-	-	-
Would rather not say	1 *	-	-	-	-	1 3%	-	-	-	-	-	-	1 *	-	1 *	1 1%	1 1%	1 3%
Net: Got better	103 29%	15 35%	6 36%	4 16%	13 32%	7 26%	5 16%	8 32%	12 31%	23 43%	7 20%	4 17%	82 28%	74 31%	67 27%	29 24%	15 26%	11 38%
Net: Got worse	130 37%	13 30%	7 42%	6 28%	12 30%	14 49%	11 37%	9 37%	15 37%	20 37%	13 35%	11 48%	111 37%	72 31%	102 41%	58 48%	26 45%	10 35%



DJ-303939 Mental health and waiting times campaign

Q2. You said that you have had to wait for a referral to see an NHS mental health specialist. To what extent, if at all, would you say that your mental health got better or worse as a result of waiting for this referral?

BASE: All those with a diagnosed mental health problem who have waited a week or more to see an NHS mental health specialist

	Total	Change in mental health while waiting			Impact on life	
		Net: Got better	No change	Net: Got worse	No impact	Net: Any impact
		a	b	c	*a	b
Significance Level: 95%						
Unweighted Total	357	103	120	132	2	126
Total	356	103	121	130	2	124
	100%	100%	100%	100%	100%	100%
Much better	34 10%	34 33% bc	- - -	- - -	- - -	- - -
Somewhat better	69 19%	69 67% bc	- - -	- - -	- - -	- - -
There was no change in my mental health while I was waiting	121 34%	- -	121 100% ac	- -	- -	- -
Somewhat worse	88 25%	- -	- -	88 68% ab	2 100%	83 67%
Much worse	42 12%	- -	- -	42 32% ab	- -	41 33%
Don't know	1 *	- -	- -	- -	- -	- -
Would rather not say	1 *	- -	- -	- -	- -	- -
Net: Got better	103 29%	103 100% bc	- -	- -	- -	- -
Net: Got worse	130 37%	- -	- -	130 100% ab	2 100%	124 100%

DJ-303939 Mental health and waiting times campaign

Q2. You said that you have had to wait for a referral to see an NHS mental health specialist. To what extent, if at all, would you say that your mental health got better or worse as a result of waiting for this referral?

BASE: All those with a diagnosed mental health problem who have waited a week or more to see an NHS mental health specialist

	Did you have to wait to see an NHS mental health specialist																
	Total	Yes - 1-4 weeks	Yes - 5-8 weeks	Yes - 9-12 weeks	Yes - between 3 and 6 months	Yes - between 6 months and a year	Yes - Between one and two years	Yes - More than two years	No, I did not have to wait more than a week	Not applicable - I have not sought NHS treatment for a mental health problem	Don't know	Net: A week or more	Net: A week to three months	Net: More than 4 weeks	Net: More than three months	Net: More than six months	Net: More than a year
	a	b	c	d	*e	*f	*g	*h	*i	*j	k	l	m	n	o	*p	
Significance Level: 95%																	
Unweighted Total	357	108	70	56	66	28	12	17	-	-	-	357	234	249	123	57	29
Total	356	107	69	58	64	28	12	17	-	-	-	356	234	249	122	58	29
	100%	100%	100%	100%	100%	100%	100%	100%	-	-	-	100%	100%	100%	100%	100%	100%
Much better	34 10%	11 11%	3 4%	10 17% b	6 9%	-	1 7%	3 19%	-	-	-	34 10%	24 10%	23 9%	10 8%	4 7%	4 14%
Somewhat better	69 19%	25 23%	14 21%	10 18%	8 13%	4 14%	4 33%	3 17%	-	-	-	69 19%	50 21%	44 18%	19 16%	11 19%	7 24%
There was no change in my mental health while I was waiting	121 34%	42 39%	27 40%	19 32%	18 28%	9 30%	1 9%	6 35%	-	-	-	121 34%	88 38%	79 32%	33 27%	16 27%	7 24%
Somewhat worse	88 25%	19 18%	15 22%	13 22% akl	24 38%	8 30%	5 42%	3 17%	-	-	-	88 25%	47 20%	69 28% a	41 33% al	16 29%	8 28%
Much worse	42 12%	9 8%	9 13%	6 11%	8 13%	7 26%	1 9%	1 7%	-	-	-	42 12%	24 10%	33 13%	18 15%	10 17%	2 8%
Don't know	1 *	1 1%	-	-	-	-	-	-	-	-	-	1 *	1 *	-	-	-	-
Would rather not say	1 *	-	-	-	-	-	-	1 5%	-	-	-	1 *	-	1 *	1 1%	1 1%	1 3%
Net: Got better	103 29%	36 34%	17 25%	20 35%	14 22%	4 14%	5 40%	6 36%	-	-	-	103 29%	74 31%	67 27%	29 24%	15 26%	11 38%
Net: Got worse	130 37%	28 26%	25 35%	19 33%	32 50% akl	16 56%	6 51%	4 24%	-	-	-	130 37% a	72 31%	102 41% al	58 48% akl	26 45% al	10 35%



DJ-303939 Mental health and waiting times campaign

Q3. You said that your mental health got worse while waiting for a referral to an NHS mental health specialist. In which of the following ways, if any, did this deterioration in your mental health impact other aspects of your life?

BASE: All those with a diagnosed mental health problem, whose mental health got worse while waiting a week or more to see an NHS mental health specialist

	Gender		Age									
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+
	a	b	*a	*b	c	*d	*e	*f	g	h	i	
Significance Level: 95%												
Unweighted Total	132	49	83	23	26	35	20	16	12	49	55	28
Total	130	47	83	24	25	33	21	14	13	49	54	27
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Had a social impact (e.g. missing key social events, losing touch with friends)	90	31	60	18	20	24	14	9	6	38	38	15
	69%	65%	72%	76%	78%	72%	66%	63%	48%	77%	69%	56%
Led to problems with my physical health (e.g. unable to leave the house, unable to exercise)	66	19	48	8	14	16	13	7	8	22	29	15
	51%	40%	57%	35%	56%	50%	61%	49%	59%	46%	54%	54%
Led to relationship problems (e.g. separation, divorce, family break-down)	47	15	32	11	13	14	6	3	-	24	20	3
	36%	32%	39%	47%	53%	43%	28%	18%	-	50%	37%	10%
Led to problems at work (e.g. losing your job)	44	16	28	8	10	12	7	3	4	18	19	7
	34%	33%	34%	34%	38%	37%	31%	20%	34%	36%	35%	26%
Led to financial problems (e.g. getting into debt, difficulty saving)	42	14	28	7	6	13	8	6	3	13	21	9
	32%	30%	34%	30%	22%	39%	36%	40%	24%	26%	38%	33%
Led to associated medical conditions (e.g. back pain, arthritis)	35	10	24	4	9	7	7	3	4	13	15	7
	27%	22%	29%	17%	36%	22%	35%	18%	32%	27%	27%	25%
Led to problems with my studies (e.g. dropping out of school, struggling academically)	28	11	17	14	8	2	3	-	1	22	5	1
	21%	23%	20%	59%	30%	5%	15%	-	9%	44%	9%	4%
Other (please specify)	2	2	1	-	1	1	-	-	-	1	1	-
	2%	3%	1%	-	4%	4%	-	-	-	2%	3%	-
This did not impact other aspects of my life	2	1	1	-	1	-	-	-	1	1	-	1
	2%	3%	1%	-	4%	-	-	-	10%	2%	-	5%
Don't know	2	1	1	1	-	-	1	-	-	1	1	-
	2%	2%	1%	5%	-	-	5%	-	-	2%	2%	-
Would rather not say	2	1	1	-	1	-	-	1	-	1	-	1
	1%	2%	1%	-	4%	-	-	5%	-	2%	-	3%

DJ-303939 Mental health and waiting times campaign

Q3. You said that your mental health got worse while waiting for a referral to an NHS mental health specialist. In which of the following ways, if any, did this deterioration in your mental health impact other aspects of your life?

BASE: All those with a diagnosed mental health problem, whose mental health got worse while waiting a week or more to see an NHS mental health specialist

Significance Level: 95%

Unweighted Total

Total

Net: Any impact

	Gender		Age									
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+
	a	b	*a	*b	c	*d	*e	*f	g	h	i	
Unweighted Total	132	49	83	23	26	35	20	16	12	49	55	28
Total	130	47	83	24	25	33	21	14	13	49	54	27
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Net: Any impact	124	44	80	23	23	33	20	14	11	46	53	25
	95%	94%	96%	95%	92%	100%	95%	95%	90%	94%	98%	93%

DJ-303939 Mental health and waiting times campaign

Q3. You said that your mental health got worse while waiting for a referral to an NHS mental health specialist. In which of the following ways, if any, did this deterioration in your mental health impact other aspects of your life?

BASE: All those with a diagnosed mental health problem, whose mental health got worse while waiting a week or more to see an NHS mental health specialist

	Region												Length of wait					
	Total	Scotland	Wales	North East	North West	Yorkshire & Humber	West Midlands	East Midlands	Eastern	London	South East	South West	Net: England	Net: A week to three months	Net: More than four weeks	Net: More than three months	Net: More than six months	Net: More than a year
		*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k	l	a	b	c	*d	*e
Significance Level: 95%																		
Unweighted Total	132	11	7	7	11	19	11	10	12	19	13	12	114	73	103	59	25	10
Total	130	13	7	6	12	14	11	9	15	20	13	11	111	72	102	58	26	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Had a social impact (e.g. missing key social events, losing touch with friends)	90 69%	9 73%	4 58%	5 70%	10 81%	11 79%	10 91%	4 49%	8 58%	17 84%	5 40%	7 67%	77 70%	47 65%	73 72%	44 75%	18 67%	5 49%
Led to problems with my physical health (e.g. unable to leave the house, unable to exercise)	66 51%	6 46%	5 70%	3 42%	11 92%	7 53%	8 73%	4 40%	4 26%	9 48%	6 48%	4 33%	56 50%	41 58%	50 48%	25 43%	11 44%	3 29%
Led to relationship problems (e.g. separation, divorce, family break-down)	47 36%	6 46%	3 41%	2 28%	3 28%	7 53%	4 36%	3 30%	6 41%	5 26%	4 28%	5 41%	38 35%	26 36%	38 37%	21 36%	12 47%	6 56%
Led to problems at work (e.g. losing your job)	44 34%	5 36%	2 30%	- -	4 36%	4 26%	4 37%	4 41%	4 25%	8 42%	6 45%	4 32%	37 33%	23 32%	35 34%	21 35%	7 27%	4 37%
Led to financial problems (e.g. getting into debt, difficulty saving)	42 32%	7 54%	2 30%	2 28%	4 36%	3 21%	5 45%	4 41%	4 25%	6 31%	3 23%	3 24%	33 30%	22 30%	35 34%	20 35%	9 36%	2 18%
Led to associated medical conditions (e.g. back pain, arthritis)	35 27%	3 28%	2 27%	1 14%	3 27%	4 26%	5 47%	3 30%	2 17%	4 22%	5 40%	2 16%	29 26%	19 26%	31 31%	16 27%	7 27%	2 19%
Led to problems with my studies (e.g. dropping out of school, struggling academically)	28 21%	2 18%	2 28%	1 15%	2 18%	3 21%	4 36%	1 10%	5 33%	3 16%	3 21%	2 17%	24 21%	11 16%	24 23%	16 28%	6 24%	2 19%
Other (please specify)	2 2%	- -	- -	- -	- -	1 10%	- -	- -	- -	- -	- -	1 8%	2 2%	2 2%	2 2%	1 1%	- -	- -
This did not impact other aspects of my life	2 2%	- -	- -	- -	- -	- -	- -	- -	1 9%	- -	1 7%	- -	2 2%	1 1%	2 2%	1 2%	1 5%	- -
Don't know	2 2%	1 9%	- -	- -	- -	- -	- -	- -	- -	- -	1 8%	- -	1 1%	1 1%	2 2%	1 2%	1 4%	- -
Would rather not say	2 1%	- -	- -	1 15%	- -	1 5%	- -	- -	- -	- -	- -	- -	2 1%	1 1%	1 1%	1 1%	- -	- -

DJ-303939 Mental health and waiting times campaign

Q3. You said that your mental health got worse while waiting for a referral to an NHS mental health specialist. In which of the following ways, if any, did this deterioration in your mental health impact other aspects of your life?

BASE: All those with a diagnosed mental health problem, whose mental health got worse while waiting a week or more to see an NHS mental health specialist

	Region												Length of wait					
	Total	Scotland	Wales	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Eastern	London	South East	South West	Net: England	Net: A week to three months	Net: More than four weeks	Net: More than three months	Net: More than six months	Net: More than a year
		*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k	l	a	b	c	*d	*e
Significance Level: 95%																		
Unweighted Total	132	11	7	7	11	19	11	10	12	19	13	12	114	73	103	59	25	10
Total	130	13	7	6	12	14	11	9	15	20	13	11	111	72	102	58	26	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Net: Any impact	124	11	7	6	12	13	11	9	13	20	11	11	106	69	97	55	24	10
	95%	91%	100%	85%	100%	95%	100%	100%	91%	100%	85%	100%	96%	96%	95%	95%	91%	100%

DJ-303939 Mental health and waiting times campaign

Q3. You said that your mental health got worse while waiting for a referral to an NHS mental health specialist. In which of the following ways, if any, did this deterioration in your mental health impact other aspects of your life?

BASE: All those with a diagnosed mental health problem, whose mental health got worse while waiting a week or more to see an NHS mental health specialist

	Change in mental health while waiting			Impact on life		
	Total	Net: Got better	No change	Net: Got worse	No impact	Net: Any impact
Significance Level: 95%		*a	*b	c	*a	b
Unweighted Total	132	-	-	132	2	126
Total	130	-	-	130	2	124
	100%	-	-	100%	100%	100%
Had a social impact (e.g. missing key social events, losing touch with friends)	90 69%	-	-	90 69%	-	90 73%
Led to problems with my physical health (e.g. unable to leave the house, unable to exercise)	66 51%	-	-	66 51%	-	66 53%
Led to relationship problems (e.g. separation, divorce, family break-down)	47 36%	-	-	47 36%	-	47 38%
Led to problems at work (e.g. losing your job)	44 34%	-	-	44 34%	-	44 35%
Led to financial problems (e.g. getting into debt, difficulty saving)	42 32%	-	-	42 32%	-	42 34%
Led to associated medical conditions (e.g. back pain, arthritis)	35 27%	-	-	35 27%	-	35 28%
Led to problems with my studies (e.g. dropping out of school, struggling academically)	28 21%	-	-	28 21%	-	28 22%
Other (please specify)	2 2%	-	-	2 2%	-	2 2%
This did not impact other aspects of my life	2 2%	-	-	2 2%	2 100%	- -
Don't know	2 2%	-	-	2 2%	-	-
Would rather not say	2 1%	-	-	2 1%	-	-

DJ-303939 Mental health and waiting times campaign

Q3. You said that your mental health got worse while waiting for a referral to an NHS mental health specialist. In which of the following ways, if any, did this deterioration in your mental health impact other aspects of your life?

BASE: All those with a diagnosed mental health problem, whose mental health got worse while waiting a week or more to see an NHS mental health specialist

Significance Level: 95%

Unweighted Total

Total

Net: Any impact

Total	Change in mental health while waiting			Impact on life	
	Net: Got better *a	No change *b	Net: Got worse c	No impact *a	Net: Any impact b
132	-	-	132	2	126
130	-	-	130	2	124
100%	-	-	100%	100%	100%
124	-	-	124	-	124
95%	-	-	95%	-	100%

DJ-303939 Mental health and waiting times campaign

Q4. You said that you have had to wait to see 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: All those with a diagnosed mental health problem who have waited a week or more to see a specialist

	Gender		Age									
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+
		a	b	a	b	c	d	e	f	g	h	i
Significance Level: 95%												
Unweighted Total	357	168	189	42	86	91	66	41	31	128	157	72
Total	356	165	191	43	86	86	71	38	33	128	156	71
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Depression / clinical depression	147	67	80	16	31	35	34	18	13	47	69	31
	41%	41%	42%	38%	36%	41%	48%	48%	38%	37%	44%	43%
Anxiety/ panic attacks	97	35	62	13	23	19	21	10	10	36	40	21
	27%	21%	33%	30%	27%	22%	30%	27%	31%	28%	26%	29%
Stress	17	8	9	-	2	4	3	6	2	2	7	8
	5%	5%	5%	-	2%	4%	5%	15%	6%	2%	5%	11%
			a					abcgh				abg
Suicidal	14	6	8	2	1	4	3	1	2	3	8	3
	4%	3%	4%	4%	1%	5%	5%	3%	7%	2%	5%	5%
PTSD	8	6	2	1	1	3	1	-	2	2	4	2
	2%	3%	1%	3%	1%	3%	1%	-	7%	2%	2%	3%
Breakdown	8	5	3	-	1	-	-	3	4	1	-	7
	2%	3%	1%	-	1%	-	-	7%	12%	1%	-	9%
								cdgh	abcdgh			abcdgh
OCD	7	3	4	1	2	1	2	1	1	3	3	2
	2%	2%	2%	2%	2%	1%	3%	2%	2%	2%	2%	2%
Bipolar	6	2	4	-	3	1	-	1	1	3	1	2
	2%	1%	2%	-	3%	1%	-	2%	3%	2%	1%	3%
Postnatal depression	6	1	5	-	1	5	-	-	-	1	5	-
	2%	1%	2%	-	1%	6%	-	-	-	1%	3%	-
						gi						
Eating disorders	5	1	4	1	1	2	1	-	-	2	3	-
	1%	1%	2%	2%	1%	2%	1%	-	-	2%	2%	-
Personality disorder	5	2	3	1	3	-	1	-	-	3	1	-
	1%	1%	1%	2%	3%	-	2%	-	-	3%	1%	-
Self-harm	5	2	3	1	4	-	-	-	-	5	-	-
	1%	1%	1%	2%	5%	-	-	-	-	4%	-	-
					ch					h		
Alcoholism	4	1	3	-	-	1	3	-	-	-	4	-
	1%	1%	2%	-	-	1%	5%	-	-	-	3%	-
							bg					
Autism	3	2	1	2	-	1	-	-	-	2	1	-
	1%	1%	*	5%	-	1%	-	-	-	2%	1%	-
				bh								

DJ-303939 Mental health and waiting times campaign

Q4. You said that you have had to wait to see 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: All those with a diagnosed mental health problem who have waited a week or more to see a specialist

	Gender		Age									
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	Net: 18-34	Net: 35-54	Net: 55+
		a	b	a	b	c	d	e	f	g	h	i
Significance Level: 95%												
Unweighted Total	357	168	189	42	86	91	66	41	31	128	157	72
Total	356	165	191	43	86	86	71	38	33	128	156	71
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Psychosis	3	2	1	-	1	1	1	-	-	1	2	-
	1%	1%	*	-	1%	1%	1%	-	-	1%	1%	-
Don't know	2	2	-	1	1	-	-	-	-	2	-	-
	1%	1%	-	2%	1%	-	-	-	-	2%	-	-
Other	26	11	14	1	7	10	3	2	3	8	13	5
	7%	7%	7%	3%	8%	11%	4%	4%	10%	6%	8%	7%
Nothing	7	4	3	-	2	4	1	-	-	2	5	-
	2%	2%	2%	-	3%	4%	1%	-	-	2%	3%	-
Prefer not to say	82	40	43	14	28	16	14	9	1	42	30	10
	23%	24%	22%	32%	33%	19%	19%	24%	3%	33%	19%	14%
				fi	cfhi	f	f	f		cdfhi	f	

DJ-303939 Mental health and waiting times campaign

Q4. You said that you have had to wait to see 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: All those with a diagnosed mental health problem who have waited a week or more to see a specialist

	Region												Length of wait					
	Total	Scotland	Wales	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Eastern	London	South East	South West	Net: England	Net: A week to three months	Net: More than four weeks	Net: More than three months	Net: More than six months	Net: More than a year
	a	*b	*c	d	e	f	*g	h	i	j	*k	l	a	b	c	d	*e	
Significance Level: 95%																		
Unweighted Total	357	37	17	25	37	39	30	27	32	51	38	24	303	234	249	123	57	29
Total	356	42	17	23	40	29	29	24	39	53	37	23	297	234	249	122	58	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Depression / clinical depression	147 41%	17 41%	7 41%	8 36%	20 51%	13 46%	13 44%	7 30%	14 35%	26 49%	14 37%	8 34%	123 41%	99 42%	99 40%	47 39%	24 41%	11 38%
Anxiety/ panic attacks	97 27%	9 22%	4 23%	7 32%	15 37%	9 31%	10 33%	5 20%	12 32%	12 22%	9 24%	6 25%	84 28%	62 26%	75 30%	36 29%	15 25%	4 14%
Stress	17 5%	2 5%	- -	1 4%	3 8%	1 3%	1 3%	- -	- -	3 6%	4 11%	2 9%	15 5%	13 6%	8 3%	4 3%	3 6%	- -
Suicidal	14 4%	1 3%	1 5%	- -	6 14% hjl	1 5%	2 7%	1 4%	- -	2 4%	- -	- -	12 4%	11 5%	10 4%	3 3%	1 2%	- -
PTSD	8 2%	1 3%	- -	- -	1 3%	- -	- -	1 4%	- -	1 2%	3 8%	1 4%	7 2%	5 2%	6 2%	3 2%	3 5%	1 3%
Breakdown	8 2%	1 3%	1 7%	1 4%	- -	1 5%	1 3%	1 4%	1 3%	- -	- -	- -	6 2%	6 2%	3 1%	2 2%	- -	- -
OCD	7 2%	1 3%	1 6%	- -	- -	2 8% l	1 3%	- -	- -	1 2%	- -	1 5%	5 2%	5 2%	5 2%	2 2%	1 2%	- -
Bipolar	6 2%	- -	1 6%	1 4%	- -	1 3%	- -	- -	- -	1 2%	1 2%	1 4%	5 2%	3 1%	5 2%	3 2%	2 3%	2 6%
Postnatal depression	6 2%	1 3%	- -	- -	- -	1 5%	- -	2 7%	1 3%	- -	- -	- -	4 1%	6 2%	1 *	- -	- -	- -
Eating disorders	5 1%	- -	- -	- -	1 3%	- -	2 7%	1 4%	- -	- -	1 2%	- -	5 2%	3 1%	5 2%	2 2%	1 2%	1 3%
Personality disorder	5 1%	1 3%	- -	- -	1 3%	1 5%	- -	- -	- -	- -	1 3%	- -	4 1%	4 2%	2 1%	1 1%	1 1%	- -
Self-harm	5 1%	1 3%	- -	- -	- -	1 5%	1 3%	- -	- -	1 2%	- -	- -	4 1%	3 1%	3 1%	2 2%	1 2%	- -
Alcoholism	4 1%	1 3%	1 7%	- -	- -	1 3%	- -	- -	- -	1 2%	- -	- -	2 1%	4 2%	2 1%	- -	- -	- -
Autism	3 1%	- -	1 6%	- -	- -	- -	1 3%	- -	1 3%	- -	- -	- -	2 1%	1 1%	3 1%	2 2%	2 3%	- -
Psychosis	3 1%	- -	- -	- -	- -	- -	- -	- -	- -	- -	1 3%	2 8%	3 1%	3 1%	- -	- -	- -	- -



DJ-303939 Mental health and waiting times campaign

Q4. You said that you have had to wait to see 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: All those with a diagnosed mental health problem who have waited a week or more to see a specialist

	Region													Length of wait				
	Total	Scotland	Wales	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Eastern	London	South East	South West	Net: England	Net: A week to three months	Net: More than four weeks	Net: More than three months	Net: More than six months	Net: More than a year
	a	*b	*c	d	e	f	*g	h	i	j	*k	l	a	b	c	d	*e	
Significance Level: 95%																		
Unweighted Total	357	37	17	25	37	39	30	27	32	51	38	24	303	234	249	123	57	29
Total	356	42	17	23	40	29	29	24	39	53	37	23	297	234	249	122	58	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Don't know	2	-	-	-	-	-	1	-	1	-	-	-	2	2	1	-	-	-
	1%	-	-	-	-	-	3%	-	3%	-	-	-	1%	1%	*	-	-	-
Other	26	6	-	1	3	1	2	6	-	5	1	-	20	15	19	11	5	2
	7%	14%	-	4%	8%	5%	7%	26%	-	10%	3%	-	7%	6%	8%	9%	9%	7%
Nothing	7	-	-	-	-	-	-	1	1	1	3	1	7	4	6	3	2	1
	2%	-	-	-	-	-	-	4%	3%	2%	8%	4%	2%	2%	2%	2%	3%	3%
Prefer not to say	82	9	4	7	7	4	8	4	12	14	8	6	70	50	67	33	16	12
	23%	21%	23%	32%	19%	15%	27%	15%	31%	26%	21%	25%	23%	21%	27%	27%	27%	39%



DJ-303939 Mental health and waiting times campaign

Q4. You said that you have had to wait to see 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: All those with a diagnosed mental health problem who have waited a week or more to see a specialist

	Total	Change in mental health while waiting			Impact on life	
		Net: Got better	No change	Net: Got worse	No impact	Net: Any impact
		a	b	c	*a	b
Significance Level: 95%						
Unweighted Total	357	103	120	132	2	126
Total	356	103	121	130	2	124
	100%	100%	100%	100%	100%	100%
Depression / clinical depression	147	39	43	63	-	62
	41%	38%	36%	49%	-	50%
				b		
Anxiety/ panic attacks	97	17	38	42	1	40
	27%	16%	31%	33%	57%	32%
			a	a		
Stress	17	4	10	3	-	2
	5%	4%	8%	2%	-	1%
			c			
Suicidal	14	2	5	7	-	7
	4%	2%	4%	6%	-	6%
PTSD	8	2	4	2	-	2
	2%	2%	3%	1%	-	2%
Breakdown	8	3	1	4	-	4
	2%	3%	1%	3%	-	3%
OCD	7	1	3	3	-	3
	2%	1%	3%	2%	-	3%
Bipolar	6	-	3	3	-	3
	2%	-	2%	2%	-	2%
Postnatal depression	6	2	1	3	-	3
	2%	2%	1%	2%	-	3%
Eating disorders	5	-	1	4	-	4
	1%	-	1%	3%	-	3%
Personality disorder	5	-	2	3	-	3
	1%	-	1%	2%	-	2%
Self-harm	5	1	1	3	-	3
	1%	1%	1%	2%	-	3%
Alcoholism	4	-	1	3	-	3
	1%	-	1%	2%	-	2%
Autism	3	-	-	3	-	3
	1%	-	-	2%	-	2%
Psychosis	3	1	1	1	-	1
	1%	1%	1%	1%	-	1%

DJ-303939 Mental health and waiting times campaign

Q4. You said that you have had to wait to see 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: All those with a diagnosed mental health problem who have waited a week or more to see a specialist

Significance Level: 95%

Unweighted Total

Total

Don't know

Other

Nothing

Prefer not to say

	Change in mental health while waiting			Impact on life		
	Total	Net: Got better	No change	Net: Got worse	No impact	Net: Any impact
		a	b	c	*a	b
Unweighted Total	357	103	120	132	2	126
Total	356	103	121	130	2	124
	100%	100%	100%	100%	100%	100%
Don't know	2	2	-	-	-	-
	1%	2%	-	-	-	-
Other	26	12	10	4	-	4
	7%	11%	8%	3%	-	3%
		c				
Nothing	7	2	2	3	-	3
	2%	2%	2%	2%	-	2%
Prefer not to say	82	33	25	25	1	22
	23%	32%	20%	19%	43%	18%
		bc				