

Wellbeing Tip of the Week

Reflecting on inequalities in Mental Health



Sunday 10th October 2021 marked **World Mental Health Day** and the theme for this year was **inequalities in mental health**. It can be positive for our wellbeing to take the time to think about the perspective of others and how their experience of mental health may affect them.

For example, we know that:

- In 2020, 1 in 6 young people had a mental health problem compared to 1 in 10 in 2017.
- People from racialised communities are at a higher risk of developing a mental health difficulty but less likely to get support
- Black people are 4x more likely to be detained under the Mental Health Act than white people

This week, you might like to think about how you can use your voice, your knowledge to speak out, spread the word and help to make small changes to these inequalities. You can use the above information to start conversations with friends, check-in with someone who you know struggles with their mental health or is having a hard time at the moment. Think about how you can help someone to get some additional support, if they need it. You might even like to do some research to find out more about mental health inequalities and how you can raise awareness of the issue.

For more information, visit

<https://www.mentalhealth.org.uk/campaigns/world-mental-health-day>