



My Way Code:  
a new mental health  
app for young people  
and adults to help build  
emotional resilience,  
autonomy, personal  
responsibility and  
identity.

## Appendix to My Way Code Info Pack



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**IMPACT:** No other health condition matches mental ill health in terms of prevalence, persistence and breadth of social and economic impact. According to the World Health Organisation (WHO), nearly a quarter of all the years of life lost due to ill-health, disability or early death are the result of mental disorder (cancer and cardiovascular illness account for significantly less; a sixth each). (1)

**ECONOMICS:** The economic burden is also significant; costs to our society have been estimated at £105 billion. (2)

**PARENTAL MENTAL HEALTH:** children growing up with parents who are depressed or have serious mental health conditions themselves experience a four to five fold increase in the rate of onset of emotional and conduct disorder. (3)

**PHYSICAL HEALTH:** not only can depression develop following chronic and severe illness, but it can itself be a causal factor in the onset of physical diseases. It is associated with a two-fold increased risk of coronary heart disease and unhealthy behaviours such as poor diet, less exercise, self-harm, significantly greater prevalence of smoking and drug and alcohol misuse. (4)

**WORK RELATED STRESS** caused workers in Great Britain to lose 11.3 million working days in 2013/14 based on the LFS data. Male workers accounted for an estimated 5.4 million days off work whilst female workers accounted for an estimated 5.9 million. (5)

### **INCREASE IN MENTAL HEALTH REFERRALS**

Referrals to community mental health teams went up by nearly 20% in last 5 years. Yet just 25% of adults with depression and anxiety get any treatment and only 65% of people with psychosis are thought to be getting support. Also, 75% of children and young people experiencing a mental health problem do not currently access treatment. (6)

### **MENTAL DISORDERS IN CHILDREN & YOUNG PEOPLE**

- 9.6% or nearly 850,000 children and young people aged between 5-16 years have a mental disorder
- 7.7% or nearly 340,000 children aged 5-10 years have a mental disorder
- 11.5% or about 510,000 young people aged between 11-16 years have a mental disorder (7)

1 in 10

1 in 10 children and young people aged 5 - 16 suffer from a diagnosable mental health disorder - that is around three children in every class.

**Between 1 in every 12 and 1 in 15 children and young people deliberately self-harm.**

There has been a big increase in the number of young people being admitted to hospital because of self harm. Over the last ten years this figure has increased by 68%.

68%

**More than half of all adults with mental health problems were diagnosed in childhood. Less than half were treated appropriately at the time.**

72%

72% of children in care have behavioural or emotional problems - these are some of the most vulnerable people in our society.

**Nearly 80,000 children and young people suffer from severe depression.**

95% of imprisoned young offenders have a mental health disorder. Many of them are struggling with more than one disorder.

95%

**The number of young people aged 15-16 with depression nearly doubled between the 1980s and the 2000s.**

8000

Over 8,000 children aged under 10 years old suffer from severe depression.

**The proportion of young people aged 15-16 with a conduct disorder more than doubled between 1974 and 1999**

MWC would like to provide a specific journey for family members to use. This would entail all members of the household to do an individual journey about their roles and responsibilities for the people they share time and space with.

The impact of mental illness on a family is far reaching but those experiencing sub-threshold issues whose coping strategies have become unhealthy or incongruent with 'family' life can equally contribute to the causes of mental health.

In addition to our hectic lives any further life stresses such as loss of income, bereavement, relationship problems and breakdown can push us to our limits and family life can suffer.

When it comes to anxiety and depression, money worries are the biggest contributing factor, with family and relationship problems playing a larger role - potentially because concerns about how to pay household bills and expenses take their toll on family life. Around a fifth (21%) of people suffering from anxiety say concerns about illness is a cause, and 19% and 17% respectively say contributing factors are family pressure and relationship problems. (8)

According to a YouGov poll in 2012 there are an estimated 2.4 million sandwich carers in the UK. Charity Carers UK estimate around a fifth of 45-60 year olds are actively caring for elderly parents whilst their own children are still at home.

Given the dual pressures experienced by people in this group, it's perhaps unsurprising that this seems to be taking a toll on their health, in particular their mental wellbeing.

Those aged 45-54 are the unhappiest with their lives out of all age-groups surveyed. Just 55% said they were happy compared to an average of 64% across all generations. (8)

Family breakdown in all its forms is strongly associated with poor mental health in adults and children. People with mental health problems can struggle to nurture and support other family members and relationships can break down as a result. (9)

- 1 in 10 children and young people aged 5 - 16 suffer from a diagnosable mental health disorder - that is around three children in every class.
  - Between 1 in every 12 and 1 in 15 children and young people deliberately self-harm.
  - There has been a big increase in the number of young people being admitted to hospital because of self harm. Over the last ten years this figure has increased by 68%.
  - More than half of all adults with mental health problems were diagnosed in childhood. Less than half were treated appropriately at the time.
  - Nearly 80,000 children and young people suffer from severe depression.
  - Over 8,000 children aged under 10 years old suffer from severe depression.
  - 72% of children in care have behavioural or emotional problems - these are some of the most vulnerable people in our society.
  - 95% of imprisoned young offenders have a mental health disorder. Many of them are struggling with more than one disorder.
  - The number of young people aged 15-16 with depression nearly doubled between the 1980s and the 2000s.
  - The proportion of young people aged 15-16 with a conduct disorder more than doubled between 1974 and 1999
- ([http://www.youngminds.org.uk/training\\_services/policy/mental\\_health\\_statistics](http://www.youngminds.org.uk/training_services/policy/mental_health_statistics))

With wage growth stagnant and the economy still struggling for a recovery, it is no surprise that money worries and work pressures are two of the main causes of stress.

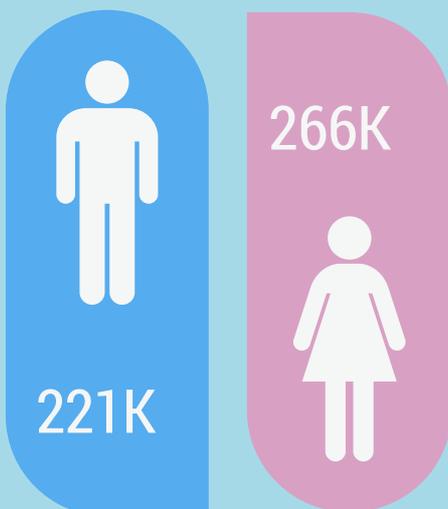
Work pressure is the largest reason for stress; with 37% of people citing it as the main reason. Struggles with work/life balance also cause stress for one in five and 19% are experiencing stress due to money worries. (10)

High levels of stress may influence drinking frequency and quantity. This relationship between stress and drinking even is stronger when alternative coping mechanisms and social supports are lacking. Finally, when individuals believe that alcohol will help to reduce the stress in their lives, alcohol is most likely to be used in response to stress.

The Clockoff survey, conducted in June 2015, asked about the wellbeing of employees across the voluntary sector and public services. While NHS staff are the most stressed, other sectors are not far behind: 58% of local government staff, including social workers, 51% of central government employees and 46% of charity workers report being stressed all or most of the time.

- The total number of cases of work-related stress, depression or anxiety in 2013/14 was 487 000 (39%) out of a total of 1,241,000 cases for all work-related illnesses.
- The number of new cases of work-related stress, depression or anxiety in 2013/14 was 244 000.
- The rates of work-related stress, depression or anxiety, for both total and new cases, have remained broadly flat for more than a decade.
- The total number of working days lost due to stress, depression or anxiety was 11.3 million in 2013/14, an average of 23 days per case of stress, depression or anxiety
- The industries that reported the highest rates of total cases of work-related stress, depression or anxiety (three-year average) were human health and social work, education and public administration and defence.
- The occupations that reported the highest rates of total cases of work-related stress, depression or anxiety (three-year average) were health professionals (in particular nurses), teaching and educational professionals, and health and social care associate professionals (in particular welfare and housing associate professionals).

In 2013/14 there was an estimated prevalence of 221 000 male and 266 000 female cases of work-related stress.



The 45-54 age group had the highest incidence rate for all persons, and this rate was statistically significantly higher than the average for all persons. This was also the case for females in the 45-54 age group.



- Six in ten adults use a smartphone to go online at home (59%) while one in two (51%) use a smartphone outside of the home. This is the only device used to go online in both locations by a majority of adults.
- Compared to 2013 the overall incidence of internet use at home or elsewhere on any type of device hasn't increased to a statistically significant degree (86% from 83%).
- However, there has been an increase in the proportion of adults going online both at home and elsewhere (67% vs. 56% in 2013) and a decline in the proportion of adults only going online at home (17% vs. 26% in 2013).
- While the overall incidence of going online is unchanged, 65-74s are now more likely to go online - 70% compared to 56% in 2013.
- Compared to 2013, adults are more likely to go online through a tablet computer (39% vs. 30%).
- Other devices tend to supplement rather than substitute for PC/laptop/netbook access, with around one in twenty adults (6%) only using other devices to go online at home or elsewhere.
- There has been an increase in the self-reported volume of internet use per week, with UK adults spending on average 20.5 hours online, compared to 16.9 in 2013.
- Newer users are categorised as those who first went online less than five years ago.
- Older internet users (22% of those aged 65+) and those in the DE socio-economic group (25%) are more likely to be newer internet users, compared to all internet.
- There is a significant degree of overlap between newer and narrow internet users for older adults and DE adults, with newer users more likely to be narrow users of the internet. Narrow users are defined as those who carry out 1-6 of 17 types of online activity, and they comprise one in ten (11%) of all internet users.
- More than half of all non-users are aged 65 and over (62%) and half are in lower income households (50%).
- Nine in ten (90%) who go online on a smartphone or tablet use apps on these devices and there is a clear preference among app users for accessing content through apps rather than browsers for some types of content – unless they are searching for information, where browser use prevails
- Since 2013 there has been an increase in gaming on a smartphone and tablet, while console gaming has decreased. The overall volume of gaming (in terms of hours per week) is unchanged.
- Those aged 16-24 are more likely than all internet users to have looked for information online using YouTube (57% vs. 47%) and Twitter (30% vs. 19%).
- Twitter is also more likely to have been used by 25-34s (27%).
- 35-44 year olds are more likely to have ever used two information sources: YouTube (55% vs. 47%) and online recommendations from friends (49% vs. 40%).

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