



The National Mental Health
Stigma Reduction Partnership



MillwardBrown
Lansdowne

Public Attitudes Towards Mental Illness

A Benchmark Study for See Change



Face-to-Face interviews in the home



**Nationally representative sample
977 Adults aged 18+**



**Baseline study on attitudes towards mental
health problems**

Research co-funded by

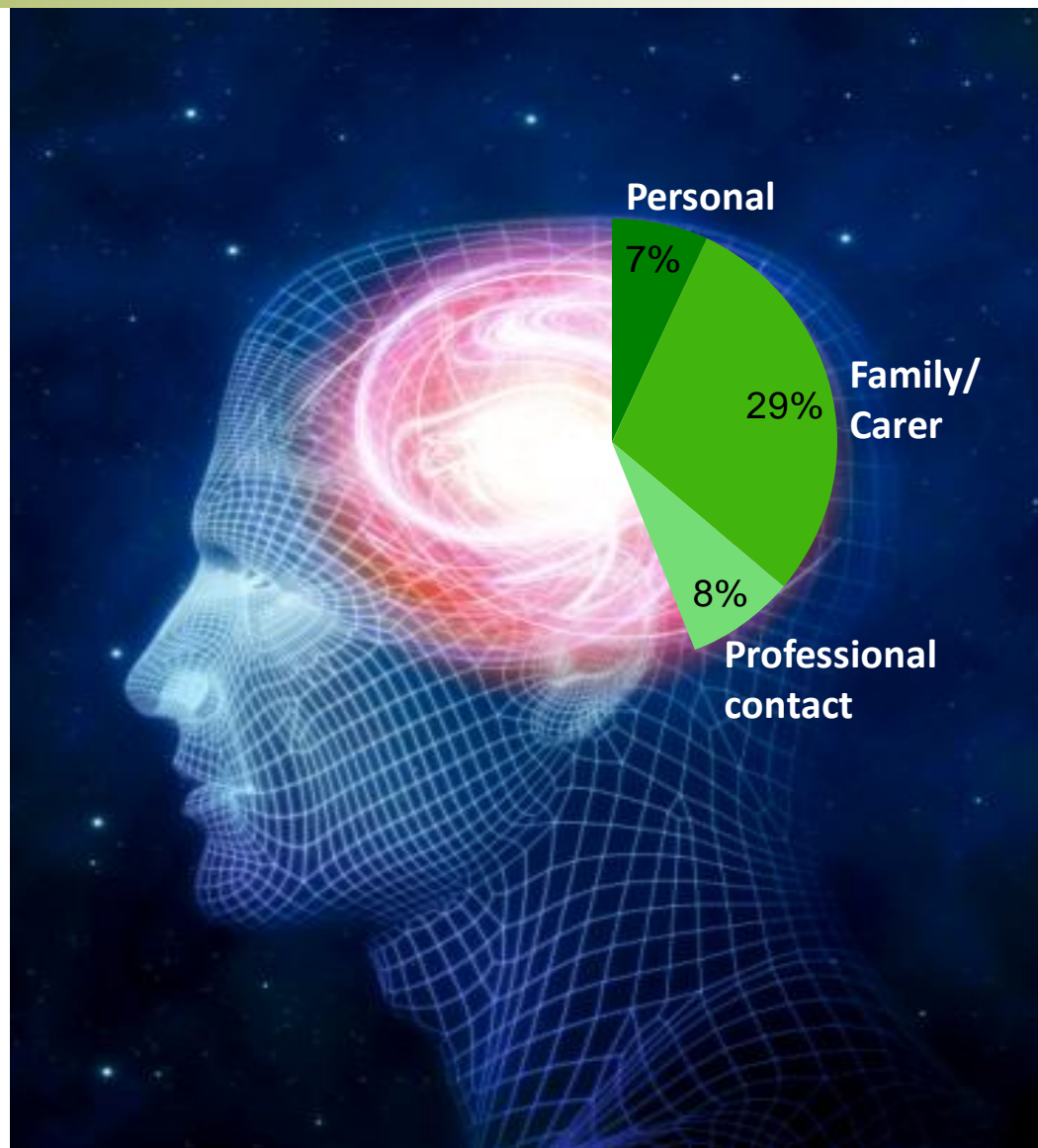


National Office
for Suicide Prevention



Low level of personal experience of mental health problems reported

6 in 10 have
NO Experience



Significant underreporting among key groups



 **55 – 64's – 5%**



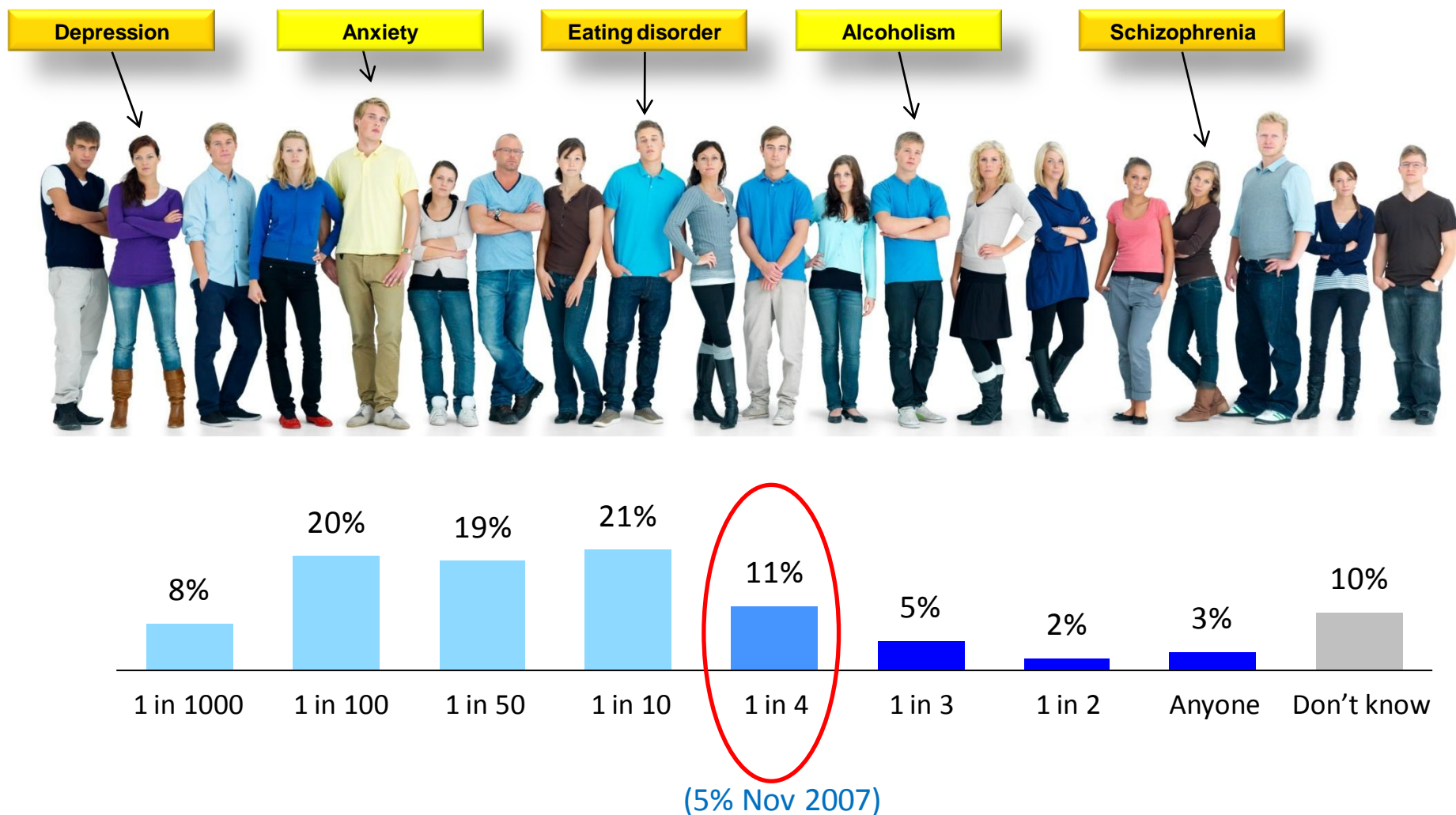
 **Farmers – 3%**



 **Living in Dublin – 5%**

Is this due to stigma or reality?

Irish people vastly underestimate mental health problems (vs WHO)




More education and information required to promote greater understanding



 7 in 10 Irish people strongly agree **VIRTUALLY ANYONE** can develop a mental health problem.

 Over 1 in 2 think mental health issues **VERY COMMON**
– **BUT NOT WELL UNDERSTOOD.**

 **ONLY 1 in 5 think MAJORITY WILL RECOVER**

 7 in 10 **RECOGNISE SYMPTOMS** of depression, but less than half recognise symptoms of schizophrenia.

Workplace strategy needed to promote open communication and integration



2 in 3 strongly agree those with **MENTAL HEALTH PROBLEMS** should have the **SAME RIGHTS** as others. **BUT:** Only 46% say this in respect of **JOB RIGHTS**.



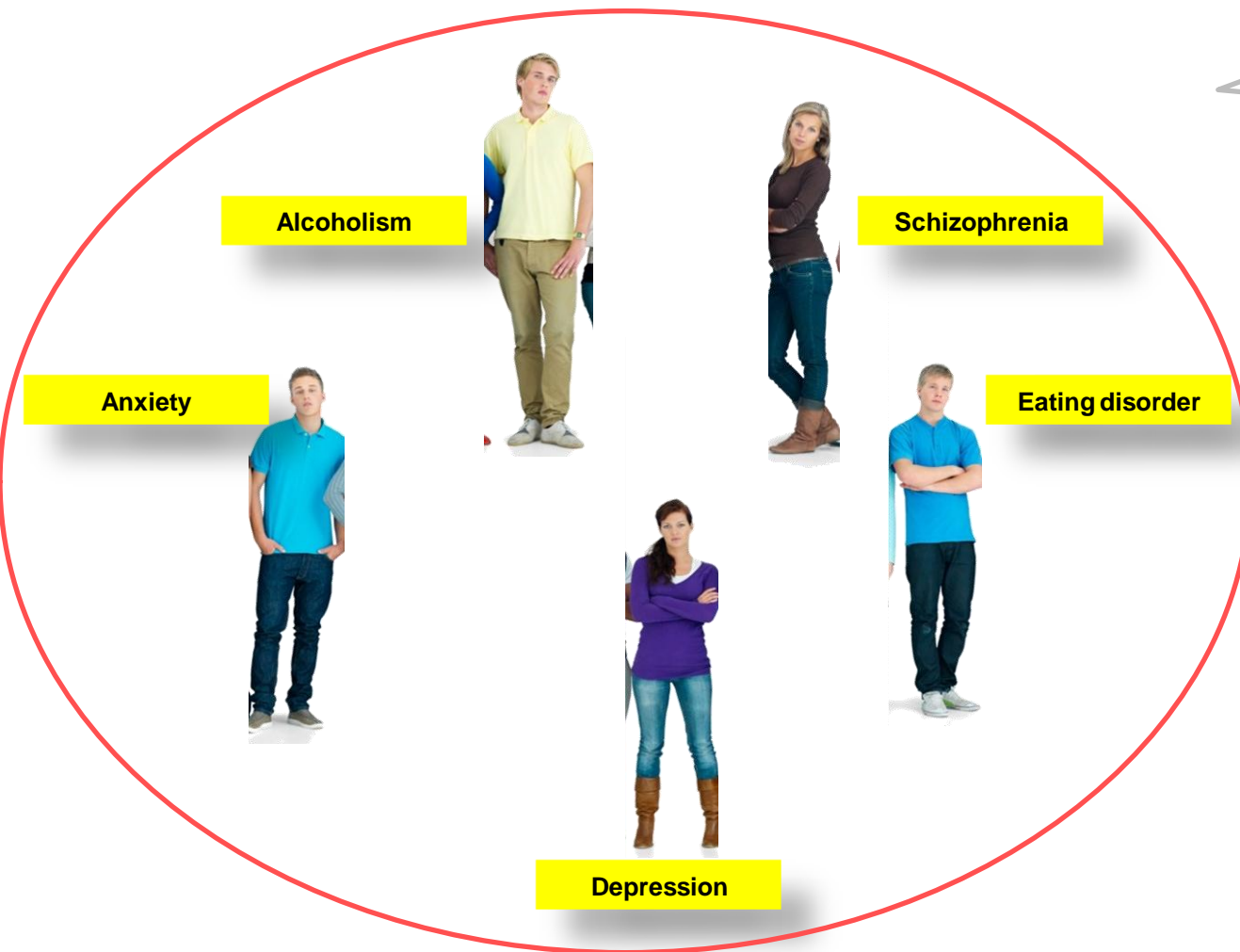
AND only 58% say that someone diagnosed with depression will go back to work within a year.



One in five say they would be **VERY COMFORTABLE WORKING WITH SOMEONE** with depression.

Stigma felt most keenly in the workplace

Workplaces less tolerant than neighbours for each of the 5 mental health problems



"I would deliberately conceal my diagnosis from co-workers/classmates"



No
50%

Yes
48%



Lack of information, poor understanding and lack of experience lead to stigma



3 in every 4 strongly agree that mental health **SHOULD BE OPENLY DISCUSSED.**



1 in 2 agree that they **WOULDN'T WANT OTHERS TO KNOW.**



1 in 4 agree it would be **HARD TO TALK TO SOMEONE** with mental health problems.

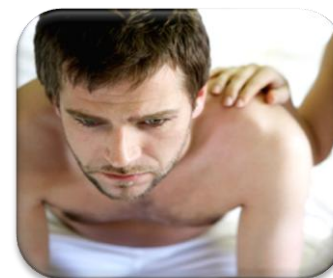
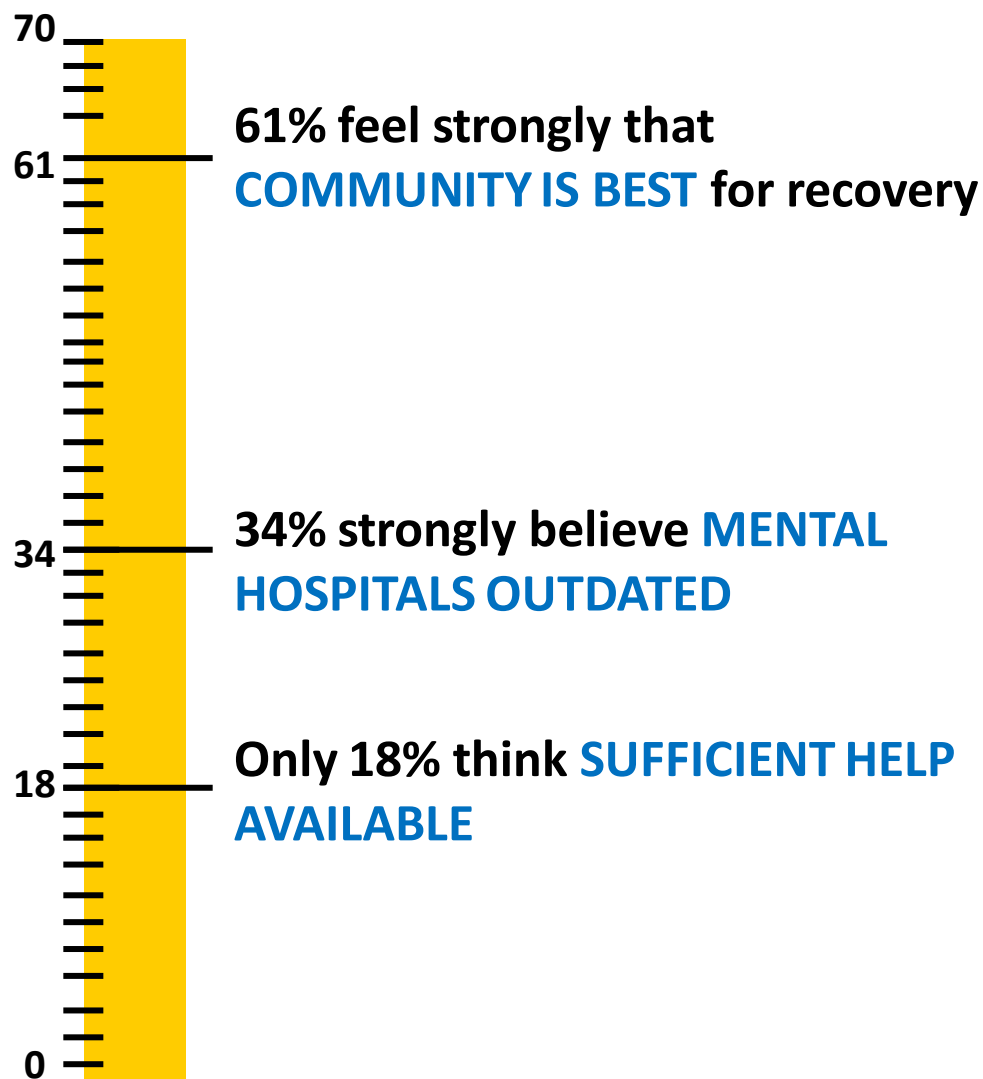
YET

Those with **DIRECT PERSONAL EXPERIENCE** are more open.

More community based initiatives needed to support people with mental health problems



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Bringing mental health problems out in the open will help those affected



Family & friends **THOUGHT
AS HELPFUL AS** mental health
professionals in dealing with
mental health

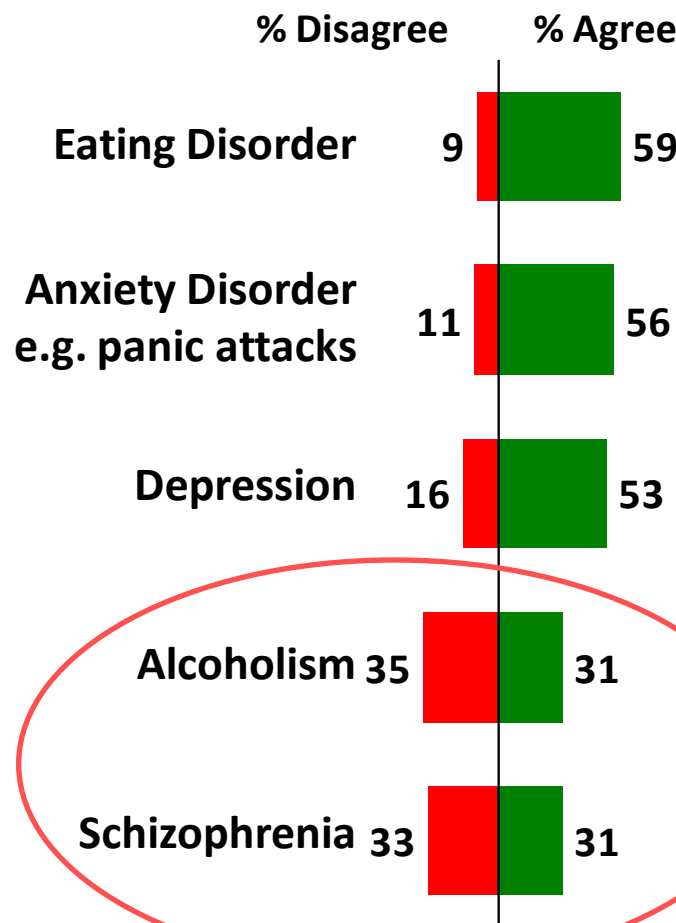


Social workers more helpful than
telephone counselling or internet sites






Many harbour reservations about those with mental health problems having children

Q. Should someone with mental health problems have children?





Due to stigma, people **HIDE**:

-  1 in 3 would hide mental health problems from **FRIENDS**
-  1 in 10 from **FAMILY**
-  1 in 3 say their family would hide diagnosis



**94% say they
would **OFFER SUPPORT****

Farmers feel stigma



57% would **NOT WANT OTHERS TO KNOW**



42% would **HIDE DIAGNOSIS** from friends



45% would **NOT KNOW WHAT TO DO TO
HELP** someone



35% would find it **HARD TO TALK TO
SOMEONE** with mental health problems



27% would **DELAY SEEKING HELP** for fear
of someone knowing about it

18-24 year old males vulnerable, in need of education



53% WOULD NOT KNOW WHAT TO DO TO HELP someone



29% would DELAY SEEKING HELP for fear of someone knowing about it



9% WOULD NOT SEEK PSYCHOLOGICAL HELP if diagnosed



11% say their partner WOULD WANT TO BREAK UP WITH THEM if diagnosed

Personal experience brings more hope, but lingering fears



Those with personal experience more likely to:



SEEK HELP - 94%



Believe in **RECOVERY** - 63%



Think that there are **INSUFFICIENT SERVICES** – 70%



KNOW WHAT TO DO - 55%

BUT



16% would **HIDE DIAGNOSIS** from family



5% say family would **NOT OFFER SUPPORT**



7% say partner **WOULD BREAK UP WITH THEM** as a result of diagnosis and 19% say they don't know

Some positive changes since 2007, but many challenges remain



Since the 2007 HSE Study:

- Some progress in **LESSENING STIGMA** (down to 50%)
- LESS DIFFICULTY TALKING** to someone (down to 25%)
- Higher belief in **EQUAL RIGHTS** (up to 89%)

BUT

- Clear evidence of need for **INITIATIVES**:
 - in the **WORKPLACE**
 - among **VULNERABLE GROUPS**, like farmers, 18-24 year old males
- INFORMATION AND EDUCATION** campaign remains essential

Thank You

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