Depression affects over 300 million people worldwide, regardless of culture, age, gender, religion, race or economic status.

Women in full-time employment are nearly twice as likely to have a common mental health issue as full-time employed men.

Women in the UK experience a mental health problem each year.

Depression is one of the most debilitating conditions in the world, with severe depression rated in the same disability category as terminal stage cancer.

In 2015, 5,668 suicides were recorded in Great Britain. Of these, 75% were made and 25% were female.

50% of mental health problems are established by age 14 and 75% by age 24.

Depression affects around 22% of men and 24% of women aged 65 years and over. It is estimated that 85% of older people with depression receive no help at all from the NHS.

Despite being on the increase, depression is actually one of the easiest disorders to treat successfully and quickly once you know how...