

## FACTS

Discover more information about depression at [www.hgi.org.uk](http://www.hgi.org.uk)

Depression affects over **300 million people worldwide**, regardless of culture, age, gender, religion, race or economic status.<sup>1</sup>



Approximately **1 in 4 people** in the UK will experience a mental health problem each year.<sup>2</sup>

Women in full-time employment are nearly **twice as likely to have a common mental health issue** as full-time employed men.<sup>3</sup>

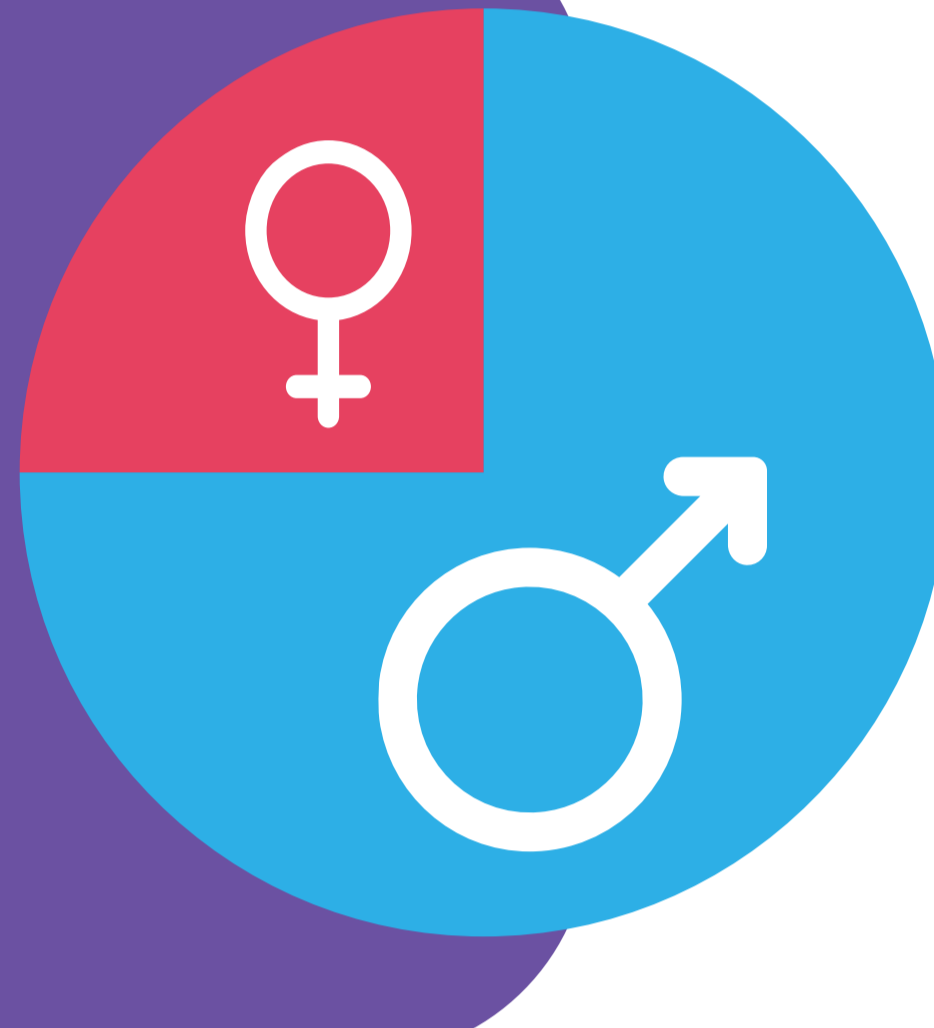
19.8%

10.9%



Depression is one of the most debilitating conditions in the world, with **severe depression rated in the same disability category as terminal stage cancer.**<sup>4</sup>

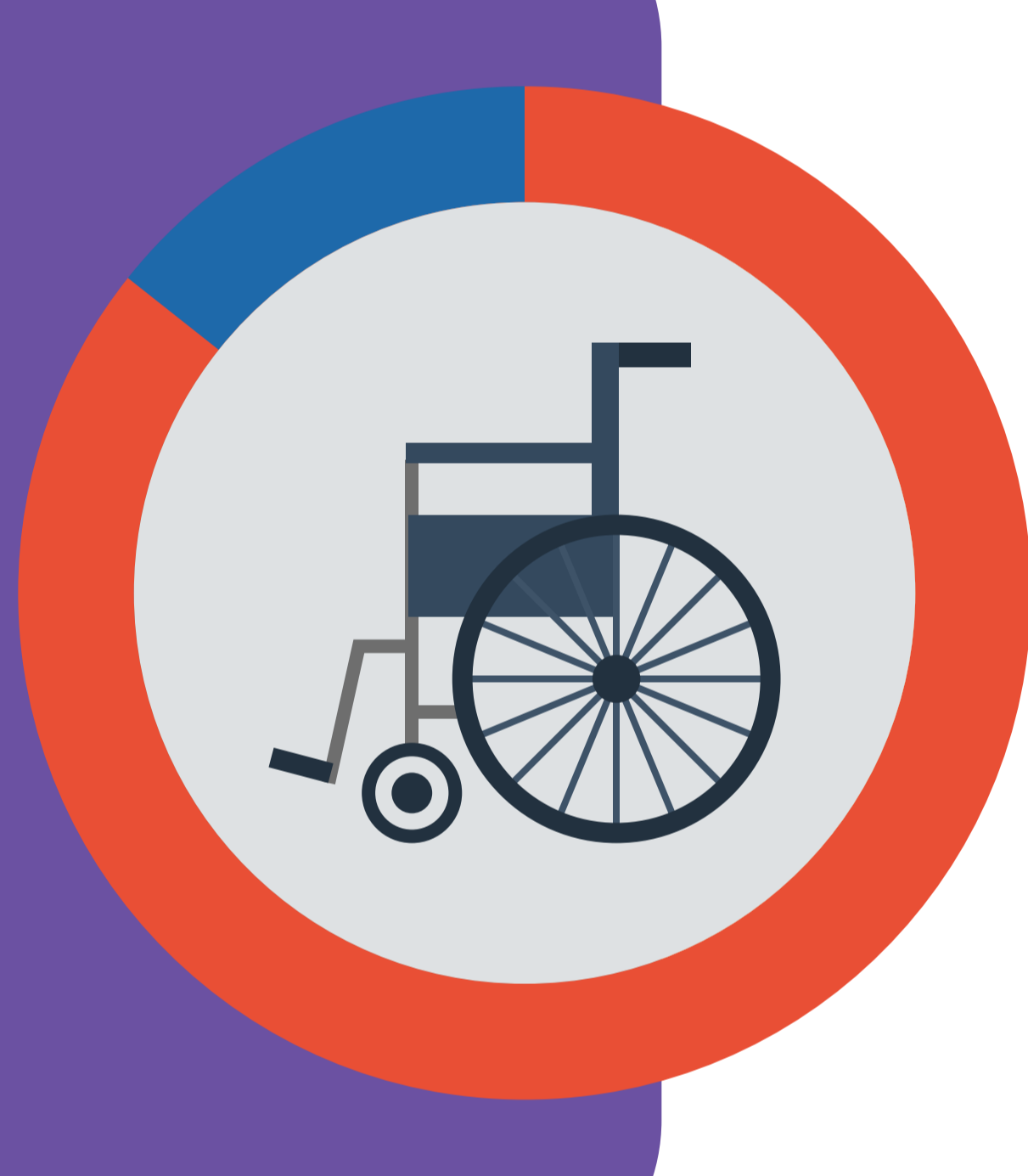
In 2016, 5,668 suicides were recorded in Great Britain. Of these, **75% were male and 25% were female.**<sup>5</sup>



**50%** of mental health problems are established by age 14 and **75%** by age 24.<sup>6</sup>



Depression affects around 22% of men and 28% of women aged 65 years and over<sup>7</sup>, yet it is estimated that **85% of older people with depression receive no help at all from the NHS.**<sup>8</sup>

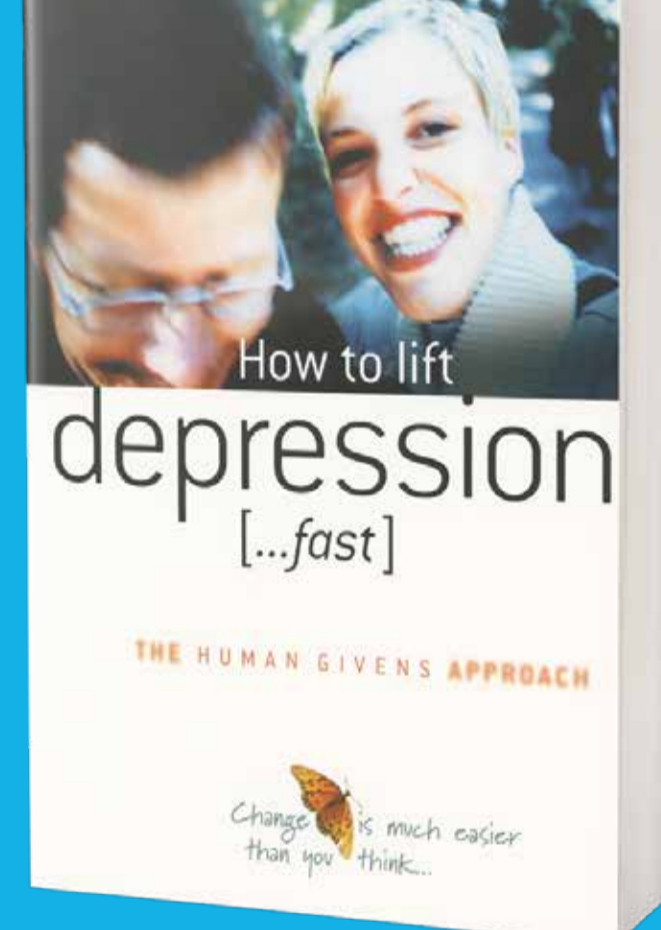


Despite being on the increase, depression is actually one of the easiest disorders to treat successfully and quickly – once you know how...

**How to lift depression... fast**  
The human givens approach

by Joe Griffin and Ivan Tyrrell

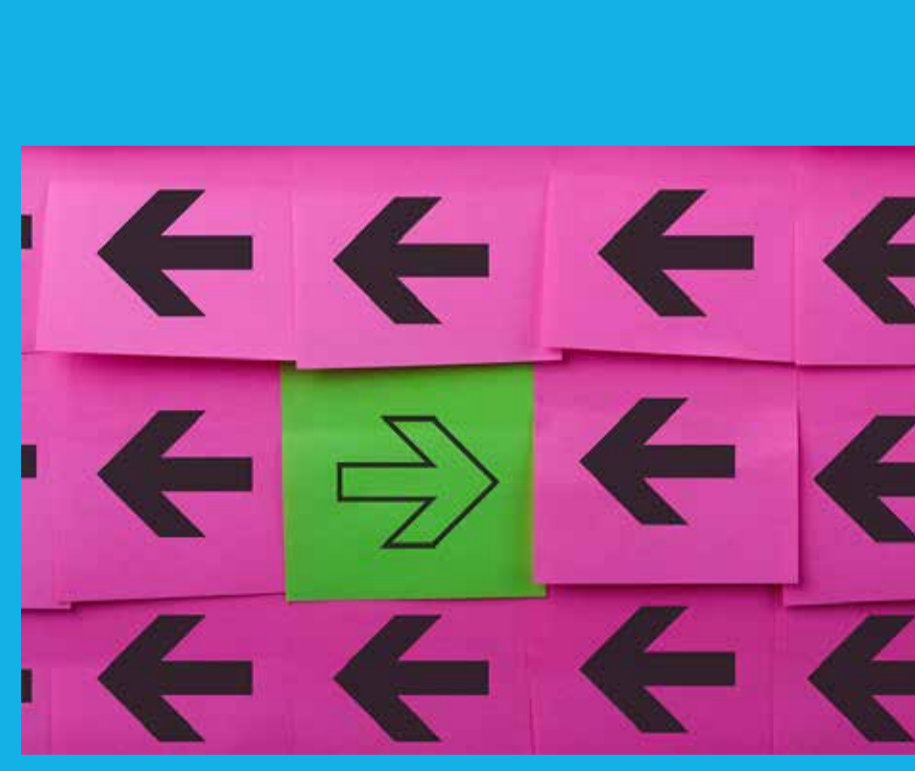
[bit.ly/HG-lift-depression-book](http://bit.ly/HG-lift-depression-book)



**How to break the cycle of depression**

Online Course

[bit.ly/HG-break-depression-course](http://bit.ly/HG-break-depression-course)



**How to lift depression – the practical skills you need**

One-day UK Course

[bit.ly/HG-lift-depression-course](http://bit.ly/HG-lift-depression-course)



Human Givens

Find out more about the human givens (HG) approach to mental health and wellbeing visit:

[www.hgi.org.uk](http://www.hgi.org.uk)

References:

1. World Health Organization, Media Centre, Depression Fact Sheet, Updated February 2017.
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3. Stansfeld, S., Clark, C., Bebbington, P., King, M., Jenkins, R., & Hinchliffe, S. (2016). Chapter 2: Common mental disorders. In S. McManus, P. Bebbington, R. Jenkins, & T.Brugha (Eds.), Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014. Leeds: NHS Digital.
4. World Health Organization. The Global Burden of Disease: 2004 update. Available at [http://www.who.int/healthinfo/global\\_burden\\_disease/2004\\_report\\_update/en/](http://www.who.int/healthinfo/global_burden_disease/2004_report_update/en/)
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6. Kessler RC, Berglund P, Demler O, Jin R, Merikangas KR, Walters EE. (2005). Lifetime Prevalence and Age-of-Onset Distributions of DSM-IV Disorders in the National Comorbidity Survey Replication. Archives of General Psychiatry, 62 (6) pp. 593-602. doi:10.1001/archpsyc.62.6.593.
7. Health and Social Care Information Centre, (2007). Health Survey for England, 2005: Health of Older People. [online] Available at: <http://www.hscic.gov.uk/pubs/hse05olderpeople> [Accessed 14 Sep. 2015].
8. Smyth, C. (2014). Depression in old age 'is the next big health crisis'. The Times. [online] Available at: <http://www.thetimes.co.uk/tto/health/news/article4057224.ece> [Accessed 15 Sep. 2015].