

Let's discuss

Are mental health problems common?

One in four people experiences a mental health problem each year. This shows that mental health problems are quite common, although the number has not changed for several years (i.e. not increased). The statistic for children is one in eight, so less common.

What treatment can people with mental health conditions have?

Most treatment for people with mental health conditions is community-based, including talking therapy, group counselling or medication. On the Isle of Man, these services are available from 'Isle Listen'. Some mental health conditions require treatment in a specialised treatment centre or hospital, but these are almost always voluntarily chosen by the person involved or their family.

Does OCD mean someone likes to keep things clean, organised and tidy?

Obsessive compulsive disorder (OCD) is a type of anxiety disorder that includes 'obsessions' such as worries, doubts or unwelcome thoughts that constantly appear, and 'compulsions' – repetitive activities that are caused by the obsessions, e.g. repeatedly checking doors are locked or repeating comforting phrases. Although it sometimes manifests in repetitive cleaning and tidying, this is not an accurate understanding of the illness.

Are most people with mental health concerns able to treat their condition and lead full, happy lives?

Although it is not easy, and every day presents challenges, most people with a mental health issue continue to contribute to society and lead a happy life. With the right treatment, support and care, many conditions can be successfully managed.

Can seeking early treatment improve the chances of good mental health recovery for someone who has a mental health condition?

We know that, on average, there is a considerable delay between someone experiencing first symptoms of poor mental health and seeking treatment (often many years). This delay can be for many reasons (e.g. stigma, not knowing where to get help etc.). The main reason, however, is because people are unaware that they are unwell. There is really good evidence with most mental health conditions that early treatment-seeking can increase the chances of recovery.

Are LGBT+ people statistically at greater risk of developing a mental health issue?

LGBT+ people of all ages are more likely to experience a mental health problem due to other challenges, such as bullying, discrimination or questions about identity. This is why the government has committed to prioritising support for LGBT+ people to access mental health services should they need them.

Can you tell if someone has a mental health problem just by looking at them?

Most mental health issues are not visible to others, in the way that physical conditions can be. This is one of the reasons why mental health can be harder to talk about than physical health.

Are people with mental health concerns violent or dangerous?

People with mental health issues are no more likely to be violent than anyone else.

Can everyone do things to promote their mental health?

Yes, the following lessons aim to support young people to develop strategies and techniques to support mental health.