

YouGov / UCL Survey Results

Sample Size: 1545 adults aged 16-25 in GB

Fieldwork: 13th June - 7th July 2025

Weighted Sample Unweighted Sample		Gender		Age			Social Grade		Nation			Region in England				Education Level			Work Status		
	Total	Male	Female	16-19	20-21	22-25	ABC1	C2DE	England	Wales	Scotland	North	Midlands	London	Rest of South	Low	Medium	High	Working	Student	Not in work/education
	1545	783	762	662	341	542	1200	345	1341	74	130	379	266	219	477	291	863	391	556	788	201
	1545	748	797	671	323	551	1202	343	1333	78	134	378	254	211	490	293	857	395	538	818	189
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

Have you ever experienced mental health difficulties ?

[Excluding those that refused to answer; n=1450]

Yes, currently	32	25	38	28	40	30	30	36	31	34	36	31	36	26	31	27	33	30	25	33	47
Yes, in the past	32	31	34	32	31	34	33	31	32	28	35	35	26	30	35	31	32	34	37	32	21
No	31	39	22	33	25	31	31	28	31	31	26	32	31	35	29	35	29	30	35	29	26
Don't know	5	5	6	6	5	4	5	5	5	8	3	2	7	9	6	6	5	6	4	6	5

As far as you are aware, have any of your friends or family ever struggled with their mental health?

Yes, several of my friends or family who have struggled with their mental health	59	50	69	58	60	60	59	59	58	72	63	61	53	46	65	56	58	65	55	63	58
Yes, one of my friends or family has struggled with their mental health	21	25	17	22	23	19	22	19	21	13	23	19	24	25	20	20	22	18	23	20	20
No, none of my friends or family have struggled with their mental health	10	13	6	9	9	12	9	11	10	9	6	11	10	16	7	10	10	9	14	7	9
Don't know	6	8	4	7	5	5	6	6	6	3	5	4	8	7	6	10	5	5	5	6	10
Prefer not to say	4	4	4	4	3	4	4	5	4	2	3	4	4	7	3	4	4	3	4	4	4

You previously said that you have friends or family members who have struggled with their mental health.

Have you ever needed to help them in any way?

[Shown only to respondents who have friends or family who have experienced mental health difficulties; n=1250]

Yes, I have provided help on several occasions	42	39	44	40	40	45	40	47	41	43	46	45	35	39	42	39	41	45	44	40	44
Yes, I have provided help once or twice	34	33	35	35	36	32	35	32	35	35	32	32	32	39	36	37	34	34	34	36	30
No, they have not needed help from me	19	23	16	21	18	18	20	16	20	20	14	18	25	20	19	21	20	17	18	20	19
Don't know	3	3	3	3	3	3	3	3	3	1	4	3	5	2	2	2	3	3	2	3	5
Prefer not to say	2	2	1	1	2	2	2	1	2	0	4	2	3	1	1	1	2	2	2	1	1

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Weighted Sample	1545	783	762	662	341	542	1200	345	1341	74	130	379	266	219	477	291	863	391	556	788	201
Unweighted Sample	1545	748	797	671	323	551	1202	343	1333	78	134	378	254	211	490	293	857	395	538	818	189
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

Imagine you were looking for mental health support.
How confident are you, if at all, that you would know
where to find support?

Very confident	14	17	11	14	15	15	15	13	14	19	12	15	15	19	11	15	15	13	17	14	12
Fairly confident	54	52	56	56	53	53	56	47	55	40	52	56	50	55	57	54	54	55	55	56	46
TOTAL CONFIDENT	68	69	67	70	68	68	71	60	69	59	64	71	65	74	68	69	69	68	72	70	58
Not very confident	23	22	24	22	24	24	22	26	22	28	28	21	25	18	23	19	23	25	22	22	29
Not at all confident	5	5	5	5	6	5	5	7	5	12	4	4	5	4	6	8	5	4	4	5	8
TOTAL NOT CONFIDENT	28	27	29	27	30	29	27	33	27	40	32	25	30	22	29	27	28	29	26	27	37
Don't know	3	4	3	4	2	3	3	6	3	1	5	3	4	4	2	4	3	3	2	3	5

You previously said that you have previously
experienced, or are currently experiencing mental health
difficulties. Have you ever approached any of the
following for help and advice? Please tick all that apply.
*[Shown only to respondents who have experienced mental
health difficulties; n=933]*

Friends	53	50	55	52	54	53	54	48	53	50	56	53	48	54	54	50	55	50	52	55	47
Family members	47	44	49	48	50	43	47	46	47	36	51	48	43	37	52	52	48	40	41	51	46
GP	41	31	50	27	48	54	40	47	41	45	40	41	44	39	41	28	41	52	51	35	39
Online searches	31	26	36	28	31	35	32	30	32	21	27	33	33	27	34	29	32	33	30	33	30
Therapist via the NHS (e.g. Talking Therapies or IAPT Services)	28	21	34	18	35	36	30	25	30	18	18	33	33	29	27	14	29	36	31	26	31
School counsellor	28	20	33	30	29	23	27	29	28	32	23	29	24	30	28	32	28	25	22	32	26
Private therapist	24	17	29	21	21	29	25	19	23	23	32	20	19	27	26	22	22	29	28	21	25
Referral to CAMHS	22	15	27	23	25	18	22	23	22	21	18	24	25	22	20	30	23	14	16	23	29
Teachers	22	16	26	30	20	13	23	17	22	26	22	24	18	16	25	28	25	10	16	26	22
School nurse	7	5	9	8	7	5	8	4	7	2	4	7	7	6	8	8	7	6	6	7	9
Colleagues	6	6	5	4	4	9	6	4	5	4	7	6	5	3	6	5	4	8	10	3	4
Other [See Tab 1]	4	3	5	4	3	5	4	5	4	8	2	4	4	1	5	4	3	6	4	4	5
I have not approached anyone for help with my mental health	11	16	7	14	8	10	10	15	10	13	15	9	10	11	12	10	11	12	11	11	10
Don't know	1	1	0	0	0	1	1	1	1	0	0	0	0	3	1	1	1	1	1	0	1
Prefer not to say	2	3	1	2	2	1	2	2	2	0	0	3	3	1	1	2	2	1	1	1	4

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	1545	748	797	671	323	551	1202	343	1333	78	134	378	254	211	490	293	857	395	538	818	189
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Unweighted Sample																					

You previously said that you have approached each of the following for help and advice with your mental health. Generally speaking, how helpful, if at all, did you find their advice?

GP

[Shown only to those who said they had approached their GP; n=388]

Very helpful	11	9	11	12	11	9	11	10	11	5	8	12	9	7	14	11	12	9	7	14	10
Fairly helpful	42	48	39	33	39	49	43	38	42	19	51	48	39	31	43	26	39	51	43	42	36
TOTAL HELPFUL	53	57	50	45	50	58	54	48	53	24	59	60	48	38	57	37	51	60	50	56	46
Not very helpful	33	29	35	38	32	30	33	33	33	33	34	26	30	49	34	31	36	28	37	29	33
Not at all helpful	13	11	13	15	16	9	12	15	12	34	8	11	17	14	9	27	11	10	11	13	15
TOTAL NOT HELPFUL	46	40	48	53	48	39	45	48	45	67	42	37	47	63	43	58	47	38	48	42	48
Don't know	2	3	2	2	2	2	2	3	2	9	0	3	5	0	0	5	2	2	2	1	6

Therapist via the NHS (e.g. Talking Therapies or IAPT Services)

[Shown only to those who said they had approached a therapist via the NHS; n=267]

Very helpful	17	22	15	11	20	19	17	17	16	14	39	13	17	18	17	17	18	15	17	16	21
Fairly helpful	39	32	43	37	42	39	41	34	41	36	20	39	44	46	38	26	37	47	41	40	35
TOTAL HELPFUL	56	54	58	48	62	58	58	51	57	50	59	52	61	64	55	43	55	62	58	56	56
Not very helpful	24	23	25	24	18	29	24	26	24	23	29	22	26	22	25	30	25	20	28	24	15
Not at all helpful	17	21	16	23	18	13	16	23	17	27	12	24	14	6	18	23	16	17	13	17	29
TOTAL NOT HELPFUL	41	44	41	47	36	42	40	49	41	50	41	46	40	28	43	53	41	37	41	41	44
Don't know	2	2	2	4	3	1	3	0	2	0	0	3	0	9	1	4	3	0	1	4	0

School counsellor

[Shown only to those who said they had approached a school counsellor; n=261]

Very helpful	16	20	13	18	13	15	15	16	13	28	33	14	8	23	11	15	15	18	10	18	15
Fairly helpful	33	39	30	33	36	31	35	27	33	32	34	23	40	26	41	26	40	22	29	34	36
TOTAL HELPFUL	49	59	43	51	49	46	50	43	46	60	67	37	48	49	52	41	55	40	39	52	51
Not very helpful	30	23	34	29	28	35	31	27	32	19	24	41	25	21	32	37	24	41	35	29	27
Not at all helpful	19	15	21	19	24	17	16	30	20	22	9	20	22	30	15	22	20	16	23	17	22
TOTAL NOT HELPFUL	49	38	55	48	52	52	47	57	52	41	33	61	47	51	47	59	44	57	58	46	49
Don't know	2	2	1	2	0	3	2	0	2	0	0	1	5	0	1	0	1	3	3	1	0

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	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

School nurse

[Shown only to those who said they had approached a school nurse; n=64]

Very helpful	9	11	9	6	6	19	11	0	9	0	27	14	0	14	7	7	8	16	16	6	9
Fairly helpful	22	27	20	25	20	17	22	22	22	0	24	26	17	14	24	31	21	14	10	26	29
TOTAL HELPFUL	31	38	29	31	26	36	33	22	31	0	51	40	17	28	31	38	29	30	26	32	38
Not very helpful	42	33	45	47	26	46	43	33	40	100	49	19	46	57	46	30	44	46	53	41	25
Not at all helpful	27	29	26	22	47	19	24	44	29	0	0	41	37	15	23	32	27	24	21	27	37
TOTAL NOT HELPFUL	69	62	71	69	73	65	67	77	69	100	49	60	83	72	69	62	71	70	74	68	62
Don't know	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Referral to CAMHS

[Shown only to those who said they had a referral to CAMHS; n=205]

Very helpful	9	15	7	13	5	8	9	10	10	10	6	10	10	8	10	6	10	13	10	10	6
Fairly helpful	19	14	22	18	25	16	21	12	18	9	36	12	24	19	20	18	19	21	19	24	6
TOTAL HELPFUL	28	29	29	31	30	24	30	22	28	19	42	22	34	27	30	24	29	34	29	34	12
Not very helpful	27	30	27	25	17	41	24	40	28	19	30	29	36	23	23	25	26	36	29	22	41
Not at all helpful	42	35	45	43	51	32	44	37	43	52	29	49	26	49	45	50	42	28	40	41	48
TOTAL NOT HELPFUL	69	65	72	68	68	73	68	77	71	71	59	78	62	72	68	75	68	64	69	63	89
Don't know	2	7	0	1	2	3	2	2	2	10	0	0	3	0	4	0	2	3	2	3	0

Private therapist

[Shown only to those who said they approached a private therapist; n=226]

Very helpful	40	48	37	29	48	46	41	35	39	55	45	47	38	42	33	29	40	47	43	43	25
Fairly helpful	34	28	36	34	31	35	33	38	34	36	31	34	44	30	32	33	33	34	36	30	39
TOTAL HELPFUL	74	76	73	63	79	81	74	73	73	91	76	81	82	72	65	62	73	81	79	73	64
Not very helpful	17	12	19	24	10	14	16	19	18	8	14	13	7	16	25	29	15	14	11	15	36
Not at all helpful	8	9	8	12	6	5	9	5	8	0	10	6	11	12	6	8	10	4	9	10	0
TOTAL NOT HELPFUL	25	21	27	36	16	19	25	24	26	8	24	19	18	28	31	37	25	18	20	25	36
Don't know	1	3	1	1	5	0	1	2	2	0	0	0	0	0	4	0	3	0	1	2	0

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	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

Friends

[Shown only to those who said they approached friends;
n=494]

Very helpful	31	36	28	29	36	31	32	30	32	35	25	36	30	32	30	27	32	31	28	33	32
Fairly helpful	57	57	57	58	54	59	56	61	58	44	58	51	58	61	62	52	59	57	60	56	53
TOTAL HELPFUL	88	93	85	87	90	90	88	91	90	79	83	87	88	93	92	79	91	88	88	89	85
Not very helpful	10	7	12	11	9	8	10	8	9	16	13	12	13	7	6	19	7	9	10	9	12
Not at all helpful	1	0	1	2	0	0	1	0	0	5	2	0	0	0	1	1	1	0	1	0	0
TOTAL NOT HELPFUL	11	7	13	13	9	8	11	8	9	21	15	12	13	7	7	20	8	9	11	9	12
Don't know	1	0	2	1	1	2	1	1	1	0	2	1	0	0	2	1	1	2	1	1	3

Family members

[Shown only to those who said they approached family members; n=438]

Very helpful	25	31	21	26	30	21	27	20	26	31	23	31	20	25	24	29	26	21	20	29	22
Fairly helpful	45	45	45	41	45	50	45	46	44	46	58	48	35	49	43	41	46	45	52	42	43
TOTAL HELPFUL	70	76	66	67	75	71	72	66	70	77	81	79	55	74	67	70	72	66	72	71	65
Not very helpful	23	19	26	27	18	20	22	26	24	23	15	16	32	21	26	25	22	23	21	23	24
Not at all helpful	5	3	6	4	5	6	5	5	5	0	4	3	11	2	5	2	4	10	5	4	7
TOTAL NOT HELPFUL	28	22	32	31	23	26	27	31	29	23	19	19	43	23	31	27	26	33	26	27	31
Don't know	2	2	2	1	1	3	1	2	2	0	0	3	2	2	1	2	2	1	2	1	3

Teachers

[Shown only to those who said they approached teachers;
n=207]

Very helpful	16	19	15	15	28	9	16	16	17	19	10	15	20	17	17	11	20	4	15	17	16
Fairly helpful	46	46	46	48	41	43	45	47	47	33	39	47	57	39	46	54	41	57	47	49	29
TOTAL HELPFUL	62	65	61	63	69	52	61	63	64	52	49	62	77	56	63	65	61	61	62	66	45
Not very helpful	27	25	28	29	18	33	30	14	26	23	41	26	16	38	27	24	28	27	30	25	30
Not at all helpful	9	7	10	8	11	11	6	22	8	18	10	9	4	5	11	9	9	8	4	8	25
TOTAL NOT HELPFUL	36	32	38	37	29	44	36	36	34	41	51	35	20	43	38	35	37	35	34	33	55
Don't know	2	3	1	1	2	4	2	0	2	8	0	4	4	0	0	0	2	4	4	2	0

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	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

Colleagues

[Shown only to those who said they approached colleagues;
n=51]

Very helpful	18	24	12	20	14	18	19	11	15	50	31	21	0	34	12	11	22	16	16	12	44
Fairly helpful	56	40	73	54	36	64	55	62	62	50	19	60	86	66	54	39	51	70	70	48	0
TOTAL HELPFUL	74	64	85	74	50	82	74	73	77	100	50	81	86	100	66	50	73	86	86	60	44
Not very helpful	16	24	8	7	50	10	14	26	14	0	35	7	14	0	23	13	23	10	10	27	18
Not at all helpful	4	4	4	6	0	3	4	0	2	0	15	7	0	0	0	12	4	0	0	6	18
TOTAL NOT HELPFUL	20	28	12	13	50	13	18	26	16	0	50	14	14	0	23	25	27	10	10	33	36
Don't know	6	8	4	14	0	4	7	0	7	0	0	7	0	0	11	25	0	5	3	6	20

Online searches

[Shown only to those who said conducted online searches;
n=297]

Very helpful	10	11	9	9	10	11	9	13	9	10	16	10	11	14	7	4	14	5	13	9	8
Fairly helpful	56	60	54	51	60	60	58	53	58	20	49	49	67	69	58	62	53	61	61	55	51
TOTAL HELPFUL	66	71	63	60	70	71	67	66	67	30	65	59	78	83	65	66	67	66	74	64	59
Not very helpful	27	21	31	34	21	25	28	27	27	28	36	34	18	17	28	30	26	29	22	31	30
Not at all helpful	4	5	3	4	6	3	3	7	3	32	0	4	2	0	4	3	4	4	2	3	11
TOTAL NOT HELPFUL	31	26	34	38	27	28	31	34	30	60	36	38	20	17	32	33	30	33	24	34	41
Don't know	2	3	2	3	3	2	3	1	2	10	0	3	2	0	3	2	3	1	2	3	0

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	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Unweighted Sample																					

Which of the following, if any, best describes why you found their advice helpful? Please tick all that apply.

[Shown only to respondents who had sought advice from one of the listed sources, and found at least one helpful; n=736]

Being able to share my feelings/experiences with someone else	75	74	77	76	74	76	75	75	75	88	74	77	73	72	75	73	75	78	72	78	74
They gave me practical tips to improve my mental health	49	50	49	47	46	55	51	45	50	40	50	52	49	53	47	38	50	54	50	50	43
I learnt new skills to deal with situations/feelings	43	38	46	41	38	48	43	44	42	50	53	42	40	43	42	41	43	43	46	43	36
Hearing about their personal experiences	35	40	31	38	31	33	33	42	34	32	45	36	32	36	32	33	36	32	34	36	31
I was challenged in a helpful way	25	24	25	23	23	27	24	27	25	22	26	24	23	33	23	23	24	28	25	26	17
Something else [See Tab 2]	4	4	4	2	3	6	3	5	4	8	3	2	4	2	6	2	4	5	5	3	4
Don't know	4	4	4	4	6	3	4	5	4	3	5	3	3	6	5	9	3	2	3	3	8

Which of the following, if any, best describes why you found their advice unhelpful?

[Shown only to respondents who had sought advice from one of the listed sources, and found at least one unhelpful; n=496]

They didn't listen to me or dismissed my concerns	42	36	45	40	42	45	42	42	42	43	40	46	47	40	38	44	41	42	43	41	45
I didn't connect with the therapist	38	34	40	40	37	37	39	36	39	32	33	37	33	39	44	37	39	37	30	41	45
They didn't provide any practical tips to improve my mental health	37	38	37	38	37	37	35	44	37	49	32	35	39	39	37	44	35	37	35	37	43
I didn't think that what we talked about was relevant to me	33	25	37	33	30	36	35	29	33	40	34	36	36	22	33	37	31	37	37	32	29
The tips they gave were not things I could realistically incorporate into my life	32	25	36	32	30	34	34	28	32	56	21	26	30	34	37	30	32	33	30	34	31
I couldn't relate to them	24	28	22	25	21	26	24	26	25	28	17	23	28	12	30	20	26	23	22	23	33
I didn't have enough time to attend sessions	7	8	7	7	9	6	7	7	7	4	11	9	7	2	8	6	9	4	8	8	1
I would have preferred the session to be online	5	4	5	4	2	7	5	5	4	8	9	5	5	5	3	1	6	4	6	3	8
I would have preferred the session to be in person	2	3	2	3	2	1	2	3	2	0	2	3	1	0	2	5	1	2	2	1	3
Something else [See Tab 3]	12	11	12	10	11	15	11	15	12	21	8	13	11	6	13	10	11	15	13	11	14
Don't know	10	13	9	10	11	10	9	14	10	8	18	9	9	7	12	16	9	9	10	10	11

Sample Size: 1545 adults aged 16-25 in GB
Fieldwork: 13th June - 7th July 2025

Weighted Sample		Gender		Age			Social Grade		Nation			Region in England				Education Level			Work Status		
	Total	Male	Female	16-19	20-21	22-25	ABC1	C2DE	England	Wales	Scotland	North	Midlands	London	Rest of South	Low	Medium	High	Working	Student	Not in work education
	1545	783	762	662	341	542	1200	345	1341	74	130	379	266	219	477	291	863	391	556	788	201
	1545	748	797	671	323	551	1202	343	1333	78	134	378	254	211	490	293	857	395	538	818	189
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Unweighted Sample																					

Which of the following, if any, do you think has the most **NEGATIVE** impact on your mental health? Please choose one.

Your school or college/university	17	14	20	26	14	7	17	16	17	12	19	14	17	13	20	26	17	7	6	24	15
Your finances/how much money you have	16	17	14	11	18	20	15	19	17	14	7	20	15	14	16	9	15	21	20	12	16
Your job	9	9	9	3	8	16	9	9	8	12	10	9	7	10	8	6	6	17	18	3	6
Your family	9	6	12	11	6	8	9	8	9	7	8	8	9	10	10	11	9	8	7	10	12
Romantic relationships	8	12	5	8	9	9	9	7	8	7	9	7	10	11	8	8	8	10	10	7	9
Your diet	6	6	5	6	8	4	6	5	6	3	7	6	7	7	6	6	7	4	6	7	5
Your friends	4	4	4	7	3	1	4	3	3	6	8	3	2	5	4	6	4	1	3	5	2
Your housing situation	3	3	4	1	3	6	3	4	3	4	5	4	2	3	3	2	3	4	5	2	2
Your alcohol consumption	2	3	2	2	2	4	2	2	3	0	1	4	3	2	2	1	3	3	3	2	3
Something else [See Tab 4]	10	9	11	10	12	10	9	12	10	15	9	10	10	7	11	10	10	10	7	11	15
Don't know	16	18	14	16	17	16	16	15	16	20	16	17	16	18	14	14	17	14	15	17	14

How likely or unlikely do you think it is that you will need mental health support in the next 12 months?

Very likely	10	7	12	9	11	10	9	11	10	11	10	10	11	8	10	10	10	9	7	10	15
Fairly likely	22	18	26	21	24	22	22	20	22	21	25	23	20	20	23	18	23	23	18	24	23
TOTAL LIKELY	32	25	38	30	35	32	31	31	32	32	35	33	31	28	33	28	33	32	25	34	38
Not very likely	37	37	38	40	34	36	37	37	37	36	38	36	39	37	37	40	36	38	38	38	32
Not at all likely	20	26	13	19	21	20	20	19	20	22	19	20	18	22	19	20	20	19	25	17	16
TOTAL NOT LIKELY	57	63	51	59	55	56	57	56	57	58	57	56	57	59	56	60	56	57	63	55	48
Don't know	12	11	12	11	10	13	11	13	12	10	9	11	13	14	12	12	11	12	12	11	14

Thinking about research into mental health, which of the following do you think it is more important to research?

Social factors – how poverty, inequality, discrimination and relationship difficulties can impact someone's mental health, and creating new treatments/changes to help with these	32	36	28	34	35	28	33	30	32	35	32	31	30	33	33	30	33	30	30	34	28
Biological factors – how the brain works to make us feel the way we do, how our genes shape who we are, and creating new treatments/changes to help with these	9	10	8	10	7	9	9	8	9	8	11	9	12	8	7	9	9	8	11	8	7
A combination of both social and biological factors	55	49	62	52	56	59	55	55	56	53	52	58	53	52	57	55	53	59	56	54	58
Don't know	4	5	3	4	3	4	3	7	4	4	5	2	4	7	3	7	4	2	3	3	7