

60% of Irish people know someone with mental illness

MENTAL HEALTH 2

BY MIRROR REPORTER

SIX-in-10 people know someone who's struggled with mental illness, a study revealed yesterday.

In the 18 to 34-year-old age group 61% said they knew one sufferer.

Research from Royal London found anxiety disorders were the most common illness.

Spokeswoman Colette Houton said: "The factors affecting mental health are complex, but thankfully the stigma surrounding the topic is being broken.

"The high incidence of mental health issues – as evidenced by these figures, – perhaps relate, in part at least, to the effects of the social, professional and personal pressures we increasingly live with.

"It could also be that, as a nation, we are now more aware of the importance of mental health and are more comfortable with addressing the topic."

The findings are similar to a 2013 study by the Royal College of Surgeons in Ireland.

