

# Let's Talk About Mental Health.

**Giving a voice to all people whose lives are affected by mental health.**

Mental health is everyone's business. Everyone has it, and everyone needs to take care of it. However, due to the lack of understanding that surrounds mental health, many either choose not to seek help or when they do feel confident enough to seek advice, they are met with misinformation, discrimination and stigma. But, if we come together to understand the complexities of mental health, we can help change attitudes towards it, and bring individuals, families and members of the community together. Whatever their background, and wherever they are from.

**16 MILLION**

The amount of people in the UK experience a mental illness. That means

**1 in 4**

adults will experience a mental illness at some point each year.

“

**3 IN 4**

mental illnesses start in childhood. Which is equal to 75% of people, before their 18th birthday. While

**50%**

of mental health problems in adult life (excluding dementia) take root before the age of 15.

**AROUND 1 MILLION**

people received psychological therapy for a common mental disorder.

**2016/17**

was when 1 million sought help through the IAPT programme.

**YOUNGER PEOPLE**

people living in deprived areas, and people with disabilities are all

**less likely**

than average to recover from their condition after psychological therapy.

**Lamp wants to be central to this conversation**

So, if you feel inspired and motivated to make a difference through our various volunteer opportunities, please get in touch.