

Time to Change Press Release 12/2017

Guernsey Mind & Mind Jersey are delighted to share key findings from their mental health attitudes survey which was undertaken with the support of Deloitte in both islands.

The survey, which was completed by 2416 people, gathered views from a range of demographics. The majority of respondents were born in Guernsey, Jersey or the UK. 67% of respondents were resident in Guernsey and 29% in Jersey. 62% of respondents were female and the 56% of respondents held managerial or professional jobs. Higher response rates in Guernsey may be attributed to the Guernsey Post mail drop of the Mind surveys.

Whilst 33% of respondents correctly identified that 1 in 4 people will suffer from a mental health issue at some point in their life, 94% of respondents agreed that there is a little or a lot of stigma attached to mental health issues. These statistics indicate a good level of awareness of mental health issues on the islands but also a need to enhance understanding and education of mental health issues.

The survey asked respondents to indicate whether they would approach family & friends, employers and their GP for help.

48% of respondents indicated that they would be not be comfortable talking to a friend or family about mental health concerns which supports the overwhelming view that there is still some kind of stigma attached to mental health in our communities.

71% indicated that they would not be comfortable talking to their employer about such concerns. Mind in Guernsey and Jersey offer Mental Health First Aid training, amongst a range of corporate services, to support employers to improve their mental health awareness and support in the workplace and it is hoped that this statistic would improve as a result of this initiative.

More encouraging was that 69% of respondents would be happy to approach their GP for help in relation to mental health issues.

The survey then went on to ask what types of services the respondents would consider if they faced mental health concerns and the three highest rates services were Mindfulness, Talking Therapies and GP services. 81% of respondents believed that talking therapies were effective and 41% of respondents said they would consider mindfulness as a response.