

# YouGov / Royal Foundation Survey Results

Sample Size: 5003 GB Adults

Fieldwork: 21st - 28th February 2017

	Gender		Age				
	Total	Male	Female	18-24	25-49	50-64	65+
Weighted Sample	5003	2421	2582	580	2136	1236	1051
Unweighted Sample	5003	2296	2707	628	2052	1231	1092
	%	%	%	%	%	%	%

**Have you or have you not had a conversation with someone about mental health in the last three months?**

I have had a conversation with someone	<b>46</b>	37	54	57	51	44	32
I have not had a conversation with someone	<b>48</b>	56	41	32	43	51	64
Not sure	<b>6</b>	7	5	11	6	5	3

**And who have you had a conversation with about mental health in the past three months? (Please tick all that apply)**

*[Only asked to those who had a conversation about mental health in the last three months; n=2434]*

Family	<b>60</b>	58	61	56	59	58	71
Friend	<b>60</b>	55	64	78	58	57	57
Work colleague	<b>24</b>	22	25	15	32	23	4
GP / doctor	<b>19</b>	17	20	16	21	19	14
Counsellor	<b>8</b>	7	9	12	10	5	1
Work supervisor	<b>5</b>	5	5	5	8	2	0
Someone from a charity or similar	<b>4</b>	4	4	4	3	4	6
Minister / Priest / religious leader / teacher	<b>3</b>	3	2	4	2	3	4
Someone from another local support organisation	<b>3</b>	4	3	2	2	5	6
Someone from human resources where I work	<b>2</b>	2	2	1	2	1	0
Someone else (PLEASE PROVIDE THE SHEET OF QUALITATIVE ANSWERS?)	<b>7</b>	7	7	4	8	8	7
Don't know	<b>0</b>	1	0	0	1	0	0

**And which of these comes closest to describing what those conversations were about?**

*[Only asked to those who had a conversation about mental health in the last three months; n=2434]*

I have only had conversations about my own mental health	<b>12</b>	12	12	12	14	11	7
I have only had conversations about someone else's mental health	<b>45</b>	47	44	29	40	53	67
I have had conversations about both my own and someone else's mental health	<b>38</b>	33	41	55	41	31	19
None of these	<b>5</b>	7	3	4	5	5	7
Don't know	<b>0</b>	0	0	0	0	0	0

**How helpful or unhelpful did you find those conversations about your own mental health?**

*[Only asked to those who had a conversation about their own mental health; n=1224]*

Very helpful	<b>22</b>	21	23	19	22	25	28
Quite helpful	<b>60</b>	60	60	62	62	58	52
<b>TOTAL HELPFUL</b>	<b>82</b>	<b>81</b>	<b>83</b>	<b>81</b>	<b>84</b>	<b>83</b>	<b>80</b>
Quite unhelpful	<b>7</b>	7	7	8	7	8	8
Very unhelpful	<b>2</b>	3	2	1	2	4	1
<b>TOTAL UNHELPFUL</b>	<b>9</b>	<b>10</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>12</b>	<b>9</b>
Don't know	<b>8</b>	9	8	10	8	5	11

**Do you agree or disagree with the following statements?**

**"I find talking about my mental health helpful"**

Strongly agree	<b>11</b>	11	12	15	14	10	5
Tend to agree	<b>30</b>	26	32	36	34	26	21
<b>TOTAL AGREE</b>	<b>41</b>	<b>37</b>	<b>44</b>	<b>51</b>	<b>48</b>	<b>36</b>	<b>26</b>
Neither agree nor disagree	<b>31</b>	31	31	22	27	35	39
Tend to disagree	<b>7</b>	7	7	7	8	7	6
Strongly disagree	<b>5</b>	5	5	2	4	5	8
<b>TOTAL DISAGREE</b>	<b>12</b>	<b>12</b>	<b>12</b>	<b>9</b>	<b>12</b>	<b>12</b>	<b>14</b>
Don't know	<b>16</b>	20	13	18	13	17	22