We all have mental health, like we all have physical health. Both change throughout our lives. And, like our bodies, our minds can become unwell.  Mental health problems might actually be more common than you think. One in four of us will be affected by mental illness in any year. The effects are as real as a broken arm, even though there isn’t a sling or plaster cast to show for it.  In a 2010 Anxiety UK survey, 55% of respondents revealed that they did not feel comfortable telling others about their anxiety. Hiding anxiety can lead to increased isolation, resulting prolonged suffering and delayed help.

**In Worcestershire………**

•             Approx. 100 mental health hospital admissions for under 18s in 2013/14

•             400 hospital admissions for self-harm per annum of young people aged 10 to 24 (average for 2010/11-2012/13).  The rate is significantly higher than the national level. (424 per 100,000 population compared to 364 per 100,000 in England)

•             In Worcestershire there were 37600 people on the depression register in 2013/14.

<http://www.worcestershireworkswell.co.uk/>