

# Mental health stigma and discrimination in Scotland

55%

would feel comfortable speaking about mental health in health and social care settings

84%

would have the confidence to start a conversation with someone about their mental health

80%

say that attitudes towards mental health have improved in the last 20 years

53%

of people with experience of complex mental illness say they respect themselves less because they will not recover or get better

71%

of people have experienced mental health stigma from someone - most commonly somebody they know

31%

of people would stop themselves from speaking about their mental health, for fear of getting a negative reaction

20 YEARS

*the shortened life expectancy of someone with a severe and enduring mental illness.*

## YOUNG PEOPLE'S VIEWS

72% have struggled with their mental health



More than **half** wouldn't tell someone if they were finding it difficult to cope

38%

have faced mental health stigma from friends



Two-thirds (66%) think that young people are dismissed by adults when they try to talk about mental health