

A hidden disease with a growing cost

[One in four adults and one in 10 children experience mental illness](#), and many more of us know and care for people who do.

Untreated mental health problems account for 13% of the total global burden of disease. It is projected that, by 2030, mental health problems (particularly depression) will be the leading cause of mortality and morbidity globally. [The 2013 Chief Medical Officer's report estimated that the wider costs of mental health problems to the UK economy are £70–100 billion per year](#) – 4.5% of gross domestic product (GDP).

In 2019, [Randstad reported that 37% of students felt their mental health had deteriorated since they started in higher education](#) - with 64% of those believing that their studies and university lifestyle were the cause. Isolation caused by Covid-19 lockdowns and a change to online teaching has caused [increasing issues for many, particularly females](#).

[Students responding to the Student Covid Insight Studies \(SCIS\)](#) in late 2020 reported lower levels of life satisfaction, life worth and happiness, and higher levels of anxiety, compared with the general population responding through the Opinions and Lifestyle Survey.

A survey by [WONKHE and Trendence \(PDF, 1.33MB\)](#) found that in October 2020, compared with May 2019, the proportion of students who felt lonely daily or weekly is much larger (50% compared with 39%).