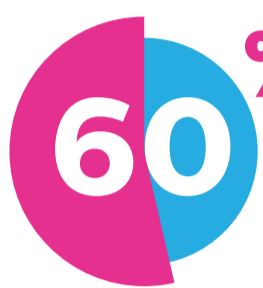


# MENTAL HEALTH & WELLNESS



Nearly 60% of people with ID report being diagnosed with an emotional, nervous or psychiatric condition.

These Diagnoses are more common with Women and Older People.



But only 1 in 3 people with Down Syndrome report a mental health issue.



Anxiety is reported by 4 in 10 people with ID.



Depression is reported by 1 in 4 People with ID.



WHEN WE ASKED PEOPLE WITH ID ABOUT HAVING SYMPTOMS OF DEPRESSION

**54 % None**

**30.5% Moderate Symptoms**

**14.6% a Lot of Symptoms**

We noticed that more people had sad thoughts than in Wave One or the general population.

People with ID and mental health issues get help from:

- Psychiatrist/ID psychiatrist
- Nurse/Specialist Nurse
- Psychologist



Many also took tablets

Antipsychotics **46.4%**

Antidepressants **28.5%**

Anxiolytics **24.8%**

Hypnotics and sedatives **19.9%**



Trinity College Dublin

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IDS TILDA

The Intellectual Disability Supplement to The Irish Longitudinal Study on Ageing

