

SELF-DIAGNOSIS



Mental Health First Aid



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SELF-DIAGNOSIS STATISTICS

The Gov.UK online survey, which had responses from 2,046 people aged 18 or older from across Great Britain revealed that:

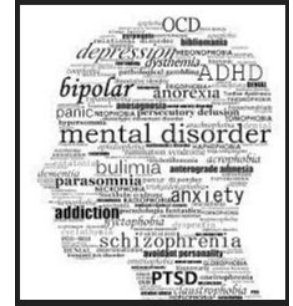
More than half of adults in Great Britain self-diagnose when they feel unwell or are experiencing a medical symptoms.

3% of respondents admitted they had used pain relief medication which was not prescribed for them following a self-diagnosis.

8% of respondents had sought medical advice from the internet, while 10% had consulted an app on their mobile phone or tablet to self-diagnose.

<https://pharmaceutical-journal.com/article/news/over-half-of-adults-in-great-britain-self-diagnose-reveals-rps-survey>

SELF-DIAGNOSIS FURTHER INFORMATION



If you are interested in further information. This article goes into further detail.

<https://www.mentalhealthtoday.co.uk/blog/teach-me-well/self-diagnosis-trivialises-severe-mental-disorders>



WHERE CAN YOU GO FOR SUPPORT?

There is a wealth of information available to view on the school website, under the mental health section.

Talk to a trusted adult at home or at school, or your peers.

Access online support through a recognised website or app.

If you really want to look anything up online regarding mental health. DO this via the NHS website:

<https://www.nhs.uk/mental-health/>



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BUT MOST IMPORTANT OF ALL.

YOU MUST SPEAK TO A TRAINED PROFESSIONAL AS SOON AS POSSIBLE. THEY HAVE YEARS OF TRAINING AND EXPERIENCE TO BE IN A POSITION TO HELP YOU.

GOOGLE IS A DANGEROUS – STAY AWAY FROM IT!!

