

## **The Mental Health of the Irish in Britain**

### **General Stats**

Common mental disorders (CMD) are significantly raised among **Irish men** are raised in comparison with the White group. The highest rate of anxiety disorders was found among Irish men (Sproston and Nazroo 2002).

Irish people have significantly **higher GP consultation** rates for psychological problems (Erens et al 2001, Sproston and Nazroo 2002).

Irish people admitted to mental hospital are likely to have a **secondary diagnosis of alcohol related illness** (Walls 1996)

The incidence of mental illness amongst Irish communities are high, with high levels of Common Mental Disorders (Weich et al 2004), **excessive rates of depression, anxiety and psychological-ill health** (Ryan et al., 2006) suicide and attempted suicide (De Ponte, 2005; Maynard et al., 2012)

The Count Me In Census (a count of in-patients on a specified day) repeatedly demonstrated Irish **people above 65** were disproportionately represented in mental establishment admission figures (CQC/NMHDU, 2010). (*19.4% of Irish Born who are aged 65 or over live in one-person households, significantly higher than any other group in England (Ryan et al 2014)*)

**Poverty and adversity in childhood** contribute to psychological distress, alcohol and tobacco use in later life (Das Munshi et al 2013, 2014)

**Alcohol** is a sensitive issue in the community, with evidence of high rates of abstinence and also dangerous patterns of consumption (Tilki 2006, Mc Cambridge et al 2004)

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### **Fresh Perspectives report: A needs analysis of the Irish community in London. Authors: Jeff Moore, Mary Tilki, Eugene Waters, Lisa Clarke**

Evidence demonstrates a higher rate of admission to mental health among Irish people in age groups **over 50** than for other communities (CHAI 2007)

This study also indicates that **many recent migrants** report anxiety and depression. Previous research has shown that poorly planned migration is associated with subsequent depression in Irish-born people living in London (Ryan, Leavey, Golden & Blizard 2006)

**Carers** report poor physical and mental health; 22.7% self-report depression, 19.7% self-report anxiety and 50% self-report their health as fair, poor or very poor.

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### **ANALYSIS OF 2011 CENSUS DATA Irish Community Statistics, England and Selected Urban Areas REPORT FOR ENGLAND Louise Ryan, Alessio D'Angelo, Michael Puniskis, Neil Kaye July 2014**

White Irish people are most likely to be providing **unpaid care** (10.9%) than all other ethnic groups, though on a level comparable to the White British population. This may be related to the age profile of the White Irish as there are large proportions of older people who may be requiring care from relatives. Of this proportion who provide care, the majority—60.8%—provide between 1 and 19 hours per week.

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## **Suicide**

Suicide levels have remained consistently high for Irish people for over three decades and have not shown the decline seen in other populations (Maynard et al 2012)

Rates of suicide among Irish people have been significantly elevated for over 20 years (Raleigh and Balarajan 1995), Maxwell and Harding 1998). More recent evidence shows that Standardized Mortality Ratio (SMR) rates for Irish male suicide and undetermined deaths is **disproportionate for the size of the population** and there are also elevated rates of **parasuicide** (De Ponte 2005).

The incidence of **suicide among Irish Traveller men in prison** is a major cause for concern (Catholic communications Office 2004) as is the disproportionate incidence of Traveller deaths in custody ((CRE 2004). Neeleman argues that the numbers of Irish suicides are almost certainly **underestimated** (Neeleman et al 1997)

Mental ill-health and suicide are particular issues for **Irish Travellers** in addition to their low life expectancy and poor health profile (CRE 2004, Parry et al 2007, Cemlyn et al 2009)

Suicide levels among Irish Traveller men in prison were high enough to warrant an inquiry in 2000 (CRE 2003).