**Mental Health Awareness Week 2023**Did you know?49% of people in the UK have experienced anxiety in the last five years.

Women are more likely than men to experience anxiety.

56% of women have experienced anxiety in the last five years compared to 42% of men.

Younger people are more likely to experience anxiety.

Here’s a breakdown by age of people who have experienced anxiety in the last five years by age:

56% of 16 to 24 year olds
60% of 24 to 34 year olds
60% of 35 to 44 year olds
53% of 45 to 54 year olds
44% of 55 to 64 year olds
29% of people who are 65 plus

67% of people said the rise in the cost of living was giving them anxiety around being able to afford everyday essentials such as bills, rent, mortgage or food.

All figures, unless otherwise stated, are from YouGov Plc. Total sample size was 5333 adults. Fieldwork was undertaken between 9to 22 February 2023. The survey was carried out online. The figures have been weighted and are representative of all UK adults (aged 16 and over).