

**YouGov/SAMH Survey
Results**

Sample Size: 1073
Fieldwork: 22nd - 24th February 2012

Total	Gender		Age					Social Grade		Scottish Region							
	Male	Female	18 to 24	25 to 34	35 to 44	45 to 54	55+	ABC1	C2DE	North East Scotland	Highlands & Islands	South Scotland	West Scotland	Central	Mid-Scotland & Fife	Lothians	Glasgow

If you had concerns about your mental health, regardless of whether you'd actually go or not, would you know where to go to/ who to see for help?

Unweighted Base	1073	574	499	89	119	131	161	573	639	434	130	112	148	103	163	142	168	107
Base: All Scottish Adults	1073	510	563	131	170	177	205	391	644	429	150	97	150	107	172	118	150	129
Yes, I would	80%	76%	83%	55%	78%	82%	85%	86%	84%	74%	75%	84%	81%	88%	81%	77%	77%	78%
No, I wouldn't	20%	24%	17%	45%	22%	18%	15%	14%	16%	26%	25%	16%	19%	12%	19%	23%	23%	22%

Still thinking about if you had concerns about your mental health...

Which ONE, if any, of the following places/ people would you be MOST likely to go to/ see for help first?

Unweighted Base	1073	574	499	89	119	131	161	573	639	434	130	112	148	103	163	142	168	107
Base: All Scottish Adults	1073	510	563	131	170	177	205	391	644	429	150	97	150	107	172	118	150	129
Counselling service	2%	2%	2%	4%	4%	1%	0%	1%	1%	3%	1%	0%	1%	-	1%	3%	4%	4%
Local GP/ doctor	77%	77%	78%	50%	67%	81%	84%	86%	80%	74%	81%	73%	81%	79%	84%	82%	68%	70%
Friend/ family member	9%	8%	9%	24%	15%	8%	1%	5%	7%	10%	8%	7%	10%	10%	6%	6%	9%	13%
Mental health organisation/ charity	3%	2%	3%	2%	1%	5%	5%	2%	2%	4%	4%	1%	3%	1%	3%	2%	3%	4%
NHS 24 (online/ telephone advice service)	1%	1%	1%	1%	2%	1%	0%	2%	1%	2%	1%	2%	1%	2%	-	1%	2%	2%
People with similar experience (not a friend/ family member)	0%	0%	1%	-	-	2%	0%	0%	0%	1%	0%	1%	-	-	-	-	1%	1%
Social worker	0%	0%	0%	-	1%	-	0%	0%	0%	0%	1%	1%	-	-	-	1%	1%	-
Other health professional (not local GP/ doctor)	1%	0%	1%	-	-	-	1%	1%	1%	0%	-	6%	-	-	0%	-	-	-
Other relevant website	2%	2%	2%	8%	0%	0%	2%	1%	2%	1%	0%	2%	-	4%	0%	0%	4%	2%
Other phone helpline	1%	1%	1%	6%	-	-	1%	-	1%	2%	1%	-	-	-	1%	-	5%	1%
Other	1%	1%	0%	1%	3%	-	1%	-	1%	1%	-	-	-	1%	3%	-	1%	-
Don't know	1%	2%	0%	1%	2%	1%	2%	1%	1%	2%	1%	-	1%	3%	1%	4%	-	1%
Not applicable - I wouldn't be likely to go to/ see anyone for help	2%	2%	2%	3%	5%	1%	2%	1%	3%	1%	2%	6%	2%	0%	0%	2%	3%	2%