REHAB RECOVERY

THE COST OF LIVING CRISIS

EFFECT ON THE NATION'S MENTAL HEALTH

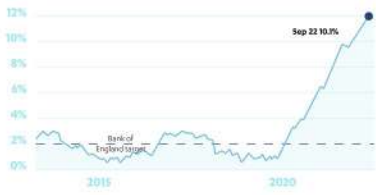
What is the 'Cost of Living Crisis'?

It's when the prices of essentials increase, such as:

Food **Gas** **Electricity** **Fuel for vehicles**

In 2022, the cost of living has increased at the fastest rate in 40 years

Annual inflation rate



What does this mean for people's mental health?

AROUND THREE IN FOUR ADULTS (77%) reported feeling very or somewhat worried about the rising costs of living [1]

Women were more likely than men to report being worried about the rising costs of living.

WOMEN (81%)

MEN (73%)

Those aged between 30 and 49 years were more likely to report feeling very or somewhat worried than those aged 70 years and over.

A PROPORTION OF MEN (7%) reported being not at all worried about the rising costs of living **THAN WOMEN (3%).**

82% OF THOSE AGED 30 TO 49 YEARS reported feeling very or somewhat worried about the cost of living,

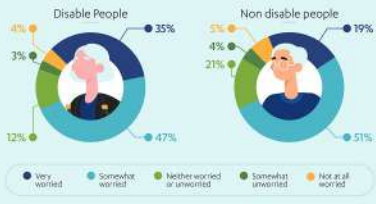
COMPARED TO JUST 70% OF THOSE AGED 70 YEARS AND ABOVE

The proportion of adult, aged 16 years and over, and level of worry about the rising costs of living by age group, Great Britain, 27 April to 22 May 2022:

82% OF DISABLED PEOPLE (FOUR IN FIVE) said they were feeling very or somewhat worried about the cost-of-living crisis, compared with 75% of non-disabled people [2]

THOSE AGED 16 TO 29 YEARS were generally more likely than other age groups to feel somewhat unworried or not at all worried (11%)

The proportion of adult, aged 16 years and over, and level of worry about the rising costs of living by disability status, Great Britain, 27 April to 22 May 2022:



90% OF THOSE LIVING WITH A DEPENDENT CHILD AGED 0 to 4 years (9 in 10 parents) report feeling very or somewhat worried about the cost-of-living crisis, compared with

COMPARED TO JUST 76% OF NON-PARENTS OR PARENTS NOT LIVING WITH A DEPENDENT CHILD

The proportion of adult, aged 16 years and over, and level of worry about the rising costs of living by parental status, Great Britain, 27 April to 22 May 2022:

	Very worried	Somewhat worried	Neither worried or unworried	Somewhat unworried	Not at all worried
Non parent or parent not living with a dependent child	25%	37%	15%	4%	6%
Parent living with a dependent child aged 0 to 4 years	35%	34%	5%	4%	1%
Parent living with a dependent child aged 5 years or above	30%	39%	13%	3%	5%

3 IN 10 ADULTS (31%) EARNING LESS THAN £10,000 or more per year felt very worried about the rising costs of living compared with just

COMPARED TO JUST 1 IN 10 ADULT (12%) WITH A GROSS PERSONAL INCOME OF £50,000 or more per year.

Therefore, adults were less likely to feel very worried about the rising costs of living as their gross personal income increased.

Proportion of adult, aged 16 years and over, and level of worry about the rising costs of living by gross personal annual income, Great Britain, 27 April to 22 May 2022:

	Very worried	Somewhat worried	Neither worried or unworried	Somewhat unworried	Not at all worried
Less than £10,000	31%	44%	13%	3%	5%
£10,000 - £11,000	29%	52%	13%	2%	3%
£11,000 - £20,000	28%	49%	14%	4%	4%
£20,000 - £30,000	25%	51%	14%	4%	5%
£30,000 - £40,000	24%	53%	13%	3%	5%
£40,000 - £50,000	20%	57%	16%	7%	5%
£50,000 or more	12%	57%	14%	6%	12%

UNEMPLOYED ADULTS (36%) were more likely to be very worried compared with

RETIRED ADULTS (18%) [5]

ADULTS WHO WERE DIVORCED OR SEPARATED (36%) were more likely to be very worried than

ADULTS WHO WERE WIDOWED

ADULTS WHO RENT THEIR HOME (85%) and adults currently paying off their mortgage, or who have taken out **A LOAN TO HELP PURCHASE THEIR PROPERTY (78%),** were more likely to be very or somewhat worried compared with **ADULTS WHO OWN THEIR HOUSE OUTRIGHT (69%)**

References

[1] https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/worrieabouttherisingcostoflivinggreatbritain/29nfebruary2022

[2] https://www.bbc.co.uk/news/business-57146322

[3] https://commonslibrary.parliament.uk/world-mental-health-day-rising-cost-of-living-and-mental-health/

[4] https://www.moneyandmentalhealth.org/money-and-mental-health-facts/

[5] https://www.ons.gov.uk/peoplepopulationandcommunity/personalandhouseholdfinances/expenditure/articles/whatdotheseexpenditurechangeswoutthelong-term/2022-06-06

[6] https://www.ugrow.org.uk/information-advice/money-legal/cost-of-living/

[7] https://www.bristol.ac.uk/news/2022/september/disabled-households-and-cost-of-living-crisis.html