

Findings from the My Neuro Survey Project: Mental Health

Neurological conditions greatly affect mood and mental health with 84% of adult respondents reporting that their neurological condition(s) impacted their mood or mental health in some way. 1 in 3 of the adults surveyed reporting having a diagnosed mental health condition.



48% of adults reported having someone to talk to about their mental health and mood. However, 26% of adults reported that they did not feel comfortable bringing up their mental health with their healthcare professional.

Of those who access mental healthcare services, half responded that it did not meet their needs. This was more prevalent amongst those with multiple neurological conditions (58%) compared to those with only one neurological condition (46%).



Respondents from lower-income households experienced a greater impact of their neurological condition(s) on their mood and mental health.

Over half of the adults surveyed reported that counselling was relevant to them. However, of this group, 43% reported having been unable to access counselling services.



Of those who access counselling services, 66% responded that it met their needs. 58% of this group reported also feeling confident and capable in their daily life or only sometimes finding day-to-day life challenging.