The Community Learning Mental Health research project tested whether non-formal adult learning can support people to manage mental health problems like anxiety and depression.

WHO took part in the project?

Over 23,000 people took part in the project

Socially and economically disadvantaged people took part

A more representative range of ethnicities (compared with people using NHS mental health services)

17% unemployed and 19% unable to work – doesn’t sum due to rounding.


Unemployed or unable to work due to illness

One in three were not receiving any other support for their mental health.

What DIFFERENCE did the project make to people?

Half of people said they would go on to further learning

Positive changes in people’s lives

Improvements in people’s symptoms of depression or anxiety

Depression

Anxiety

52%

29%

39%

15%

26%

34%

18%

12%

What were the REASONS for this?

The courses allowed them to relax and focus on something positive

An opportunity to learn something new, which gave them a sense of achievement

People felt less isolated through meeting other people in a similar situation

Health and wellbeing

Communication and relationships

Opportunity and things to do

Learning and skills

Confidence and positive thinking

Opportunity and things to do

People felt less isolated through meeting other people in a similar situation

Source: Ipsos MORI analysis of DfE survey data; Ipsos MORI interviews with learners.

Base: people aged 16-64 who took part in the project who completed a survey.

Psychological Therapies: Annual Report on use of IAPT Services 2015/16

1 Unemployed or unable to work due to illness

2 People from ethnic minority backgrounds

3心理健康

4 

5

Over one in three were not receiving any other support for their mental health.

6 

Over one in three were not receiving any other support for their mental health.

7

Over one in three were not receiving any other support for their mental health.