

THE RIPPLE EFFECT OF MENTAL HEALTH

How Mental Health Impacts Individuals, Families, and Society



What is the Ripple Effect?

Mental health affects every aspect of life, spreading its impact from individuals to families, workplaces, and communities.

Mental Health Matters. Support is Available.

Helpline – 0800 8807373 | helpline@sixmha.org



SIX MHA APP Code – LVZ-489-754



Impact on the Individual

- Emotional distress, anxiety, and depression
- Difficulty maintaining relationships and responsibilities
- Increased risk of substance use and physical health issues

Impact on Families & Relationships

- Strained relationships and communication barriers
- Caregiver burnout and emotional distress
- Financial and emotional burdens on loved ones

Impact on Workplaces & Society

- Decreased work productivity and increased absenteeism
- Higher healthcare costs and economic impact
- Stigma preventing access to care and support

Breaking the Cycle of Mental Health Struggles

- Normalise mental health conversations
- Encourage early intervention and therapy
- Build strong community support systems
- Advocate for accessible and affordable mental health care