

Data supplement

Table DS1 Breakdown of help-seeking by type for those who sought professional help in the past year		
	<i>n</i>	Weighted %
<i>Perceived mental health problem + depressive/anxiety disorder</i>		
Medical professional help (<i>n</i> = 65)		
General practitioner and medical officer	60	98.4
Psychiatrist	17	16.9
Counsellor/psychologist/psychotherapist	20	42.7
Community psychiatric nurse	12	19.7
Non-medical professional help (<i>n</i> = 46)		
Chaplain/vicar/member of faith	19	46.1
Military welfare worker/family officer	15	41.1
Social/housing worker	5	3.5
Service charity	14	21.9
Citizen's Advice Bureau	5	11.3
<i>Perceived mental health problem + alcohol misuse</i>		
Medical professional help (<i>n</i> = 38)		
General practitioner and medical officer	32	71.7
Psychiatrist	17	30.1
Counsellor/psychologist/psychotherapist	12	42.2
Community psychiatric nurse	9	33.4
Non-medical professional help (<i>n</i> = 37)		
Chaplain/vicar/member of faith	12	25.9
Military welfare worker/family officer	14	46.2
Social/housing worker	5	6.8
Service charity	9	13.2
Citizen's Advice Bureau	4	23.2
<i>Perceived mental health problem + post-traumatic stress disorder symptoms</i>		
Medical professional help (<i>n</i> = 34)		
General practitioner and medical officer	30	79.5
Psychiatrist	12	39.1
Counsellor/psychologist/psychotherapist	14	45.2
Community psychiatric nurse	8	42.4
Non-medical professional help (<i>n</i> = 29)		
Chaplain/vicar/member of faith	10	28.2
Military welfare worker/family officer	7	54.8
Social/housing worker	7	14.5
Service charity	8	13.5
Citizen's Advice Bureau	12	9.7

Table DS2 Interest in receiving help ^a among those with a perceived mental health problem ^b who were not seeking medical professional help		
	<i>n</i>	Weighted %
Perceived mental health problem + depressive/anxiety disorder	107	16.0
Perceived mental health problem + alcohol misuse	106	15.3
Perceived mental health problem + post-traumatic stress disorder symptoms	61	17.7

a. General practitioner, medical officer, counsellor, psychologist, psychotherapist or psychiatric nurse.
b. Any stress, emotional, alcohol-related or family problem in past year.