

JSNA Health and Wellbeing Profile 2025/26

Depression

Depression is a common mental health problem which can affect different people in different ways, but it can include some or all of the following symptoms: feeling sad, hopeless; losing interest in things you enjoy; feeling tearful; feeling continuously tired, sleeping badly, having no appetite. It can result in significantly reduced quality of life for the person their family and carers¹.

In the South West region around 2.6% of adults aged 16 and over have experienced a depressive episode in the past week, according to the Adult Psychiatric Morbidity Survey 2023/24². The survey also highlighted the link between deprivation and depression stating that the proportion of adults living with common mental disorders (including depression) was higher in those living in the most deprived fifth of areas, with problem debt and not in employment.

Summary points

- In Bristol, there were 74,837 patients aged 18 and over with depression recorded on GP practice disease registers in 2024/25³. That is a 12.0% increase since 2022/23⁴.
- The prevalence of depression in 2024/25 has increased to 15.6%. The highest depression prevalence rate has been recorded in the South locality.
- There were 9,000 Bristol patients newly diagnosed with depression in 2024/25 – a 5.1% decrease compared to the previous year. These new diagnoses for depression represent 1.9% of GP registered population aged 18 and over.

Prevalence

The recorded depression prevalence is the estimated number of people with depression recorded on their GP practice register as a proportion of the practice list size, aged 18 years or over. In 2024/25 in Bristol, there were 74,837 adult patients recorded on GP practice depression registers. This represents 15.6% of all adult patients, significantly higher than in 2022/23 (14.6%) and the England average of 14.3%. The prevalence of depression has been increasing since 2013/14 – see Figure 1.

¹ Public Health England Mental Health and Wellbeing JSNA: <https://fingertips.phe.org.uk/profile-group/mental-health/profile/mh-jsna>

² Adult Psychiatric Morbidity Survey 2023/24: [Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England, 2023/4 - NHS England Digital](#)

³ Quality and Outcomes Framework 2024/25: [Quality and Outcomes Framework, 2024-25 - NHS England Digital](#)

⁴ The depression prevalence has not been calculated for 2023/24

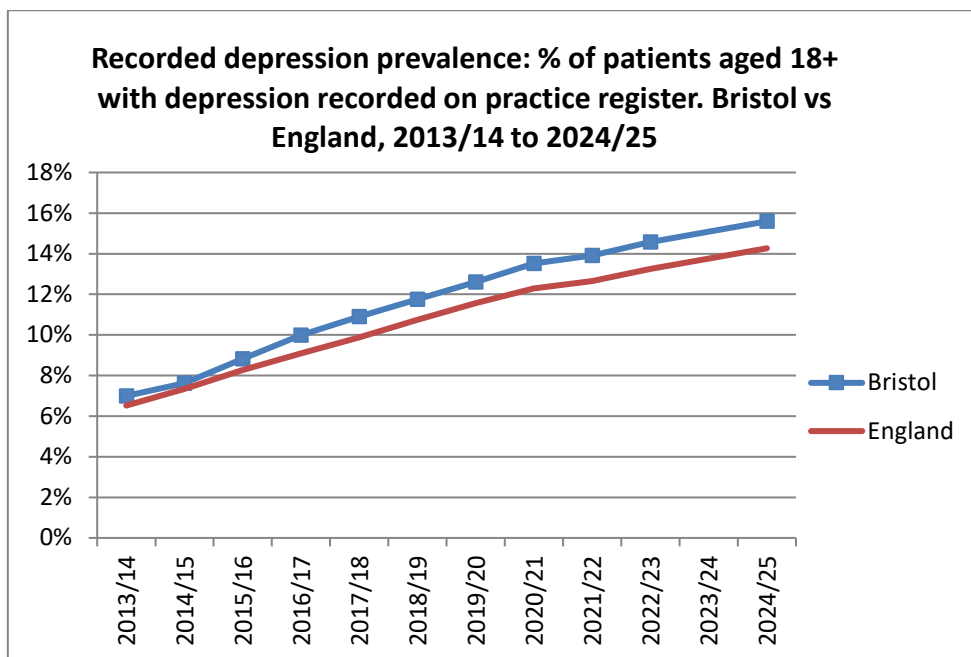


Figure 1: QOF recorded depression prevalence, via [Adult mental health and wellbeing | Fingertips | Department of Health and Social Care](#) profiles, December 2025.

In 2024/25 Bristol had the second highest depression prevalence percentage after Liverpool:

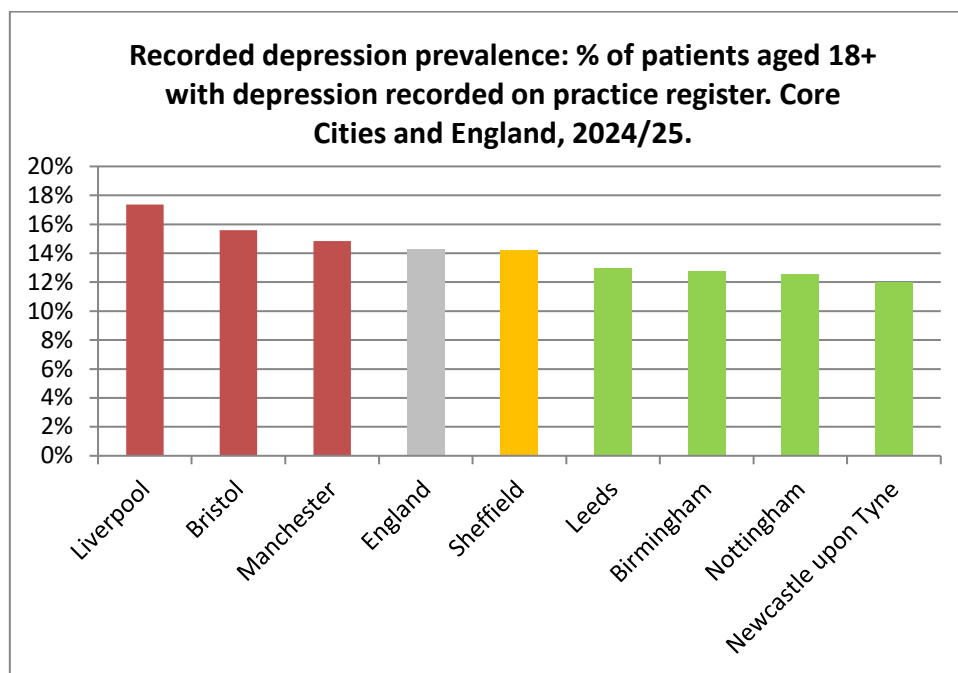


Figure 2: QOF recorded depression prevalence in Core Cities, via [Adult mental health and wellbeing | Fingertips | Department of Health and Social Care](#) profiles, December 2025. Red columns show rates statistically significantly higher than England average, yellow columns - rates statistically similar and green columns – rates statistically significantly lower than average.

Within Bristol there are significant differences between localities, with the South locality having the highest depression prevalence rate and the North West (inner) locality – the lowest. Figures 3 and 4 show that the rate has increased in 2024/25 in all of the localities except the North West (inner).

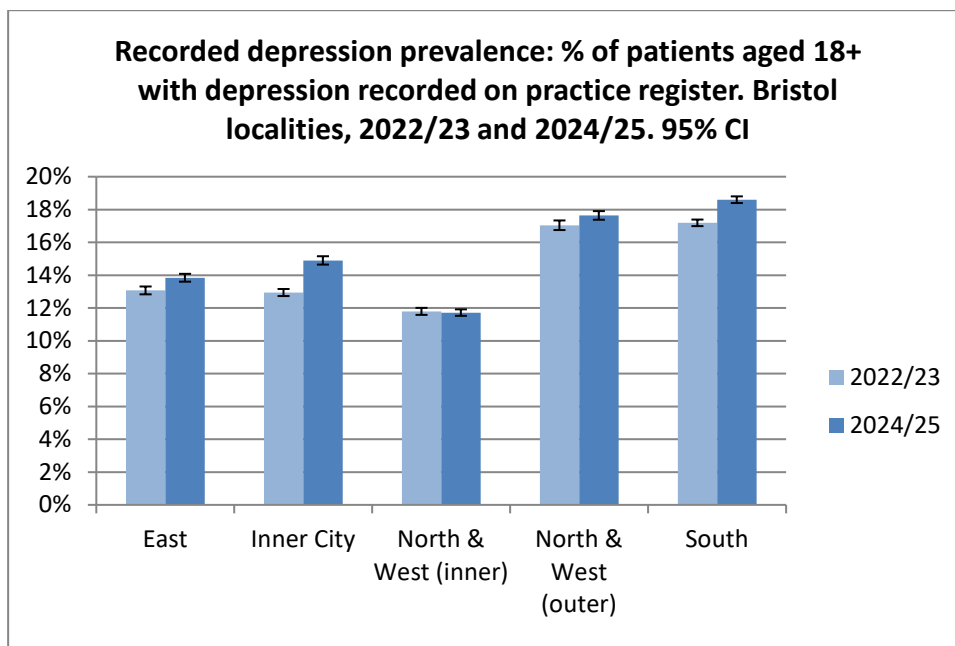


Figure 3: QOF recorded depression prevalence in Bristol by locality, Quality and Outcomes Framework via NHS England

| Locality | 2022/23 | 2024/25 |
|----------------------|--------------------|--------------------|
| East | 13.1 (12.8 - 13.3) | 13.8 (13.6 - 14.1) |
| Inner City | 12.9 (12.7 - 13.2) | 14.9 (14.6 - 15.2) |
| North & West (inner) | 11.8 (11.6 - 12.0) | 11.7 (11.5 - 11.9) |
| North & West (outer) | 17.0 (16.7 - 17.3) | 17.6 (17.4 - 17.9) |
| South | 17.2 (17.0 - 17.4) | 18.6 (18.4 - 18.8) |
| Bristol | 14.6 (14.5 - 14.7) | 15.6 (15.5 - 15.7) |

Figure 4: The percentage of patients aged 18 and over with depression, as recorded on practice disease registers (95% confidence intervals). Quality and Outcomes Framework via NHS England Digital [Quality and Outcomes Framework, 2024-25 - NHS England Digital](#)

New diagnoses of depression (incidence)

In 2024/25, in Bristol, 9,000 people aged 18 and over received a diagnosis of depression for the first time. That is 1.9% of all adult patients (18+) which is a 5.1% decrease since 2023/24, significantly higher than the England average incidence rate at 1.4%. (Figure 5).

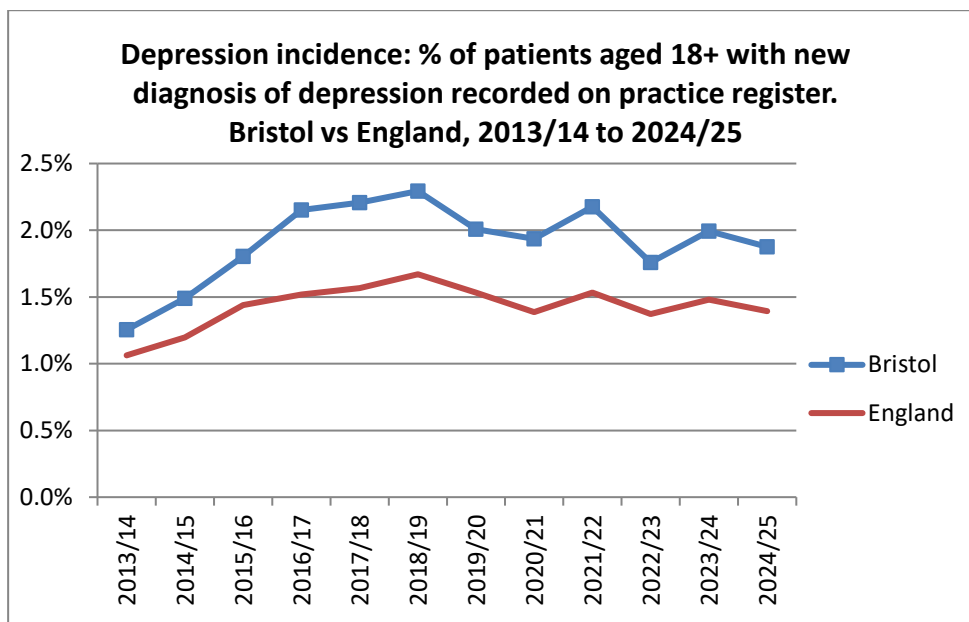


Figure 5: QOF recorded depression incidence, via [Adult mental health and wellbeing | Fingertips | Department of Health and Social Care](#) profiles, December 2025; and Quality and Outcomes Framework via NHS England Digital [Quality and Outcomes Framework, 2024-25 - NHS England Digital](#).

Within Bristol there are significant differences between localities, with the Inner City locality having the highest depression incidence rate and the North West (inner) locality the lowest (Figure 6).

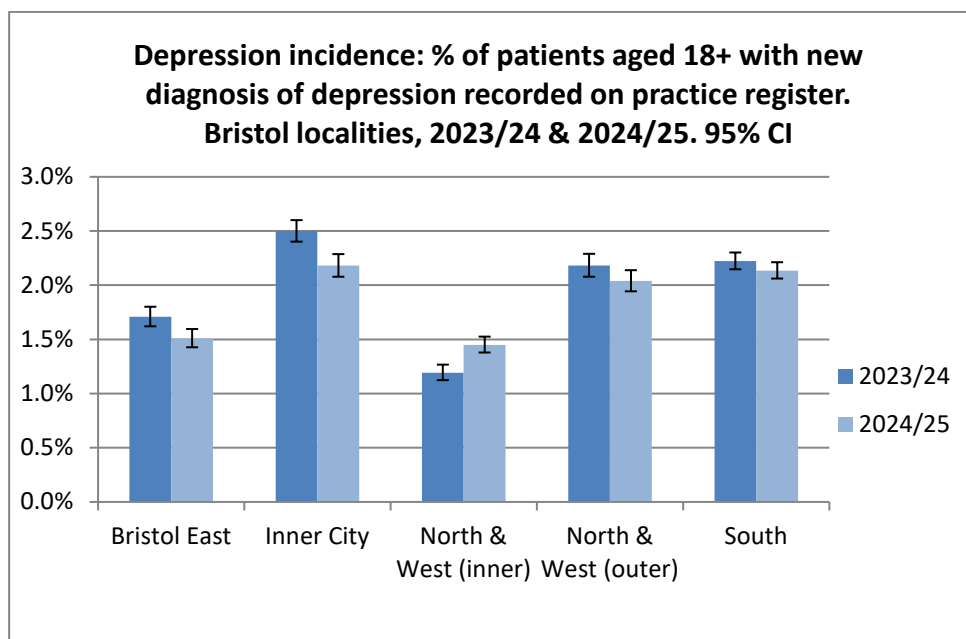


Figure 6: QOF recorded depression incidence in Bristol by locality, Quality and Outcomes Framework via NHS England Digital [Quality and Outcomes Framework, 2024-25 - NHS England Digital](#)

Equalities data:

The Adult Psychiatric Morbidity Survey (APMS) series provides data on the prevalence of both treated and untreated psychiatric disorders in the English adult population (aged 16 and over)⁵.

⁵ Adult Psychiatric Morbidity Survey 2023/24: [Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England, 2023/4 - NHS England Digital](#)

According to the survey data the common mental health disorders (CMD), like depression and anxiety, are more prevalent in certain groups of the population. These include women, young adults (aged 16-24), those living in the most deprived areas, with problem debt and not in employment.

One in five people (20.2%) aged 16 and over were identified as having symptoms of CMD, with prevalence higher in women (24.2%) than in men (15.4%). 3.8% of respondents had a depressive episode a week before the interview: 3.1% of men and 4.5% of women. The depressive episode was more common among women aged 16 to 24 (7.4%) and men aged 25 to 34 (5.3%). The highest prevalence of depressive episode by ethnic group was recorded by 'White Other' women at 7.1% and Asian / Asian British women at 4.9%. However, due to small sample sizes, differences in rates between ethnic groups were not statistically significant⁶.

Further data / links:

- [Office for Health Improvement and Disparities Mental Health and Wellbeing JSNA](#)
- [Quality and Outcomes Framework, 2023-24 - NHS England Digital](#)
- [Quality and Outcomes Framework, 2024-25 - NHS England Digital](#)
- [Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England, 2023/4 - NHS England Digital](#)
- [Alcohol dependence and mental health - UK Health Security Agency \(blog.gov.uk\)](#)

Covid-19 impact:

An analysis of the impact of Coronavirus on depression in adults in Great Britain⁷, shows that:

- 17% of adults experienced some form of depression in summer 2021 (21 July to 15 August); this is a decrease compared to early 2021 (21% during 27 January to 7 March) but is still above levels before the coronavirus (COVID-19) pandemic (10%).
- Rates of depressive symptoms peaked earlier in 2021 before falling to 17% at the end of March (31 March to 4 April). Since then, levels have been largely stable.

In Bristol:

- In 2022/23, the number of adult patients on GP practice depression registers was 14.6%, which is significantly higher than in 2019/20. This increase may be linked with the impact of the Covid-19 pandemic. Although, the prevalence of depression has been increasing since 2013/14.
- The number of patients newly diagnosed with depression in 2021/22 saw a 15% increase, which may be linked to the impact of the Covid-19 pandemic. In 2022/23 the number of new depression diagnoses has decreased.

Date updated: December 2025

Date of next update: December 2026

⁶[Common mental health conditions - NHS England Digital](#) ADULT PSYCHIATRIC MORBIDITY SURVEY 2023/24

⁷[Coronavirus and depression in adults, Great Britain: July to August 2021 \(ONS\)](#)