

Cyflwynwyd yr ymateb i ymgynghoriad y [Pwyllgor Iechyd a Gofal Cymdeithasol](#) ar [anghydraddoldebau iechyd meddwl](#)

This response was submitted to the [Health and Social Care Committee](#) consultation on [mental health inequalities](#)

MHI 03

Ymateb gan: | Response from: Unigolyn | An Individual

In my view, mental health issues are hitting the 18-35 group the hardest. It's made worse by the fact that diagnoses for mental illnesses like depression and anxiety, or developmental disabilities like autism or ADHD, are essentially impossible for this age group. If you're no longer a minor, accessing basic mental health care like therapy and assessment appointments is denied to us because we've 'aged out' of being a concern.

More services that are dedicated to allowing this age group to access free or discounted therapy, proper diagnosis/assessment appointments where we are taken seriously, and support afterwards is desperately needed. Right now, people like me have to suffer in silence because NHS access is impossible and we cannot afford to pay for private healthcare.