

# No Health Without Mental Health

A cross-government mental health outcomes strategy for people of all ages

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## Mental Health Strategy

Cross-Government strategy published 2 February 2011: a strategy to transform the mental health and well-being of the nation

Takes a 'life course approach' with objectives to improve outcomes for people of all ages and prioritise early intervention and prevention

An ambition to mainstream mental health and achieve 'parity of esteem' with physical health

The aim for mental health to be 'everyone's business' – all of Government, employers, education, third sector



## Cost of mental health – economic



- Mental ill-health represents up to 23% of the total burden of ill-health in the UK – the largest single cause of disability
- Recent estimates (Centre for Mental Health, 2010) put the cost of mental health problems in England at a huge £105 billion a year
- Costs of treatment alone are expected to double in the next twenty years
- Around a million (43%) of the 2.6 million people on long-term health-related benefits have a mental health or behavioural problem

## Cost of mental health – personal



- At least 1 in 4 people will experience a mental health problem at some point in their lives
- Almost half of all adults will experience at least one episode of depression during their lifetime
- People with severe mental illnesses die on average 20 years earlier than general population
- A third of all GP consultations are mental health-related
- Some 90 per cent of prisoners are estimated to have a diagnosable mental health problem

## Strategy Key Themes



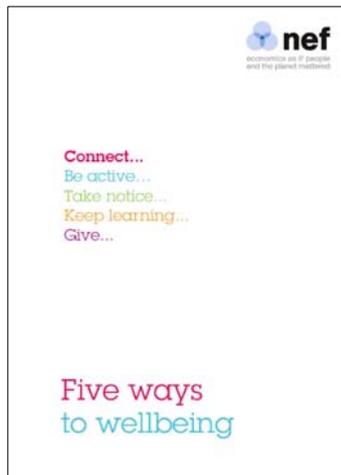
- **Life course approach** - for people of all ages
- Challenge **stigma** working closely with the **Time to Change** programme
- Public mental health, **early intervention** and prevention
- Mainstreaming mental health to achieve '**parity of esteem**' with physical health
- Mental health to be '**everyone's business**' – continued focus on '**recovery**'
- **Real, well-informed choice and control**
- Focus on outcomes – through six shared objectives
- How **public service reforms** will work for mental health
- Importance of **equalities-focused** approach

## Objectives developed with external partners





## 'Public mental health' and wellbeing promoted



- **connect** – with people around you
- **be active** – go for a walk or a run
- **take notice** – be aware of the world
- **keep learning** – learn something new
- **give** – do something nice for someone else

## Importance of social care in mental health services



We should recognise the important role that social care and local government already plays in:

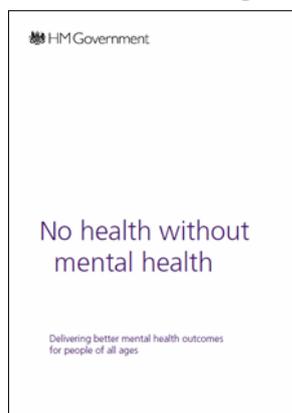
- creating the support services/housing options which keep people living in the community, and not needing clinical services
- the way that social workers operate in integrated mental health teams
- the vital role they play in the 'hard-edged' part of the mental health system – e.g. assessing people for action under the MH ACT
- the c. £2 billion investment social care makes in MH services (NB figure excludes dementia services)

## Mental Health and Equality

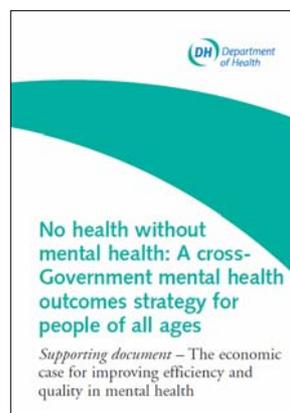


- Three aspects to reducing inequality
  - Inequalities that contribute to poor mental health
  - Inequalities that result from poor mental health;
  - Unequal access to services (including physical health services)
- Equality Act 2010 – public sector duty to:
  - Eliminate discrimination, advance equality of opportunity and foster good relations
- Compounded by stigma and discrimination
- Personalised services contribute to tackling inequalities, through more choice and control

## The evidence base – supporting documents



Delivering better mental health outcomes



The economic case

## Where to find all documents



- Strategy and evidence base documents are available at – [www.dh.gov.uk/mentalhealthstrategy](http://www.dh.gov.uk/mentalhealthstrategy)
- Also, *Talking Therapies: A four-year plan of action* and:
- Impact Assessment and Analysis of Impact on Equality
- Public Mental Health Evidence Reviews will be published shortly (following peer review)