

Healthy Minds

NHSGG&C

Adult Mental Health Improvement Framework

Overview

The statistics

The Healthy Minds Framework

Resources to support mental health

Looking after yourself

Statistics

- Approx 1 in 4 people in UK will experience a mental health problem each year
- Mental health and substance use disorders are the third largest cause of death and disability in Scotland after cancer and cardio-vascular diseases
- People with life-long mental health illness are likely to die 15-20 years prematurely because of physical ill health
- 11% of 18 to 34 year olds reported having attempted suicide and 16% report self-harm at some stage in their lives

Social Relationships and Mortality

2010 review of 148 studies with 308,849 participants, 50% increased likelihood of survival for participants with stronger social relationships – **social isolation is an independent variable for life expectancy**

Loneliness is estimated to be as bad for people's health as smoking 15 cigarettes a day

Healthy Minds – Adult Mental Health Improvement Framework, Greater Glasgow and Clyde

Respond Better to Distress

❖ Improve responses to people in distress, both from services and wider community, including action to prevent suicide and better support for people who self harm

Promote Wellbeing for People with Long Term Conditions

❖ Promote holistic health for people with long term conditions – “healthy body, healthy mind”, promote recovery approaches and social inclusion

Promote Wellbeing and Resilience with People & Communities

❖ Develop social connection, tackle isolation, build resilience, strengthen use of community assets - including social prescribing, strengthen self care and peer support

Promote Wellbeing and Resilience thru' Work

❖ Promote mental health, wellbeing and resilience at work; address employability issues, including those affected by mental ill health

Promote Positive Attitudes, Challenge Stigma and Discrimination

❖ Promote positive attitudes to mental health and to people with mental illness, raise awareness of mental health issues, reduce stigma and discrimination and promote inclusion, including better access to mainstream services

Tackle Underlying Determinants and Promote Equity

❖ Address underlying determinants of good mental health, including financial inclusion, nurturing early years, healthy environments, active citizenship and participation, and ensure focus on promoting wellbeing of diverse communities

Looking after yourself

Things I can do

.....by myself

.....with others

People I can talk to.....