

# Healthy Minds

## **NHSGGC 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 one of the largest causes 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

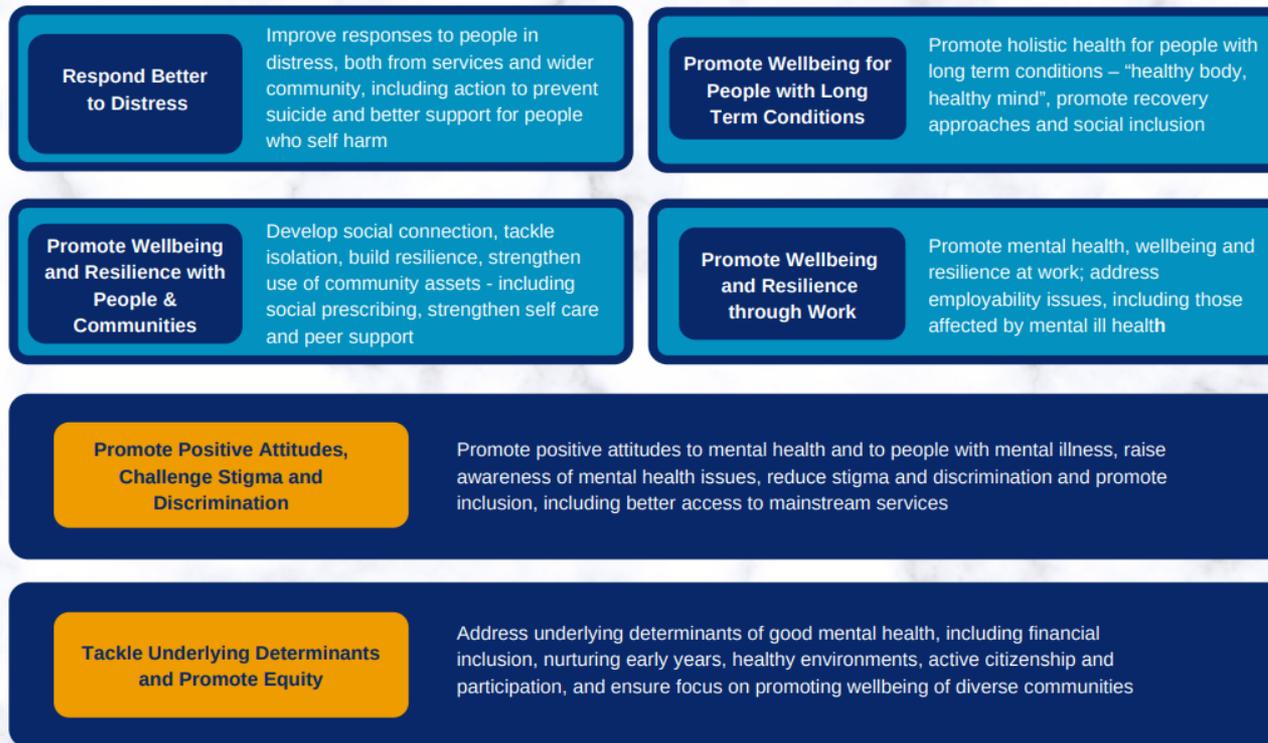
# Social Relationships and Mortality

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

## Healthy Minds Adult Mental Health Improvement Framework



*An evidence based framework that brings together the full range of activity that has been demonstrated as having value in the promotion of good mental health for adults*

*It is designed to be ‘read’ in a bottom-up way, starting with consideration of underlying determinants such as socio-economic factors, moving through social environment issues like challenging stigma and discrimination, then considering health promotion and primary prevention activities, with the upper ‘tier’ of actions being secondary preventative and recovery oriented*

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# Looking after yourself

Things I can do

.....by myself

.....with others

People I can talk to.....