

Healthy Minds

NHSGGC

Adult Mental Health Improvement Framework

Overview

- The statistics
- The Healthy Minds Framework
- Resources to support mental health
- Looking after yourself



Statistics

- 1 in 3 adults in Scotland experiences a mental health problem each year
- The prevalence of mental health symptoms often varies with age, with younger adults (16-34) and those aged 55-64 often reporting higher rates of anxiety and depression
- People with lifelong mental health conditions are more likely to die 15-20 years prematurely due to physical health problems.
- 1 in 9 young adults report having attempted suicide and 1 in 6 report self-harm
- Adults living in Scotland's most socially disadvantaged areas are twice as likely to experience anxiety or depression; are three times more likely to die by suicide



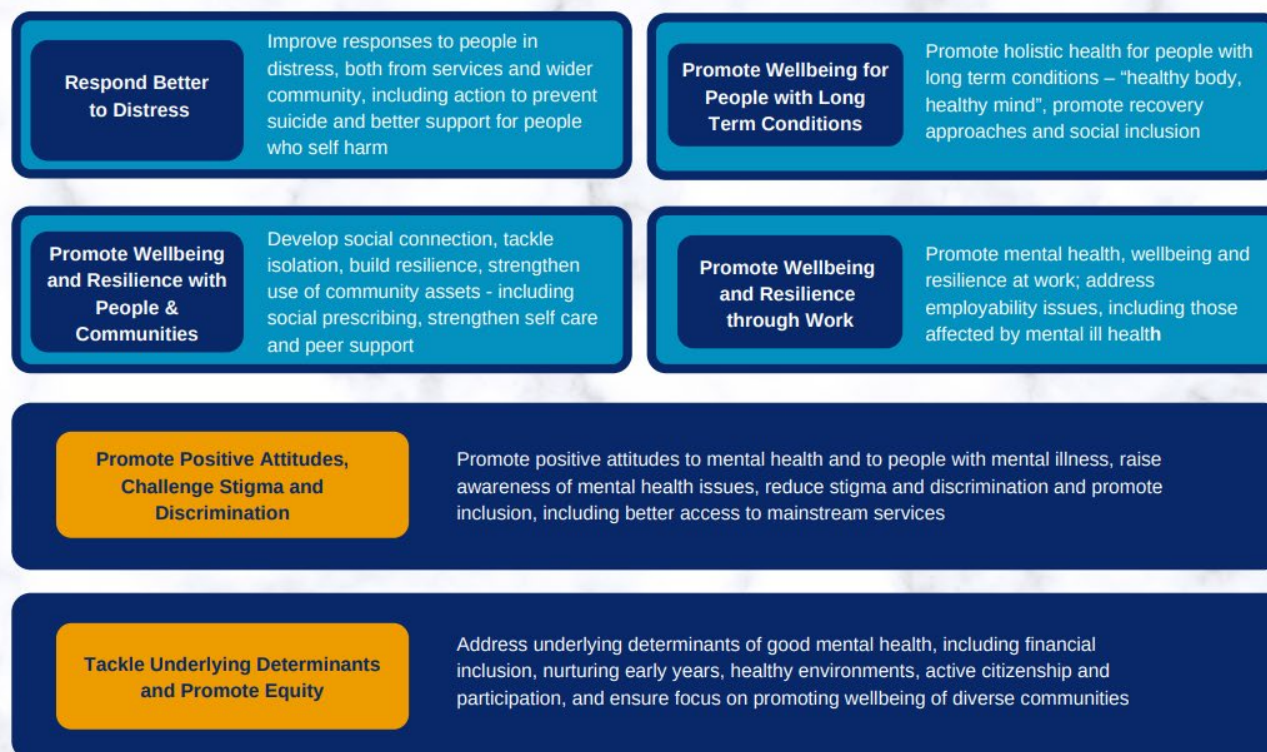
Social Relationships and Mortality

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

April 2022

Looking after yourself

Things I can do

.....by myself

.....with others

People I can talk to.....