

### **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 clyde 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 NHS** Framework, Greater Glasgow and Clyde



#### **Healthy Minds Adult Mental Health Improvement Framework**

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 through 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



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......