

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 4 adults in Scotland experiences a mental health problem each year
- People with a mental health condition have a higher risk of having/developing physical illness and have higher mortality rates
- Women are more likely to report poor mental health than men
- Almost 1 in 5 young adults report having self-harmed, with almost 1 in 10 having ever attempted suicide
- Adults living in Scotland's most deprived areas were more likely to experience depression; are three times more likely to have attempted suicide

Social Relationships and Mortality

2010 review of around 150 studies with over 300,000 participants showed 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

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.....