

Long Term Conditions and Mental Health

Overview

- What is a long term condition?
- Examples of long term conditions
- The impact of long term conditions on mental health
- Looking after mental health with a long term condition
- Looking after yourself

Definition

“Long term conditions are health conditions that last a year or longer, impact on a person’s life, and may require ongoing care and support”

(Scottish Government)

Long Term Conditions

- Arthritis
- Asthma
- Cancer
- Cerebral Palsy
- Chronic Obstructive Pulmonary Disease (COPD)
- Chronic Pain
- Congenital Heart Problems
- Heart Disease
- Cystic Fibrosis
- Dementia
- Diabetes
- Endometriosis
- High Blood Pressure
- Mental Health Conditions
- Neurological Conditions (Parkinson's, Epilepsy)

Statistics

- Half of adults now have at least one long-term condition. Almost two in five report having a long-term condition that limits their activities (39%)
- People living in the most disadvantaged communities are more than twice as likely to have a limiting long-term condition than those in the least disadvantaged (34% vs 16%)
- Living with multiple conditions is linked to higher mortality, reduced functional ability, and increased use of health and care services.
- More likely to experience psychological problems.

Impact on Mental Health

- Increased risk of mental health conditions (depression, anxiety)
- Stress and worry
- Loneliness/Isolation
- Low self-esteem
- Stigma and discrimination
- Frustration and anger
- Uncertainty about the future
- Loss of control or independence

Looking after your mental health with a long term condition

Self help

- Peer Support Groups
- Self-care
- Online forums/information
- Helplines

Services

- Doctor
- Counselling
- Long Term Conditions support services

Looking after yourself

Things I can do

.....by myself

.....with others

People I can talk to.....