

SUMMARY OF INTELLIGENCE ON MENTAL HEALTH

KEY FACTS

- Work-related stress affects about one in five workers or approximately 5 million people.
- Stress-related conditions are now the commonest reported cause of sickness absence. 865,900 adults on Incapacity Benefit in England report their primary condition to be mental ill health.
- One in 10 children under the age of 16 have a mental health problem. Among 11–15 year olds, 13% of boys and 10% of girls have a mental health problem.
- One in six adults at any one time has a mental health problem – maybe as many as 9 million people are affected. Up to 670,000 people in the UK have some form of dementia – 5% of people over 65 and up to 20% of people over 80.
- Up to one in four consultations with a GP concern mental health issues. As many as 630,000 people are in contact with specialised mental health services at any one time.

Inequalities exist

- There is still a higher incidence of suicide in some groups. Suicide is the leading cause of death among young men.
- Less severe mental health problems are more common among women.
- Black and minority ethnic communities have worse access to and are less satisfied with mental health services. 9% of households accepted as unintentionally homeless and in priority need by local authorities in England were vulnerable due to mental health problems.

WE ARE NOW GOING TO...

Children and young people – starting on the right path

- Put in place by late 2005, through the Sure Start Unit:
 - a training programme on social and emotional development to improve support for people delivering services for children between birth and age five; and
 - a *Community Parental Support Project* to promote greater parental involvement in children's early learning and development in some of the most disadvantaged areas.
- Publish guidance to help carers engage looked-after children in creative activity to improve their self-esteem, social skills and emotional well-being.

A health-promoting NHS

- Publish an action plan to build on and take forward the proposals in *Delivering Race Equality: A Framework for Action*, which outlined a whole-system approach to tackle the inequalities experienced by people from Black and minority ethnic communities in their access, experience and outcomes of the mental health system of care.
- Ensure that the new training offered to NHS staff helps them recognise times when patients may be particularly vulnerable and enables staff to offer initial support and provide information on the sources of help that are available.

- Extend new approaches to improve the physical health care for people with severe mental health problems.
- Develop new approaches to help people with mental health problems manage their own care, including providing information on all aspects of health.
- We will review self-help tools and support access to the best. For example, The Charlie Waller Trust, Mentality, and other organisations produce excellent work that can be widely disseminated.

Work and health

- Work with the National Institute for Mental Health in England (NIMHE) and the Disability Rights Commission to challenge discrimination against people with mental health difficulties, and enable more to gain access to employment.
- Publish guidelines on the management of mild to moderate mental ill health in the workplace in 2005.
- The Health and Safety Executive (HSE) has recently published new management standards for stress in the workplace.
- Promote learning opportunities for NHS leaders and managers on the responsibilities of managers to support and improve the health of staff. Good line management skills help to reduce stress at work.

WHAT THE CONSULTATION RAISED

The major themes from the consultation on mental health were action on stress, particularly in school or the workplace, and more services such as counselling and advice. The mental well-being of children and the need for a holistic approach were other major themes. People also raised information targeted at certain groups or life-stages and the promotion of mental health in a range of settings.

WHAT WE ARE DOING ALREADY

- The *National Service Framework for Mental Health* (1999) and the *NHS Plan* (2000) set new standards and targets alongside new investment to reshape care and treatment in line with the evidence base

and the needs and wishes of service users. Standard One refers to mental health promotion. Each of the 162 Local Implementation Teams has a Standard One lead, and 91% report that they are implementing a health promotion policy.

- *Making it Happen – A Guide to Delivering Mental Health Promotion*, published by the Department of Health (2001), is designed to help local services develop mental health promotion programmes.
- *Mind Out for Mental Health* was a national campaign which ran from 2001 until 2004 aimed at tackling the stigma and discrimination faced by people with mental health problems and at supporting their social inclusion. It focused on young people, employers, the media and the general public.
- In June 2002, we launched a new five-year anti-stigma, anti-discrimination strategy *From Here to Equality* to be carried forward by NIMHE and the Disability Rights Commission. From 2004, the new brand is 'Shift – same world, different view'.
- The report of the Social Exclusion Unit on mental health and social exclusion, published in June 2004, highlighted the issues and the action that could be taken to strengthen support for people with mental health problems to access employment and facilities enjoyed by all people. We have established an implementation team to drive forward the recommendations.
- Following the *NHS Plan*, the Government made significant extra investment of over £300 million over three years (2001–02 to 2003–04) to fast-forward the National Service Framework for Mental Health and to deliver our *NHS Plan* commitments.

Children

- We allocated an additional £300 million to PCTs and local authorities to improve child and adolescent mental health services over the period 2003–06. The standards and markers of good practice for children and young people's mental health services are set out in Standard 9 of the *National Service Framework for Children*.

Suicide

- The national suicide prevention strategy was launched in 2002, and the first annual report shows a sustained fall in the number of suicides and outlines actions that were taken to achieve this. The NIMHE is implementing the strategy and reports on progress.

Workplace

- The HSE is testing extended occupational health support for employers, including telephone advice lines and a website, and a network of advisers.

WE WILL HAVE DELIVERED IF...

...we improve the mental health and well-being of the general population, reduce mortality rates 'from suicide and undetermined injury by at least 20%' (2004 Government PSA target).