MENTAL HEALTH EQUALITY

HOW PRIMARY CARE CAN MAKE A DIFFERENCE

Andy Bell

andy.bell@centreformentalhealth.org.uk
@CentreforMH @Andy__Bell__

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WHO WE ARE

Centre for Mental Health is an independent charity.

We take the lead in challenging injustices in policies, systems and society, so that everyone can have better mental health.

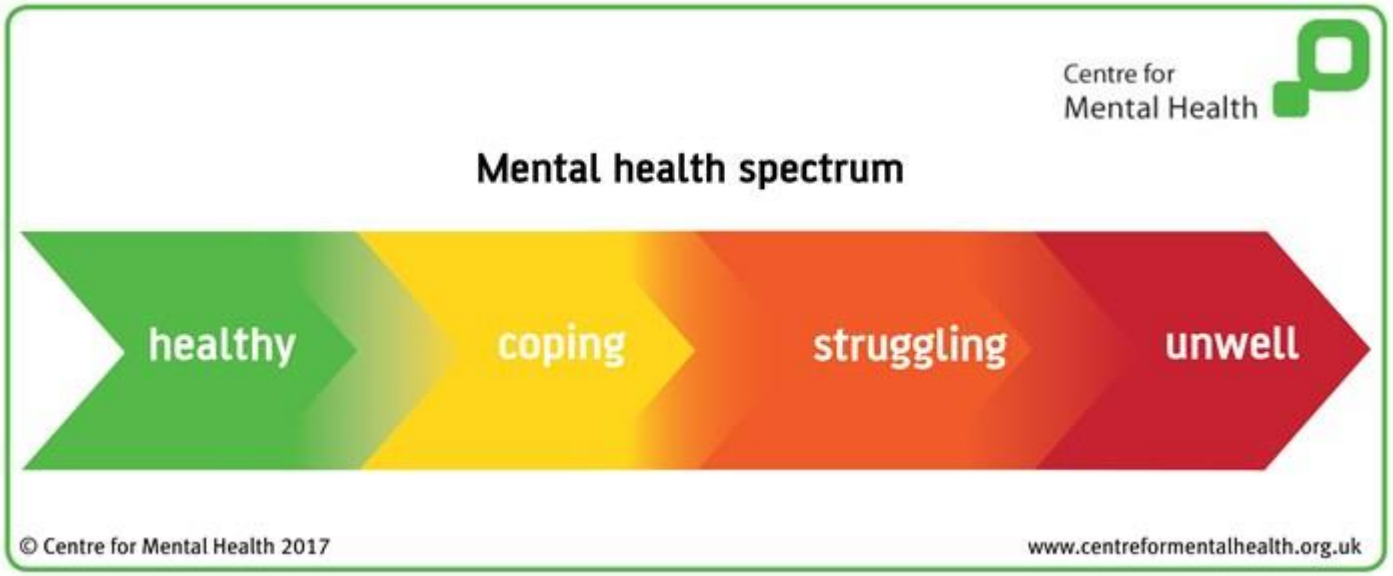
By building research evidence to create fairer mental health policy, we are pursuing equality, social justice and good mental health for all.

MENTAL HEALTH INEQUALITIES

- Social and economic inequality and injustice drive poor mental health
- Access, experience and outcome inequalities in mental health support
- Unequal outcomes for people living with mental health difficulties – including physical health and life expectancy
- Absence of mental health support for people with physical health needs

MENTAL HEALTH SPECTRUM

- About 1 in 4 have a current mental health difficulty
- Lifetime risk approx. 3/4
- Risk and protective factors determine our positions on the spectrum during our lives

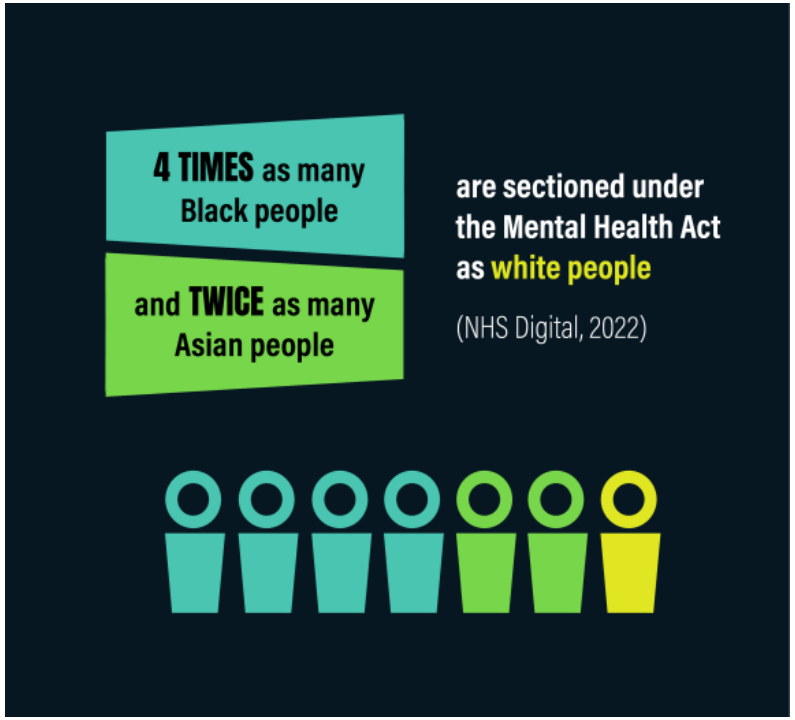


PROTECTIVE FACTORS

Secure attachment in infancy
Positive parenting
Safe, warm housing
Economic security
Positive school experience
Procedural justice, eg at work
Access to green spaces and nature

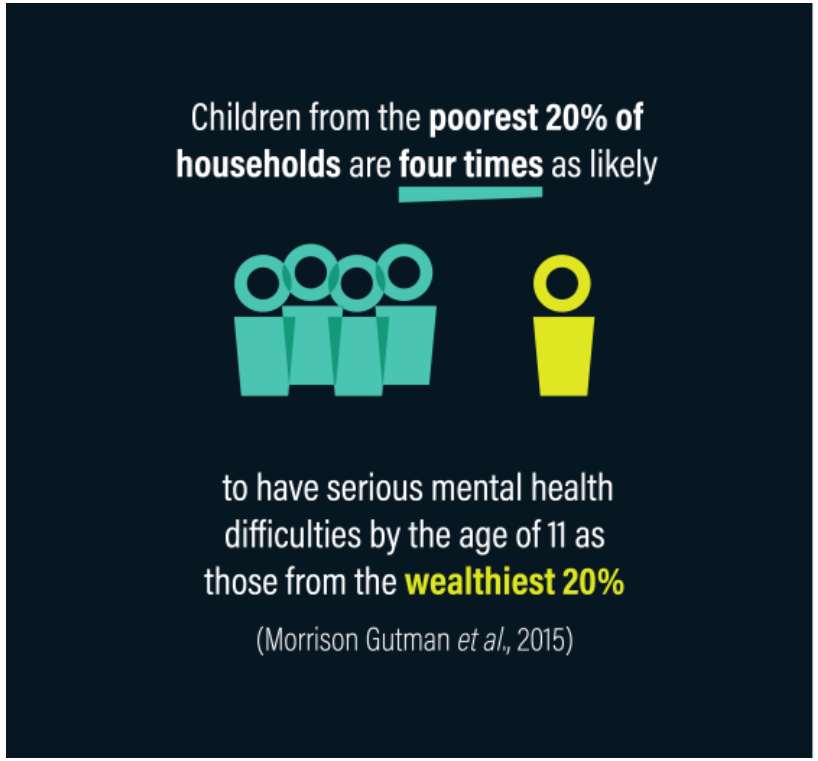
RISK FACTORS

Traumatic events and experiences
Abuse and neglect
Isolation and loneliness
Bullying
Poverty and financial precarity
Insecure housing and homelessness
(Fear of) crime
Discrimination
Racism



GROUPS FACING HIGHER RISKS

People on low incomes
Racialised communities
Disabled people
LGBTQ+
Long-term illness
Neurodiverse
Looked After Children
Criminal justice system
Residential care



JOIN US IN DEMANDING A FAIRER AND HEALTHIER FUTURE FOR US ALL

DEPRESSION AND DEPRIVATION

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Figure 4: Map of County & UA (pre 4/19)s in England for Estimated prevalence of common mental disorders: % population aged 16 & over (Percentage point - per 100 2017)

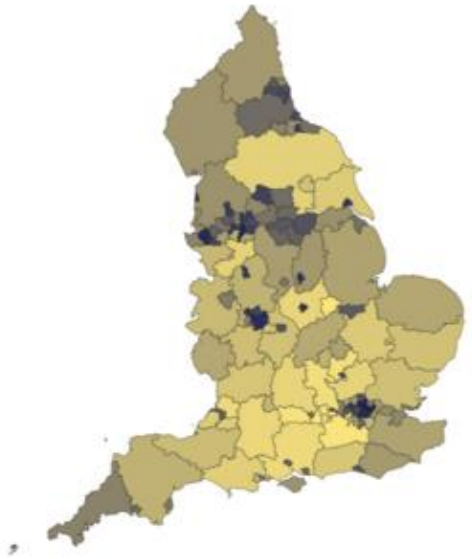
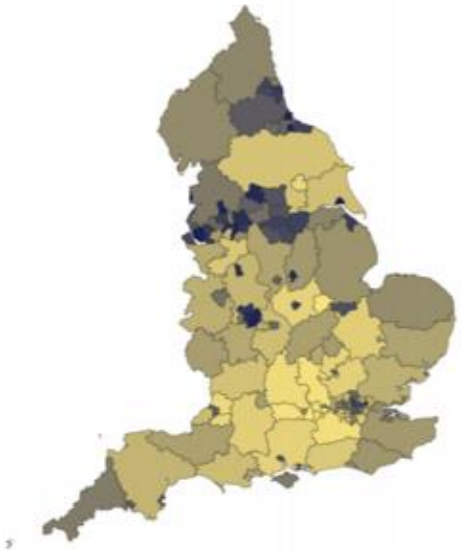


Figure 5: Map of County & UA (pre 4/19)s in England for Deprivation score (IMD 2015) (Score - 2015)



Continuous: Lowest — Highest

Figure 2: Map of County & UA (pre 4/19)s in England for Estimated prevalence of emotional disorders: % population aged 5-16 (Proportion - % 2015)

Figure 3: Map of County & UA (pre 4/19)s in England for Children in low income families (under 16s) (Proportion - % 2016)

Continuous: Lowest — Highest

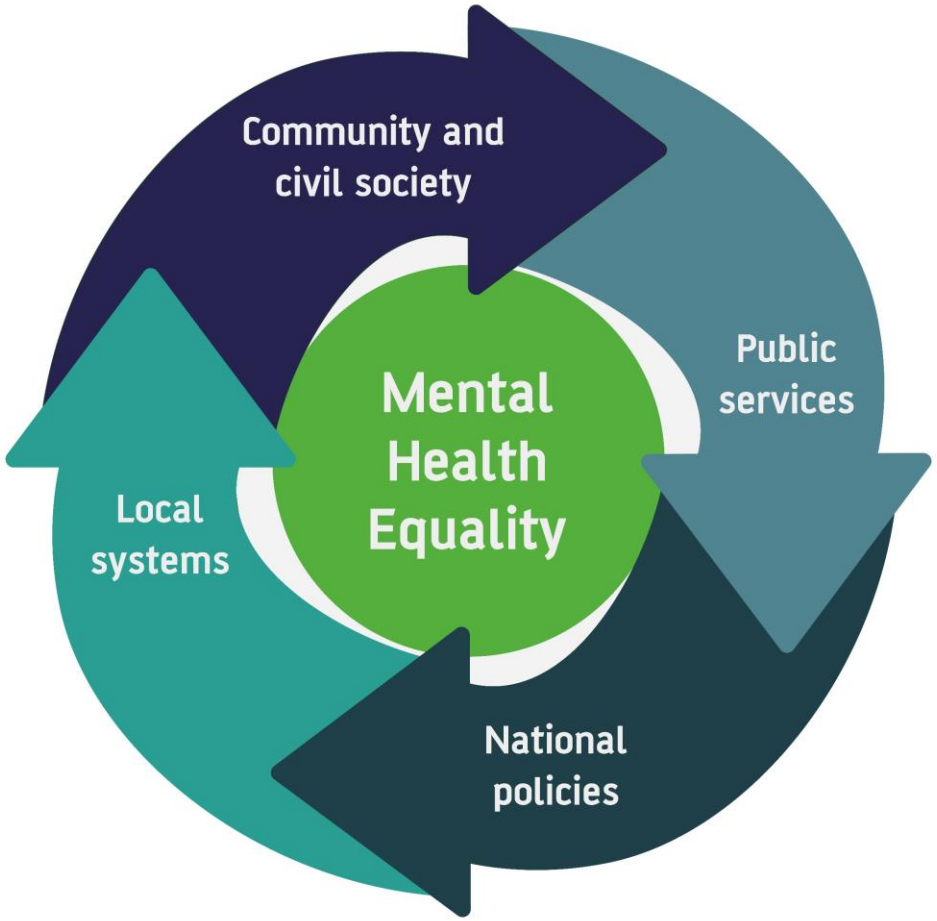
Used with permission from Public Health England

MENTAL HEALTH SUPPORT

- About 1/3 people with a mental health problem receive support for it
- Help often delayed, by up to a decade
- Unequal access, experience & outcomes
- Current crisis in system capacity
- Despite £2.3bn extra NHS funding

A SYSTEM DESIGNED FOR EQUALITY

- Mental health is made in communities
- Supported by public services…
- …local systems…
- and national policies



IN TEN YEARS' TIME...

- 1. More will be done to prevent mental health difficulties
- 2. Early intervention will be the norm
- 3. No wrong door to get quality, compassionate care
- 4. Services will see the bigger picture in people's lives
- 5. Services treat you as a whole person
- 6. Services proactively tackle structural inequities and injustices
- 7. Coproduction in service design, development and delivery
- 8. Autonomy and human rights boost for community support
- 9. A thriving, well-supported and diverse workforce
- 10. Services measure & are accountable for outcomes that matter

MENTAL HEALTH IN PRIMARY CARE

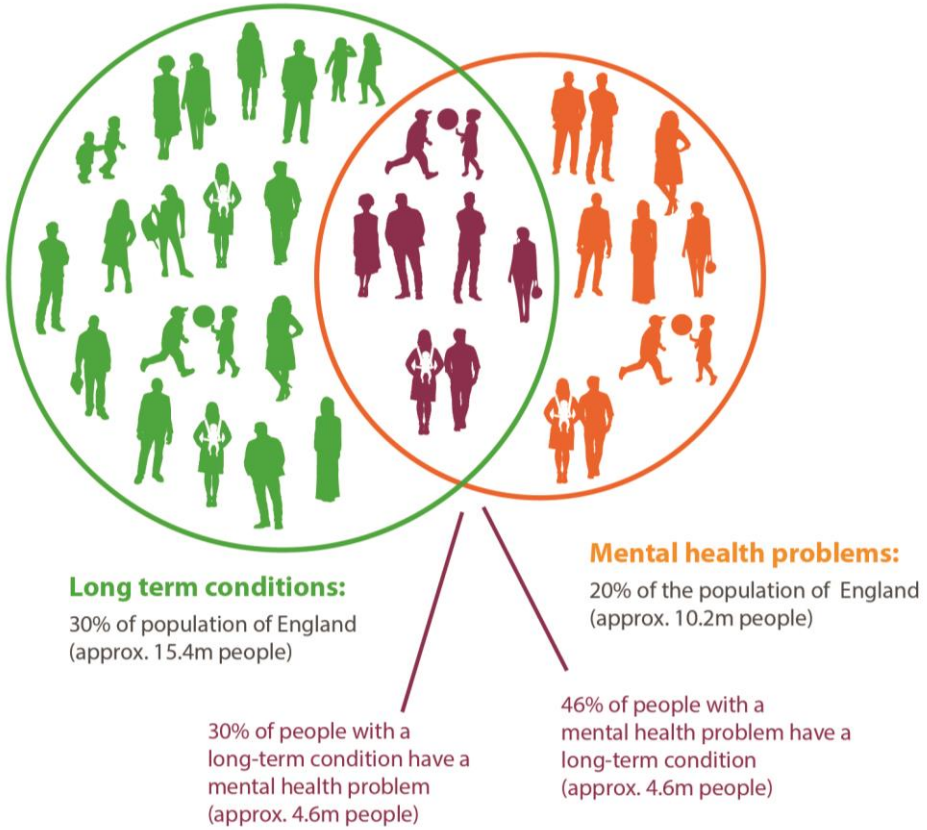
- First point of contact for many people
- Closer to home/less stigmatising than a mental health service
- Wide range of approaches, from individual practitioners in GP surgeries to standalone services meeting specific needs (eg Nottingham, Bradford, City & Hackney, Surrey)
- Evaluation shows these close gaps in existing provision and are value for money
- Recently boosted by Additional Roles Reimbursement Scheme (ARRS)

SOCIAL INTERVENTIONS

- People with mental health difficulties face higher levels of unemployment, debt, housing difficulties, discrimination, etc
- Help with employment through Individual Placement and Support (including for people accessing NHS Talking Therapies)
- Housing, money & wider welfare advice
- Social prescribing
- Social action and citizenship – key role of Early Support Hubs for young people

MENTAL AND PHYSICAL HEALTH

- 1/3 have long-term physical condition
- 1/5 have mental health difficulty
- 1/10 have both



THE 'STOLEN YEARS'

- Life expectancy for someone with long-term mental illness 15-20 years shorter
- High rates of physical ill health (diabetes, liver, respiratory and heart disease)
- Three times rate of smoking + higher consumption & dependency
- Greater risk of dying from cancer
- Higher hospitalisation and death rates from infectious disease, including Covid
- Strong links to poverty and exclusion
- Poorer dental health and sexual health
- Carers may also face greater risks (and be ignored, too)

SOME KEY AREAS FOR ACTION

- Medication management & decision-making
- Access to health checks & interventions
- Screening and preventive health care
- Smoking cessation services
- Tailored help with physical activity and healthy weight management
- Addressing poverty & access to food
- Vaccinations, including flu

‘ASK HOW I AM’

- **Long term conditions and mental health**
- Coming to terms with it: not just at the start
- Living with it: day to day, without end
- Burden of repeated appointments and interventions
- Impact on relationships
- Ongoing impact of the pandemic
- Financial challenges

WHOLE PERSON CARE: KIDNEY DISEASE

- Stepped care model
- No exclusions
- Proactive offers of support
- Mental health worker in kidney care team
- Adaptations eg for children
- Holistic support offer
- Routine monitoring/reviews of services

REPORTS AND RESOURCES

- ‘A Mentally Healthier Nation’ https://www.centreformentalhealth.org.uk/publications/mentally-healthier-nation
- ‘No Wrong Door’ https://www.centreformentalhealth.org.uk/publications/no-wrong-door
- ‘Ask How I Am’ https://www.centreformentalhealth.org.uk/publications/ask-how-i-am
- Equally Well UK https://equallywell.co.uk/

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ANY QUESTIONS ?

THANK YOU

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@CentreforMH @Andy__Bell__ @EquallyWellUK