

Policy Briefing: No Health Without Mental Health

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Original Document:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/213761/dh_124058.pdf

Purpose of document

The Government published the document as part of a big plan committed to improving the mental and physical health and wellbeing of people of all ages and backgrounds in England, and the services and support that they can access. They have worked with a wide group of people from several mental health organisations and the Department of Health to put the plan into action. Their target is to work towards meeting six goals for better mental health for the population.

Summary of contents

The report lists the six goals that were agreed by the people who were involved in developing the plan, and provides some data on current mental health problems. It focuses on mental health as being 'everyone's business' and talks about the relationship between improved mental health and wellbeing and better outcomes for most people. The report describes the stigma of mental health and how the associated social barriers greatly affect life chances. It also mentions some of the emotional and behavioural problems, and rates of suicide that are becoming more widespread, or likely to increase, particularly among young people and in times of hardship.

Summary of outcomes

The document recognises how important it is to ensure good, easy access to high quality health care, and make effective use of mental health resources. The data shows that it will be a challenge to improve mental health and wellbeing across the population and to do something about some of the underlying problems. There are also issues relating to social inequalities which affect those with mental health problems that still need to be resolved such as housing and employment. The plan requires organisations to work more closely together to ensure that services are practical, effective and integrated. It recognises the improvements that still need to be made regarding the provision of mental health services for those with significant to severe mental health issues.

Summary of recommendations

- Ensuring early and better access to mental health and wellbeing services and resources for different groups of people.
- Tackling inequalities across all affected areas and challenging stigma.
- Helping people to gain and maintain work and not be disadvantaged.
- Effective partnership working involving patients, carers, and families.
- Prioritising input from patients and service users in decision making, and sharing resources so that they can have choice and control of their lives and decisions that are made about them.

Further information and resources

Government

<http://www.gov.uk/government/publications/the-mental-health-strategy-for-england>

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