MENTAL HEALTH EQUALITY
HOW TO BUILD A MENTALLY HEALTHIER NATION

CENTRE FOR MENTAL HEALTH

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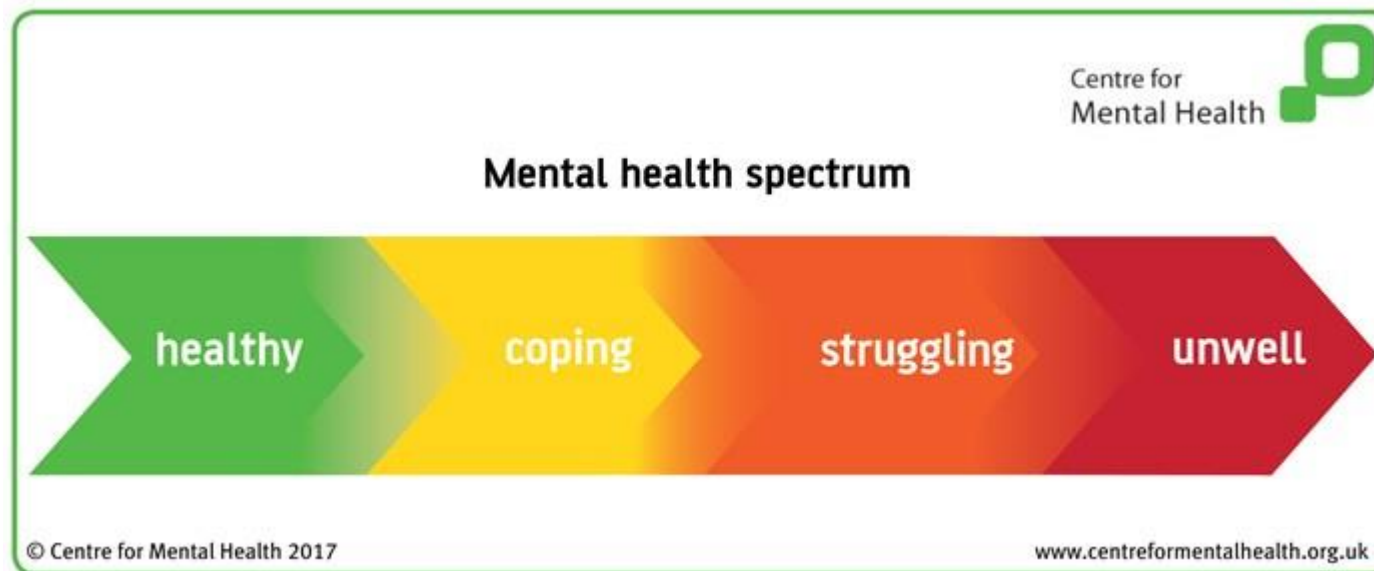@CentreforMH @Andy__Bell__

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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.
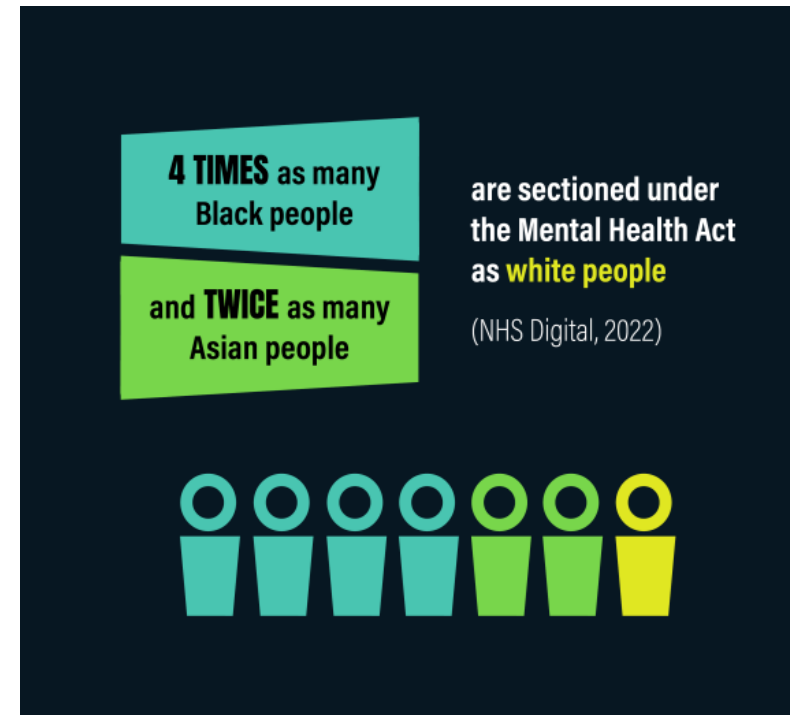
MENTAL HEALTH SPECTRUM

- 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

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Mental health spectrum

healthy · coping · struggling · unwell

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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

Children from the **poorest 20% of households** are **four times** as likely to have serious mental health difficulties by the age of 11 as those from the **wealthiest 20%**

(Morrison Gutman *et al.*, 2015)

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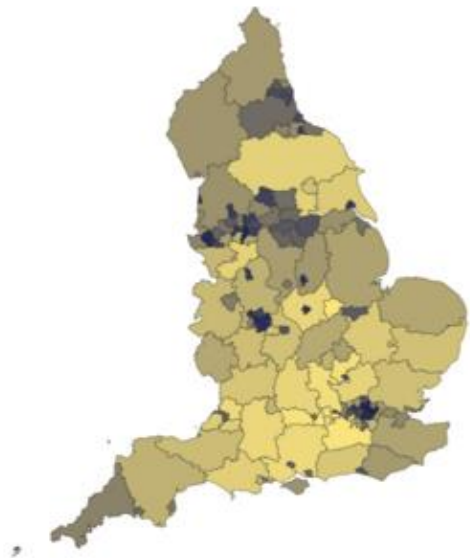
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DEPRESSION AND DEPRIVATION

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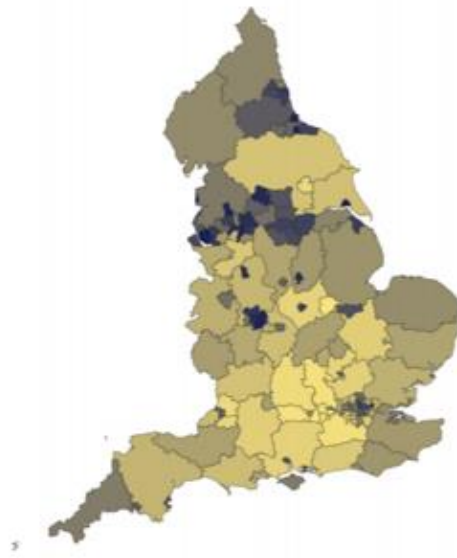
Figure 5: Map of County & UA (pre 4/19)s in England for Deprivation score (IMD 2015) (Score - 2015)

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)

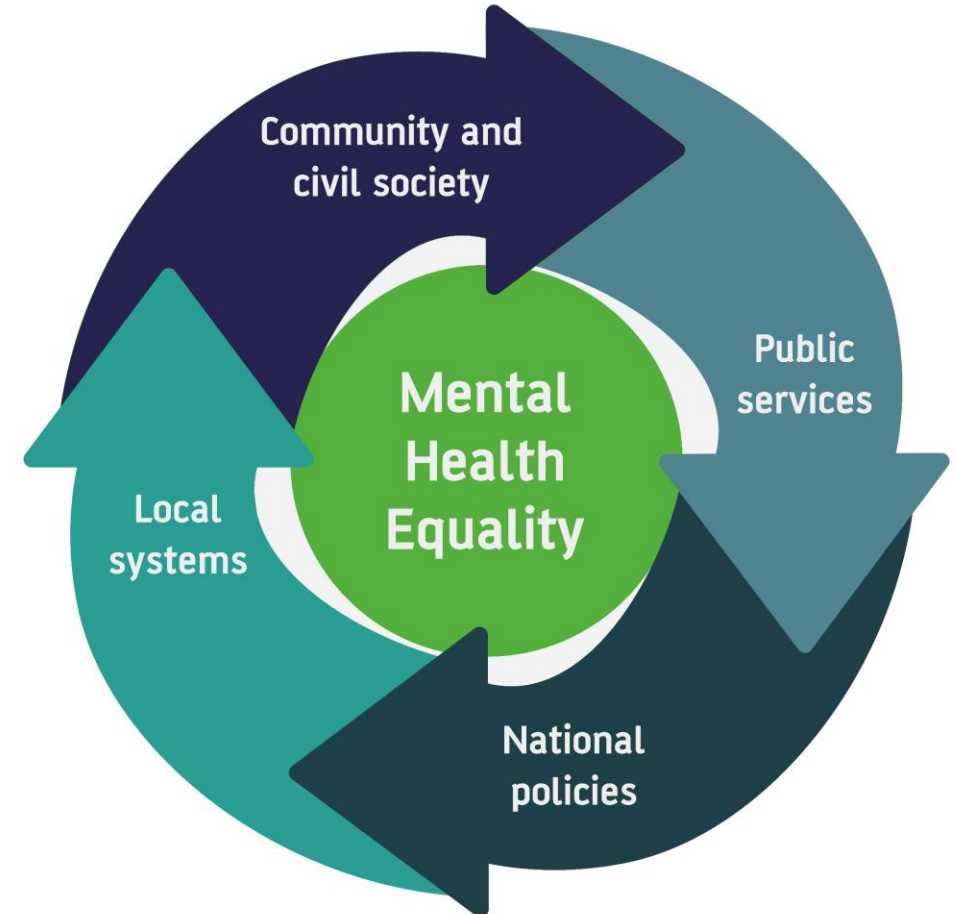Continuous: Lowest — Highest

Continuous: Lowest — Highest

Used with permission from Public Health England

A SYSTEM DESIGNED FOR EQUALITY

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

MADE IN COMMUNITIES

⊚ Communities can create good mental health through:
 Sense of belonging & being valued
 Mutual aid and peer support
 Empowerment & challenging unjust systems: collective impact model
 Safe, trustworthy sources of support

⊚ Challenges:
 Insecure, short-term statutory sector funding
 'Class system' in charitable activity and philanthropy

A MENTALLY HEALTHIER NATION

- A national mental health plan
- Mental health in all policies
- Social security
- Education
- Justice
- Race equality

PREVENTION

EQUALITY   SUPPORT

Address the causes of mental ill health

Eradicate mental health inequalities

Ensure timely access to local services

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MENTAL HEALTH SERVICES IN TEN YEARS' TIME...

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- 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

MENTALLY HEALTHIER COUNCILS

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CHAMPION MENTAL HEALTH

REDUCE POVERTY
- Improve your council tax support scheme
- Expand free school meals, equipment & after school clubs
- Buy more goods & services locally
- Commission money advice services
- Pay the Living Wage

IMPROVE THE ENVIRONMENT
- Create community spaces & events
- Provide genuinely affordable housing
- Reduce access to cheap alcohol
- Promote active travel & access to green space

SUPPORT THE BEST START IN LIFE
- Refresh your child poverty strategy
- Support schools to boost mental health
- Fund early support hubs
- Tackle racism & discrimination
- Invest in early years services

ENSURE ACCESS TO QUALITY SERVICES
- Invest in substance misuse services
- Commit to 'parity of esteem'
- Take vital steps to prevent suicide deaths
- Boost social care for mental health

MENTALLY HEALTHIER COUNCILS NETWORK

o   Open to council officers and members

o   Free to all local government workers

o   News, training and events to support mental health improvements through local government

MENTALLY HEALTHIER COUNCILS NETWORK

Takes seconds to sign up here!
(Please sign up using your 'gov.uk' email address)

https://centreformentalhealth.us3.list-manage.com/subscribe?u=60c1b1ba2c1557649e61daa9a&id=f1e03828e1
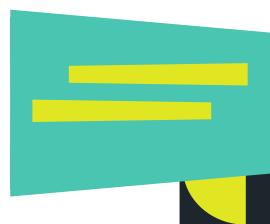
REPORTS AND RESOURCES

◎ '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

◎ Mentally Healthier Councils Network
https://www.centreformentalhealth.org.uk/mentally-healthier-councils-network/

◎ 'Mentally Healthier Council Areas'
https://www.centreformentalhealth.org.uk/publications/mentally-healthier-council-areas-0/

THANK YOU

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