

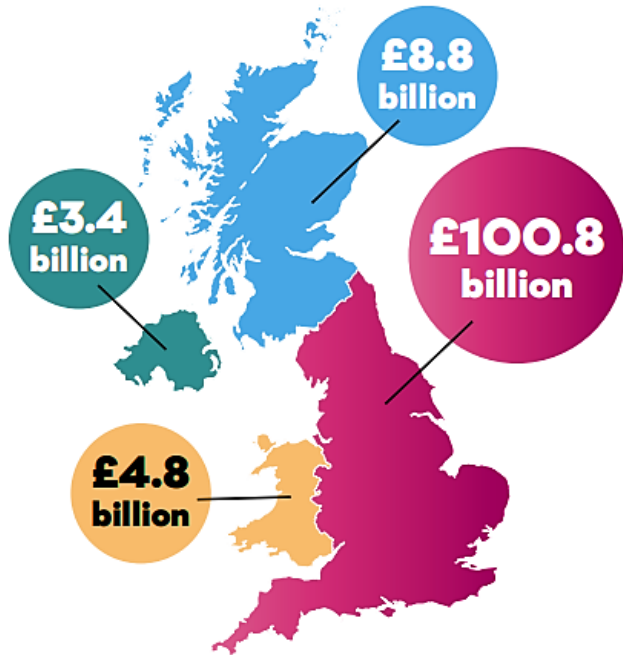
Mental Health Prevention

Lucy Wightman

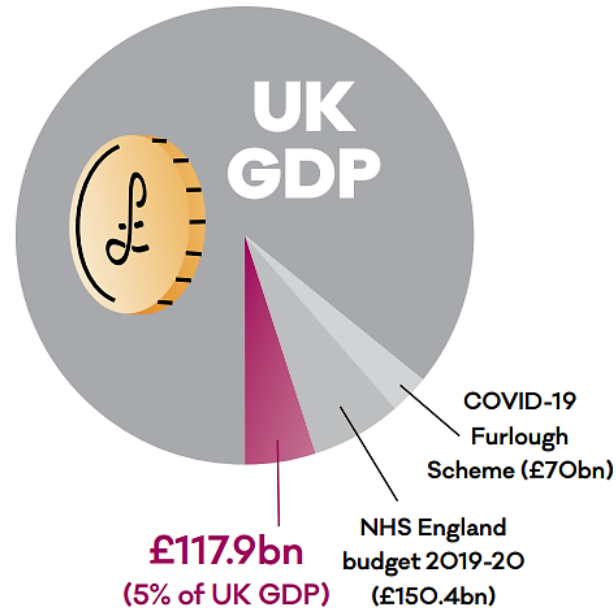
Director of Wellbeing, Public
Health & Communities

ROI for Prevention in Mental Health (Mental Health Foundation & LSE, 2022)

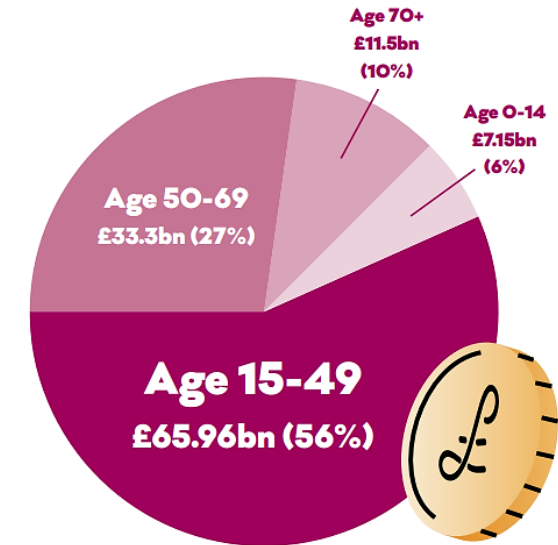
Mental health problems cost UK economy at least £117.9 billion per year



Cost of mental health problems



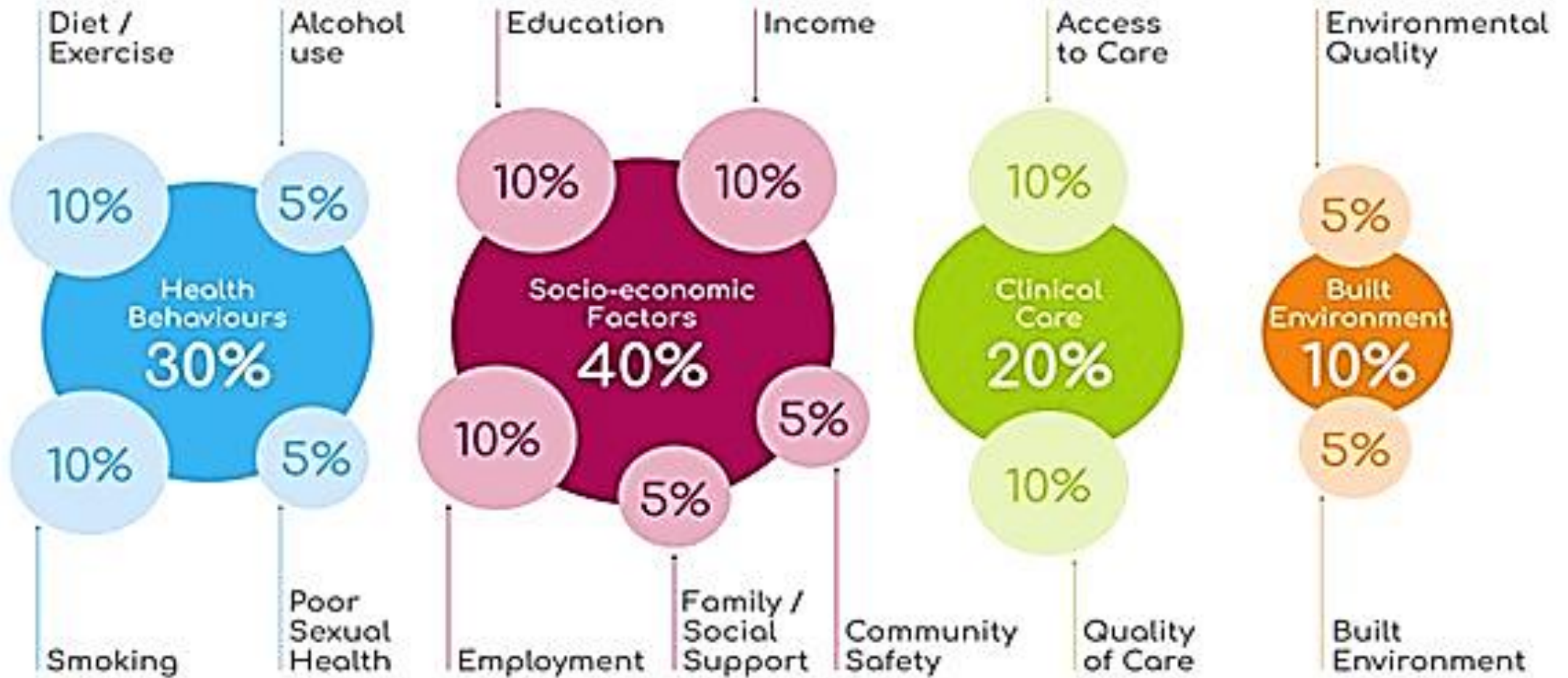
Cost per age group



Cost of mental health conditions by expenditure category, UK, 2019. (£ millions)




	Health	Primary Care	Social Care	Education	Informal Care	Productivity Loss	Intangible Costs	Total
England	10,965	1,907	1,017	2,304	30,854	30,890	22,863	100,801
N. Ireland	420	65	39	83	1,152	1,073	576	3,409
Scotland	1,006	183	93	199	2,795	2,785	1,826	8,888
Wales	601	106	55	121	1,629	1,441	840	4,794
Total UK	12,992	2,261	1,205	2,708	36,431	36,189	26,105	117,891
%	11.02%	1.92%	1.02%	2.30%	30.90%	30.70%	22.14%	100.00%

MH Prevention – PH Issue or Everyone’s Business?



SOURCE: Robert Wood Johnson Foundation and University of Wisconsin Population Health Institute in US to rank countries by health status.

Protective Factors in Mental Health

	 Biological	 Psychological	 Social
Predisposing factors	Genetic, birth trauma, brain injury, illness, medication, drugs/alcohol, pain	Personality, modelling, unconscious defences, conscious coping strategies, self-esteem, body image, cognition, childhood trauma	Socio-economic status, trauma, family disruption, family violence
Precipitating factors	Medication, trauma, drugs/alcohol, acute illness, pain	Stage of life, loss/grief, treatment, stressors	Work, finances, connections, relationships
Perpetuating factors	As above	As above	As above
Protective factors	Physical health	Engagement, insight, adherence, coping strategies, intelligence	Some good relationships, safe housing

Protective Factors in Mental Health

(McCanlies, Mnatsakanova, Andrew, Burchfiel, & Violanti, 2014)



Individual Factors		Family Factors	School Context	Life Events & Situations	Community & Cultural Factors
Easy temperament	Social competence	Supportive caring parents	Sense of belonging	Involvement with significant other person (partner/ mentor)	Sense of connection
Adequate nutrition	Social skills	Family harmony	Positive school climate	Availability of opportunities at critical turning points or major life transition	Attachment to & networks within the community
Attachment to family	Good coping style	Secure & stable family	Prosocial peer group	Economic security	Participation in church or other community group
Above-average intelligence	Optimism	Small family size	Require responsibility & helpfulness	Good physical health	Strong cultural identity & ethnic pride
School achievement	Moral beliefs	More than two years between siblings	Opportunities for some success & recognition of achievement		Access to support services
Problem-solving skills	Values	Responsibility within the family (for adult or child)	School norms against violence		Community/ cultural norms against violence
Internal locus of control	Positive self-related cognition	Supportive relationship with other adult (for a child or adult)			
		Strong family norms & morality			