

# Mental Health Foundation

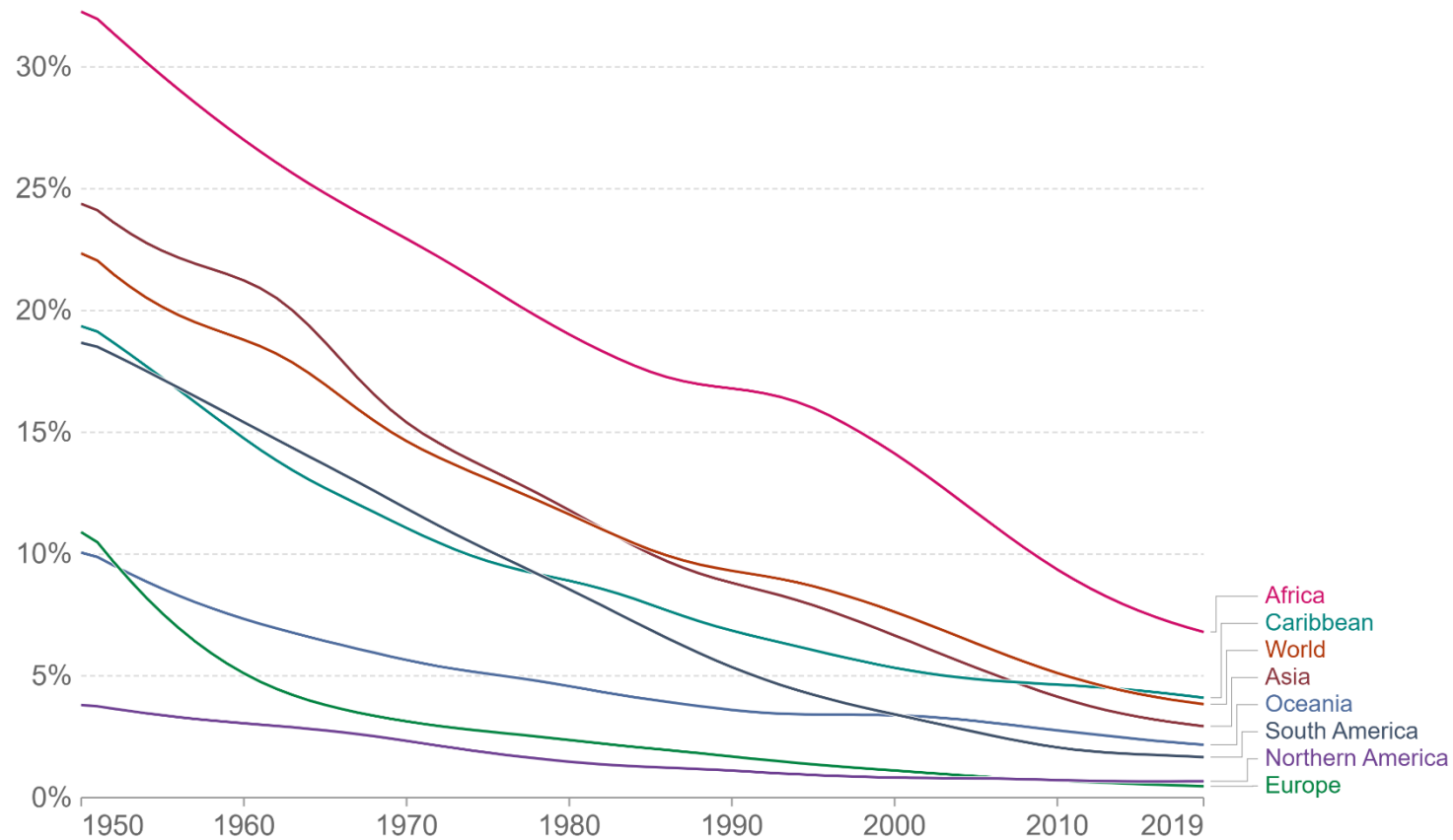
Protecting the nation's mental health



# Huge strides have been achieved in physical health...

## Child mortality

Share of children, born alive, dying before they are five years old.



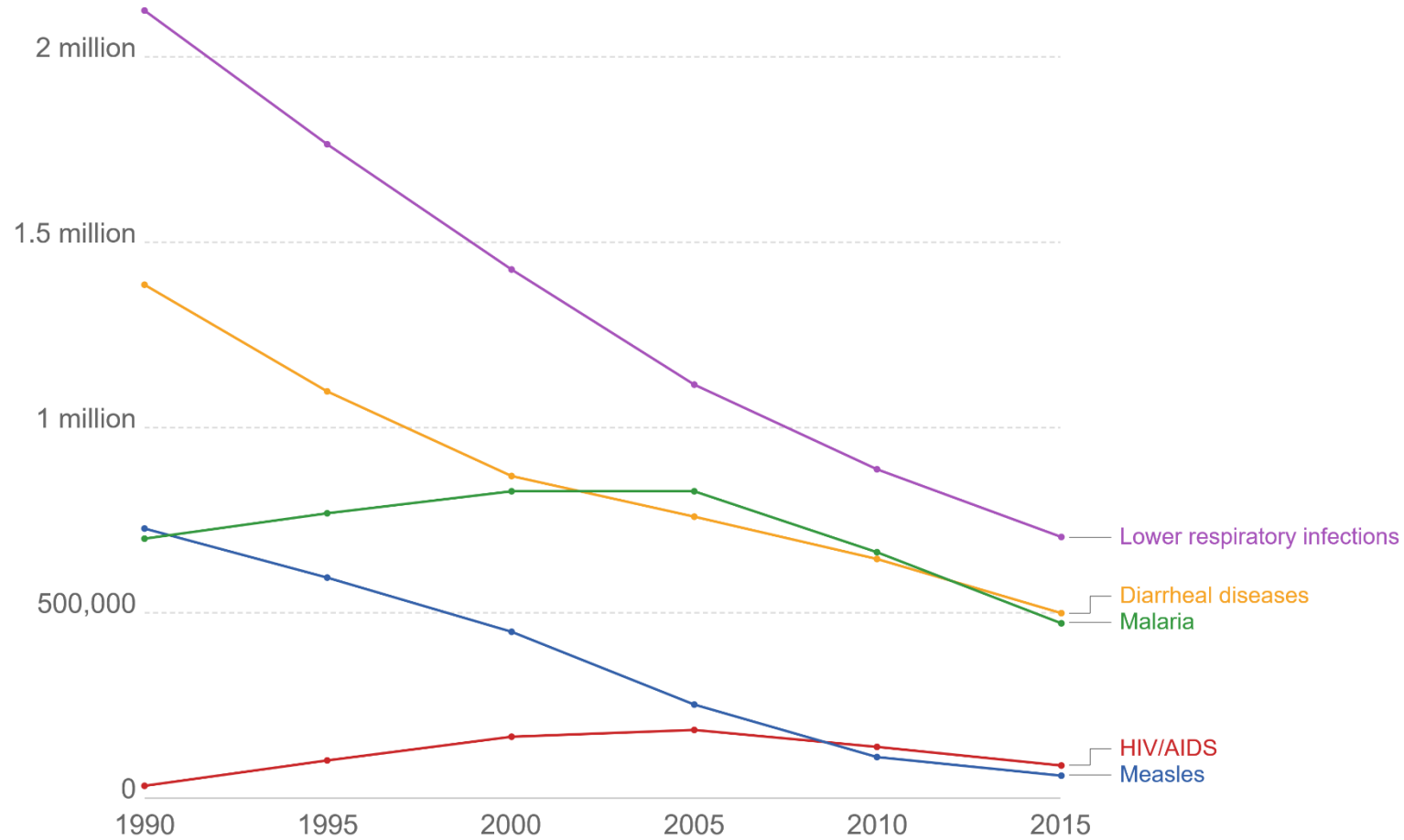
Source: United Nations – Population Division (2019 Revision)

OurWorldInData.org/child-mortality/ • CC BY



# Progress on infectious diseases..

Childhood deaths from the five most lethal infectious diseases worldwide



Source: IHME Global Burden of Disease (child deaths by disease) (2017)

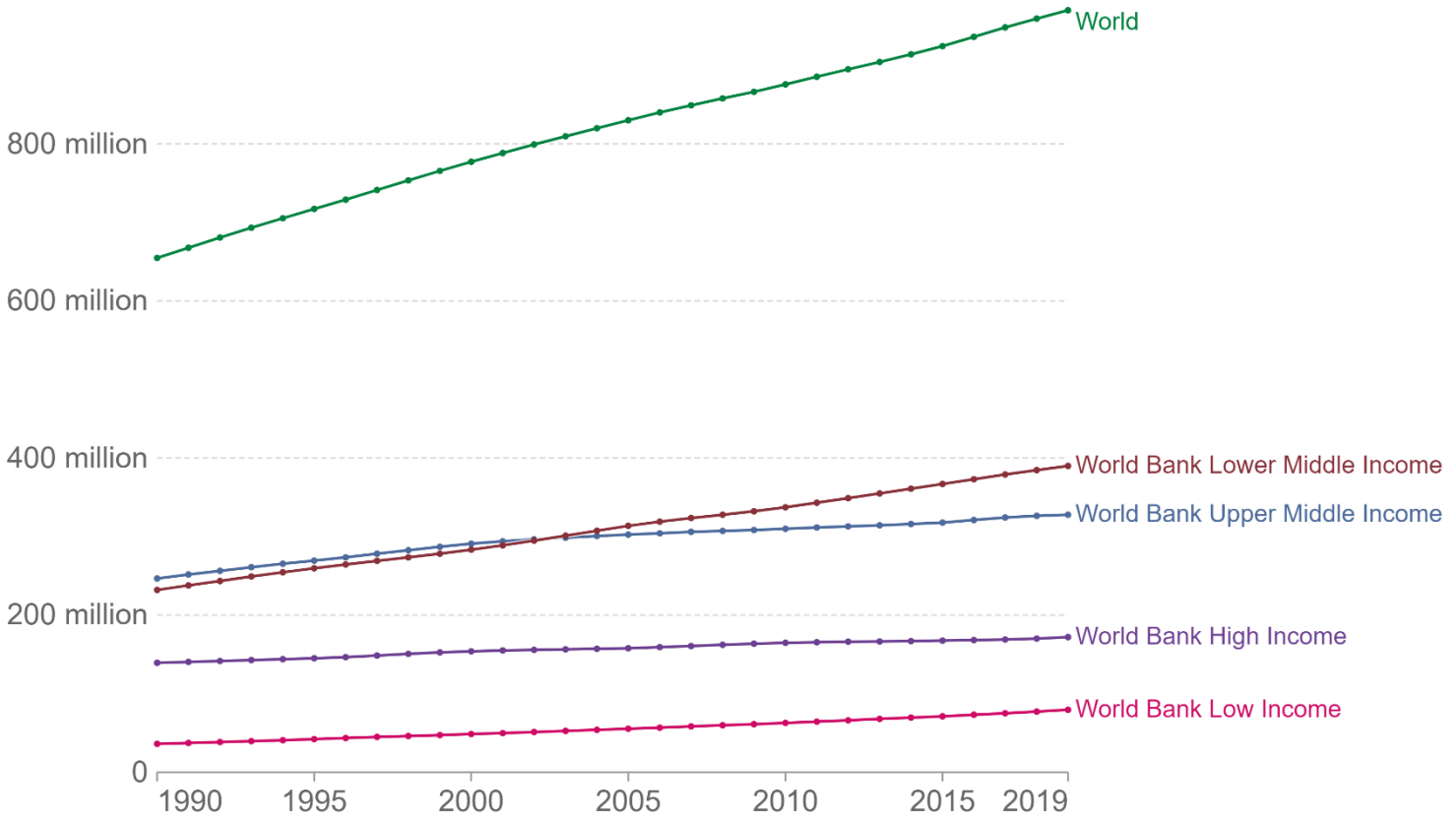
OurWorldInData.org/child-mortality/ • CC BY-SA



# No such progress in mental health....

## Number of people with mental health disorders, 1990 to 2019

Number of people with mental health and neurodevelopmental disorders, not including alcohol and drug use disorders. Figures attempt to provide a true estimate (going beyond reported diagnosis) of prevalence based on medical, epidemiological data, surveys and meta-regression modelling.



Source: IHME, Global Burden of Disease

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**For 70 years, we have brought together**



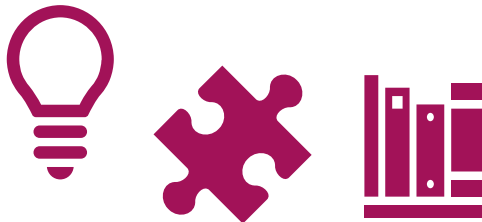
**So that we can...**

Develop and test  
**Community programmes**

**Public Engagement** on  
mental health

**Research on how** to  
prevent mental  
health problems

**Advocate for change**  
to address wider  
factors affecting  
mental health



# What shapes our mental health?



## **BIOLOGY**

Our genes and the ways they are expressed

## **ENVIRONMENT**

The places we live and work, and the relationships we have

## **EXPERIENCES**

The things that happen to us - especially in our early life



# The case for prevention

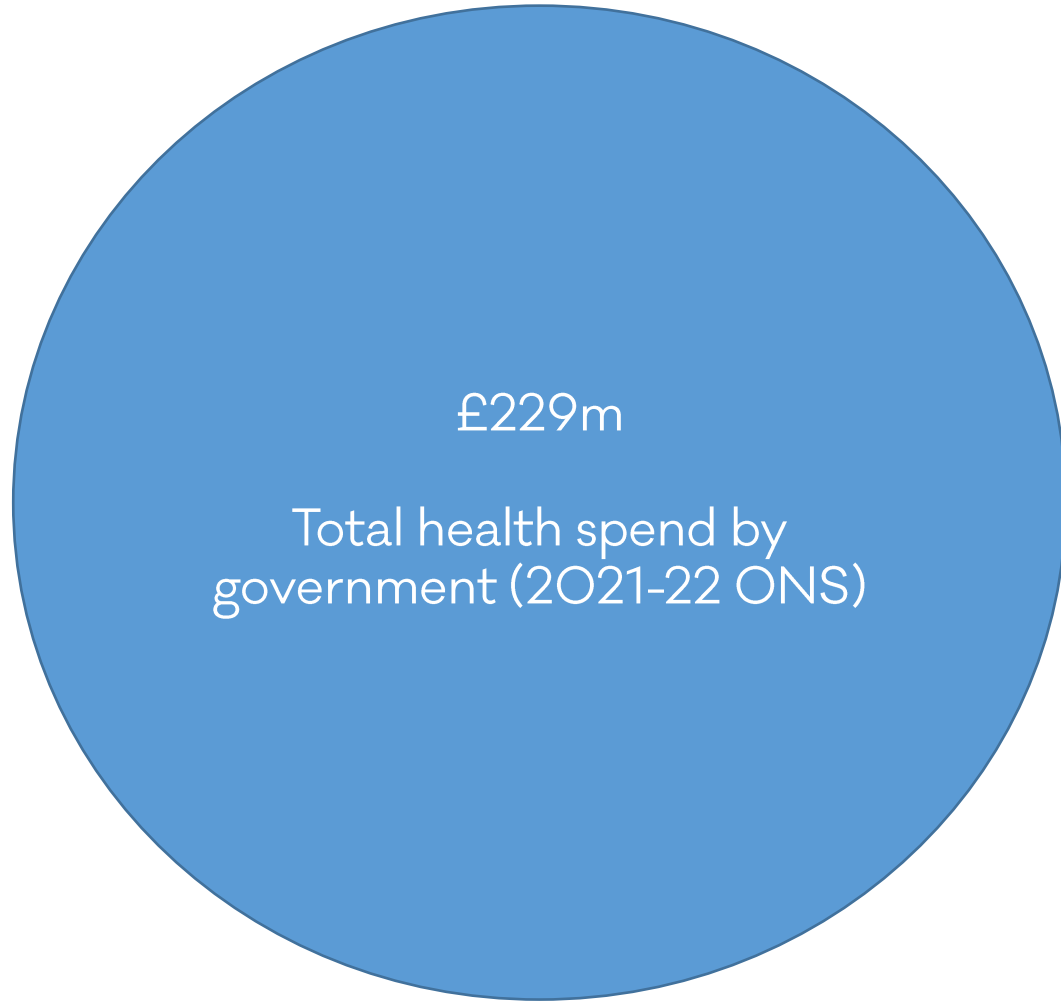
- Mental health is now recognised as one of the great health challenges of our generation.
- We can reduce mental health problems **across** our communities
- We can reduce mental health inequalities **within** our communities.
- This can be achieved through **progressive public policies** alongside investing in **effective prevention programmes** and **empowering individuals**.
- This will reduce the burden on our healthcare system, our social care system, improve our economy, and improve our society



Mental Health  
Foundation



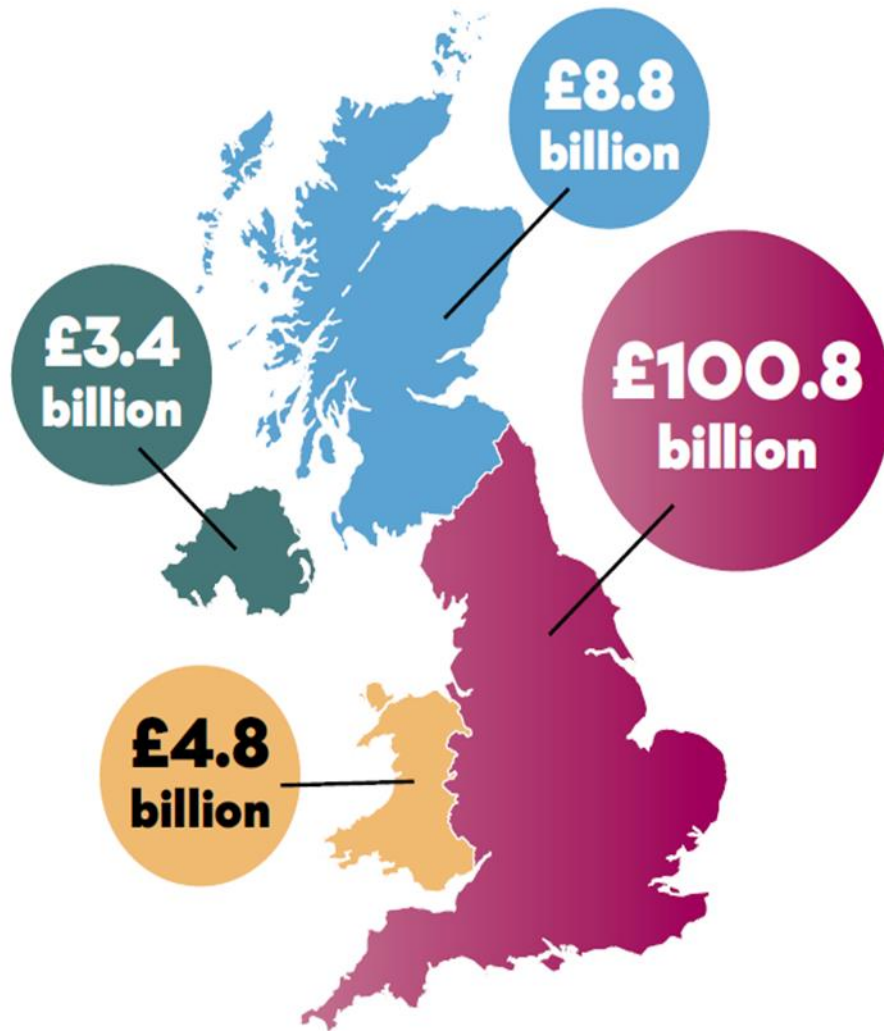
# Health economics



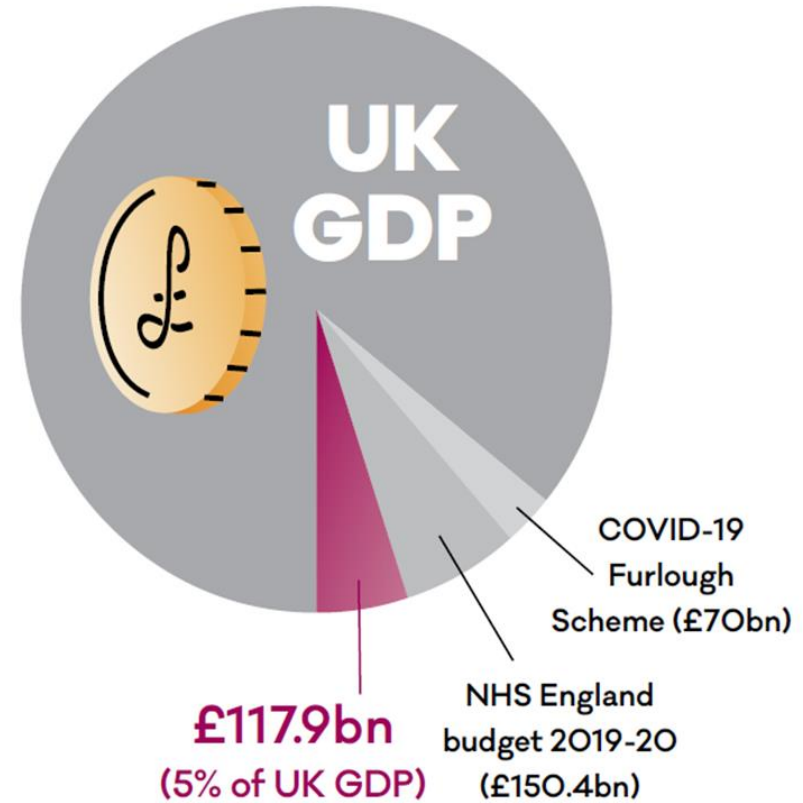
Spend on  
public health  
grant 2021-  
2022 (ONS)  
= £3.3 bn



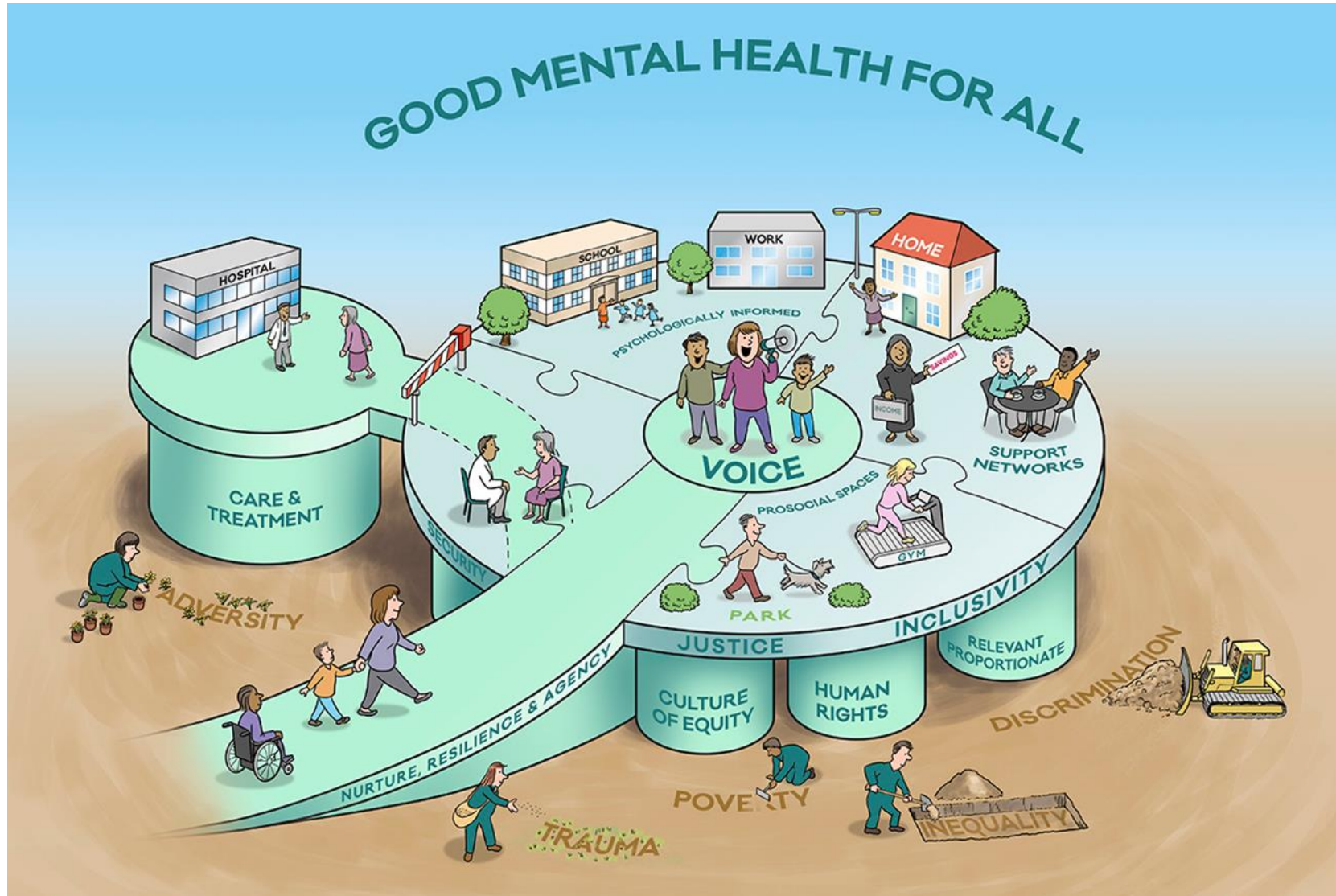
# Implications for mental health



Cost of mental health problems



# Prevention at heart of the ICS



# Four pillars of mental health prevention

Task sharing  
(capacity  
building)

Mental health  
in all policies

Psycho-social  
community  
support

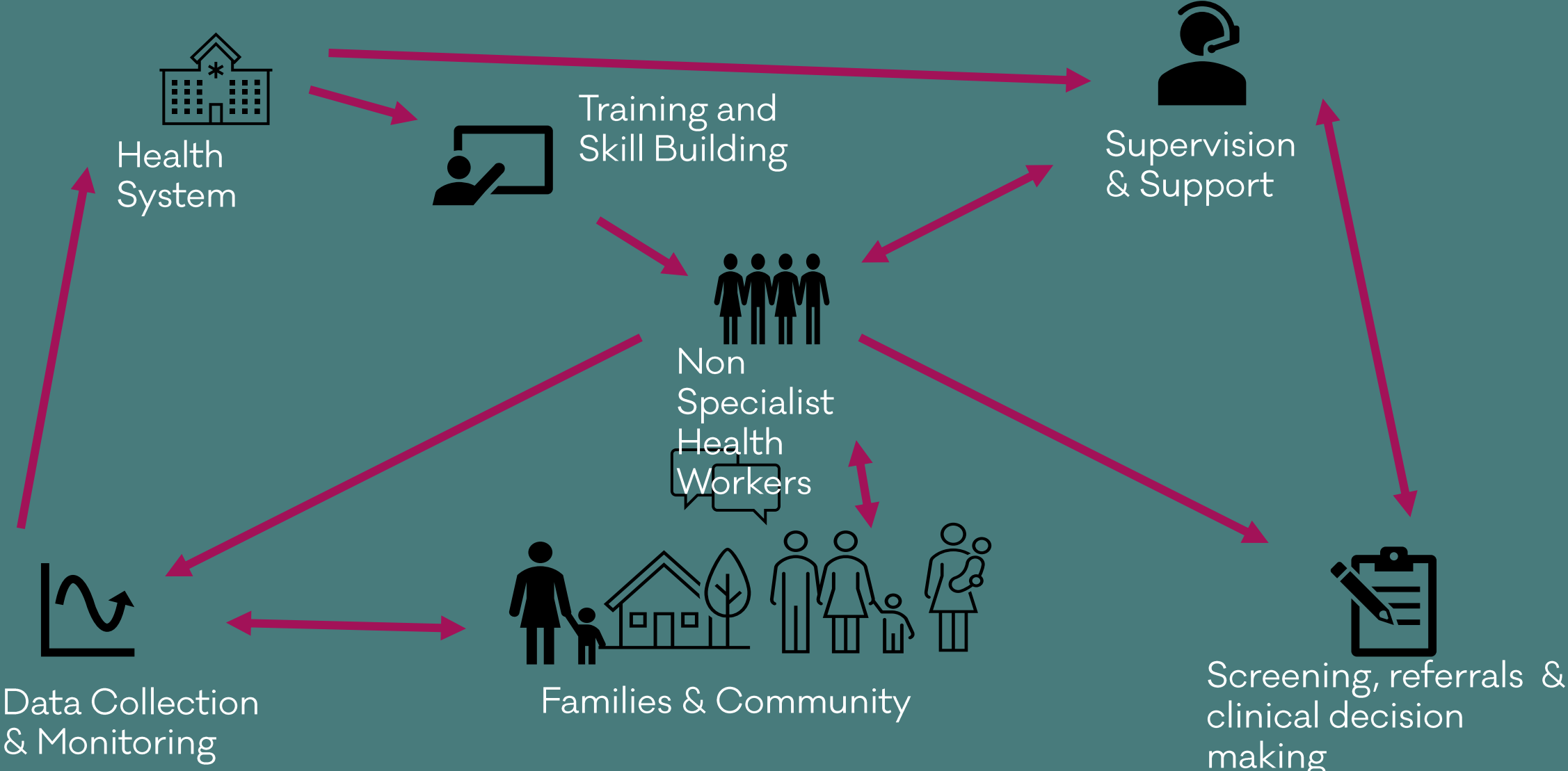
Empowering  
individuals and  
reducing stigma

# Evidence based prevention



- Mental Health Training for Health Visitors
- Parenting Programmes
- Anti-bullying programmes and mentoring in schools
- Identifying adults at risk of poor mental health early and providing them with psychosocial support (remote or face-to-face)
- Supporting those with mental health difficulties in the workplace
- Interventions for people living with LTCs

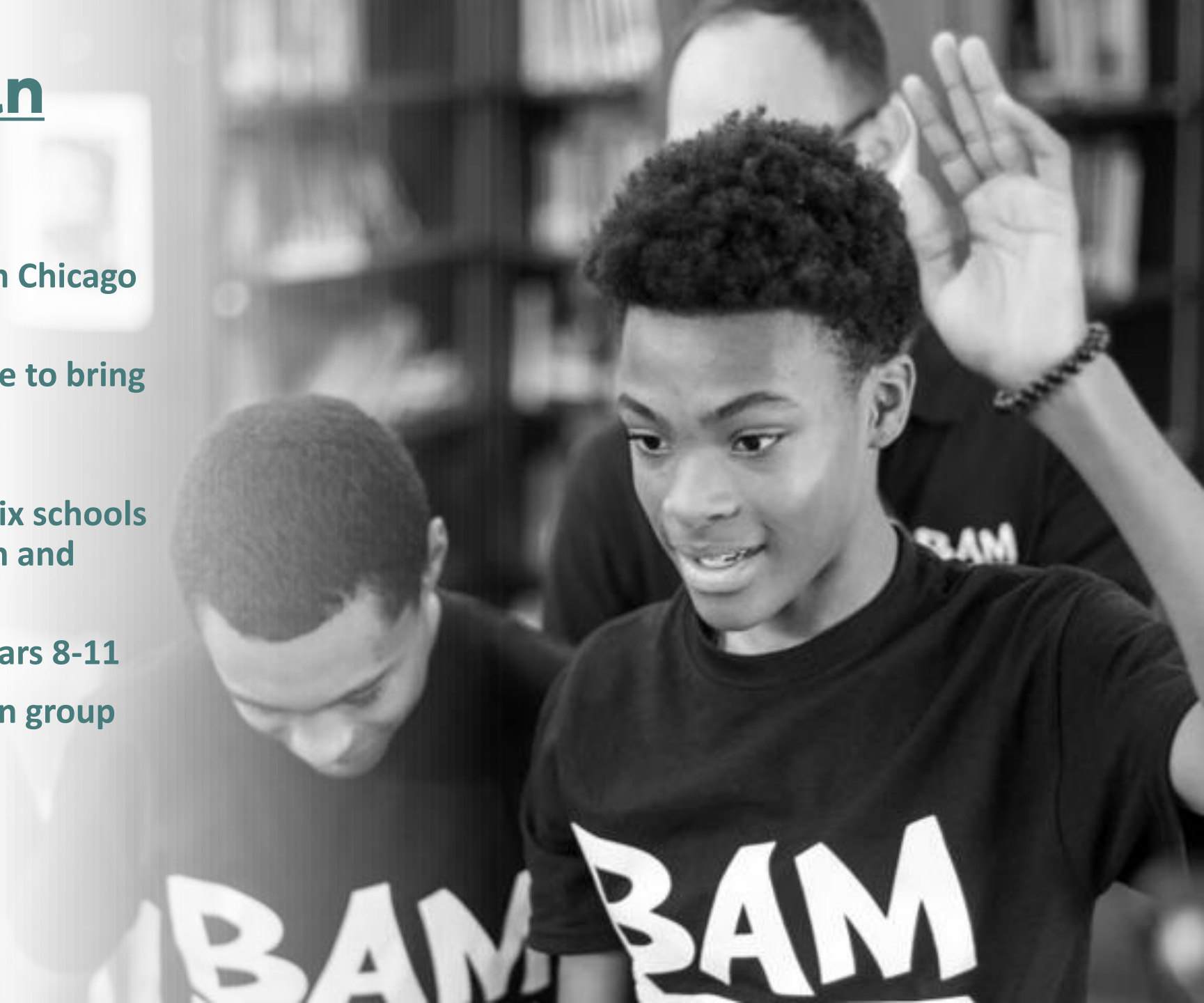
# Together to Thrive





# Becoming a Man (BAM)

- Developed by Youth Guidance in Chicago over 20 years
- Partnership with Youth Guidance to bring BAM to the UK
- Launched in London in 2021 – successfully being delivered in six schools across two boroughs in Lambeth and Islington
- Delivered to young people in years 8-11
- 30 lesson curriculum delivered in group (BAM) circles over 2 years
- Prevention at the heart of the programme



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## **Tackling social inequalities**

<https://www.mentalhealth.org.uk/publications/tackling-social-inequalities-reduce-mental-health-problems>

## **Prevention Manifesto**

<https://www.mentalhealth.org.uk/our-work/prevention>

