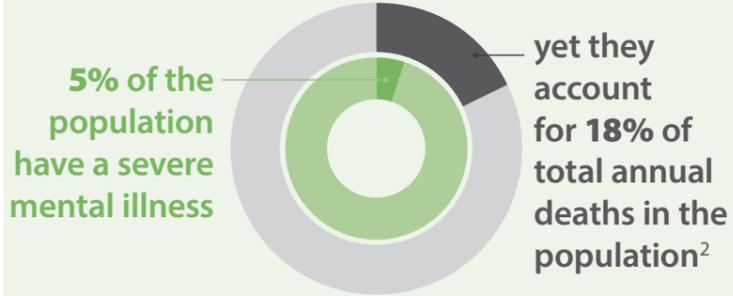# Public mental health

Why is this issue important for Cornwall and the Isles of Scilly?

Whole community

1 in 6 people has a common mental health problem at any one time[1]

=70,000 people in Cornwall & Isles of Scilly

5% of the population have a severe mental illness

yet they account for 18% of total annual deaths in the population[2]

Costs are high

The economic cost of mental illness in Cornwall & Isles of Scilly (extrapolated from England data)[3]

51% human cost

£1bn

20% health & social

29% output losses

Inequalities

People with mental health problems are **3 times** more likely to be in debt than the general population[4]

People from the lowest income households are more likely to have a common **mental health problem[5]**

3x

Males are 3x more likely to die by suicide[6]
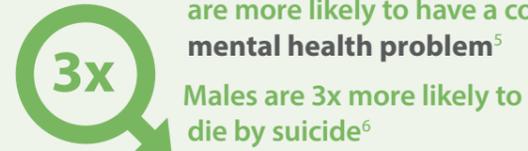
For which groups is this particularly important?

Nationally, one in ten **children aged 5-16** have a mental health disorder[7]

Lesbian, gay and bisexual people are more likely to suffer from mental health problems and suicidal thoughts[8]

Up to half of people diagnosed with a mental health condition also **misuse substances[9]**

Men are less likely to acknowledge mental health problems and seek help[6] ...though anyone can be affected at any time

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[10] People with severe mental health problems are…

3x more likely to suffer from coronary heart disease

10x more likely to suffer from lung disease

4x more likely to suffer from gastro intestinal disease

…and yet, people experiencing a mental health crisis often don't receive timely and appropriate support from health services[11]

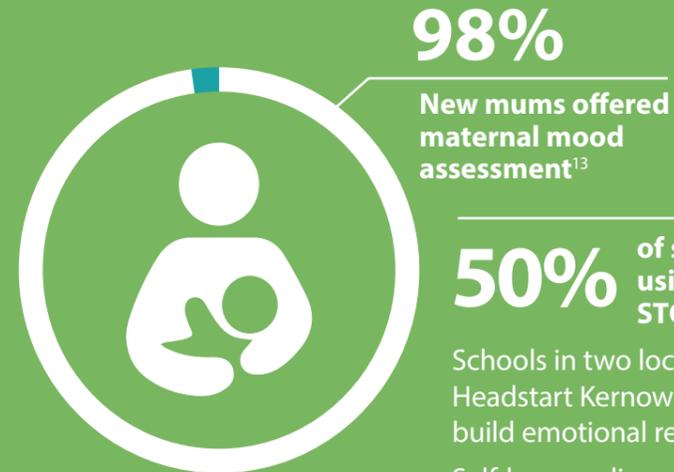People with severe mental illness die on average 15-20 years earlier[12]

What is being done locally to promote mental health and prevent mental illness?

In the last year: **Self-Harm Strategy** for Cornwall & the Isles Scilly developed

Radio Cornwall celebrated its **50th** monthly mental health phone-in programme

Partnerships

Local multi-agency, multi-disciplinary partnerships are working together to improve public mental health: Public Mental Health Team, Zero Suicide Collaborative, Suicide Audit Group, Children and Young People's Emotional Wellbeing & Mental Health Partnership Board

98% New mums offered maternal mood assessment[13]

250 people trained in Applied Suicide Intervention Skills Training[14]

50% of secondary schools using Award winning STOP Stigma resource

Schools in two localities piloting the Headstart Kernow programme to build emotional resilience

Self-harm policy guidance **available to all schools**

Cornwall's Workplace Health Programme addresses mental ill-health and stress reduction

In the last year, **293** people completed the Mental Health Awareness & Understanding training and 68 participated in the Stress in the Workplace training[14]

Evidence

Key documents: No health without mental health: implementation framework. No health without mental health: a guide for Directors of Public Health. Annual report of the CMO, 2013. Public mental health priorities: investing in the evidence

Local advice and support

If you are concerned about your mental health: visit your GP, who will assess your needs and offer talking therapies, medication or referral if appropriate. Online information about mental health problems, service directory and self-help guidance is available at: **http://cornwallmentalhealth.com/**

Notes 1. Singleton, N., Bumpstead, R., O'Brien, M., Lee, A., Meltzer, H., (2001) Psychiatric Morbidity among adults living in private households, 2000 2. HSCIC Mental Health Bulletin 2013 based on the Mental Health Minimum Data Set 2011/12 3. Adapted from the Centre for Mental Health (2010) Economic and social costs of mental health problems, 2010. 4.Gathergood, J. (2012) Debt And Depression: Causal Links And Social Norm Effects. The Economic Journal 2012; 122(563) 5. HSCIC (2009) Adult psychiatric morbidity in England, 2007. Results of a household survey,2009 6.Wyllie, C. et al. (2012) Men, suicide and society, Why disadvantaged men in mid-life die by suicide. Samaritans research report, 2012 7. ONS (2004) Mental health in children and young people in Great Britain, 2004 8. King, M. et al. (2008) A systematic review of mental disorder, suicide, and deliberate self harm in lesbian, gay and bisexual people, BMC Psychiatry. 2008; 8: 70 9. DH (2002) Mental Health Policy Implementation Guide: Dual Diagnosis Good Practice',2002

Notes: 10.Adapted with kind permission, from the Mental Health Partnerships infographic 'Physical Health Risks for People with Severe Mental Health Problems' 11. Royal College of Psychiatrists (2013) Whole person care: from rhetoric to reality. Achieving parity between mental and physical health. Summary,2013 12. Chang, C, et al. (2011) Life expectancy at birth for people with serious mental illness and other major disorders from a secondary mental health care case register in London,2011 13. Data from Health Visitors 2014-15 14. Data from the Health Promotion Service,2014-15