



Public Health
England

PHE's approach to improving the public's mental health and wellbeing

Gregor Henderson, National Lead
Wellbeing and Mental Health



PHE's Public Mental Health Ambition

'Everyone, irrespective of where they live, has the opportunity to achieve good mental health and wellbeing....especially communities facing the greatest barriers and those people who have to overcome the most disadvantages. This includes those living with and recovering from mental illness.'



Key Statistics

Half of all lifetime cases of mental illness begin by age 14.



*NIMH

1 in 4 of us suffers from a mental health problem in the course of a year



Suicide is the single biggest cause of death in men age 20-45 in the UK



23%

Mental illnesses account for the largest burden (23%) of ill health in England



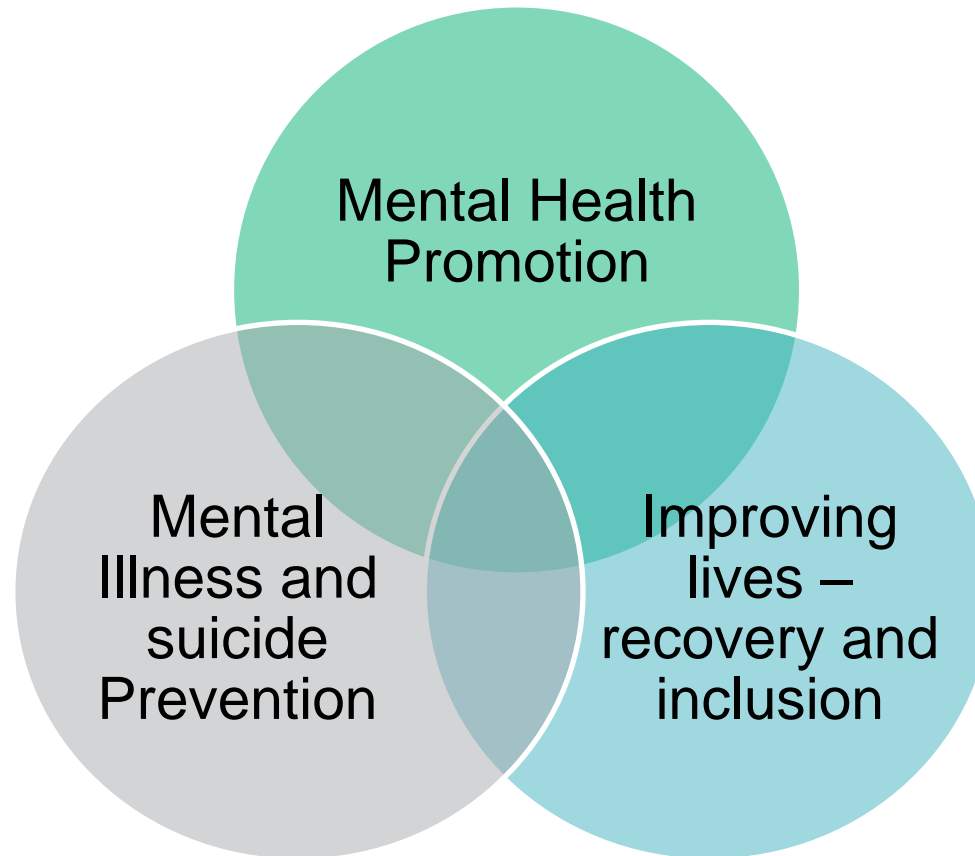
10%

One in ten children between the ages of one and 15 has a mental health problem.

People living with mental illness today have the same health and life expectancy as the general population in the 1950's



Our Approach to Public Mental Health



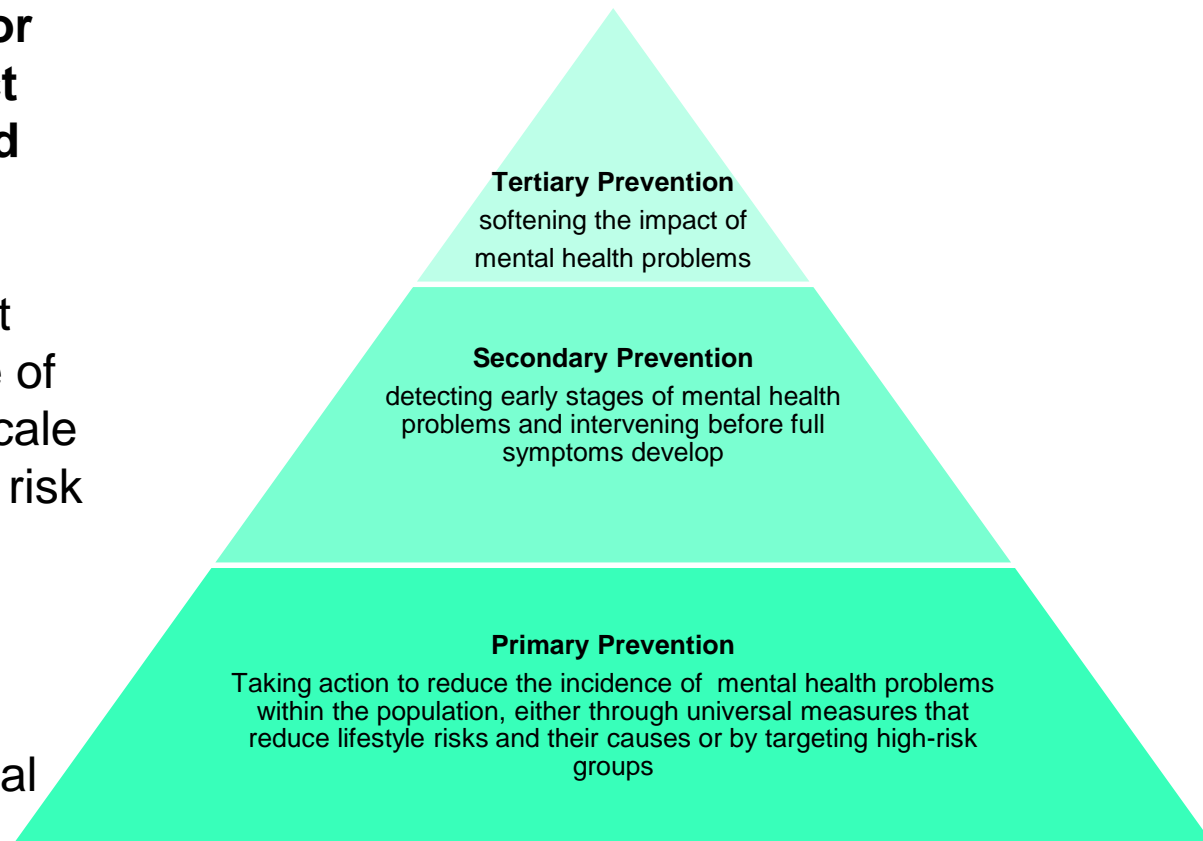


What do we know works?

Prevention and early intervention

A systematic approach to identifying opportunities for action ‘at scale’ that impact on individuals, families and communities

- Life-course approach
- Identification of action that has the greatest evidence of impact on prevention at scale
- Ensuring those at highest risk receive greatest levels of support
- Place and settings approaches
- Addressing the wider social determinants





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National Prevention Alliance for Mental Health

Set up by PHE in Summer 2015

Aim is to create a social movement that can help drive the cultural change needed to embed prevention thinking across policy and practice.

Membership of the Prevention Alliance is open to national representative organisations from the public, voluntary, community and private sectors who support its aims and objectives, and sign up to its Common Cause.

Current membership of over 30 national organisations including Macmillan Cancer Support, Diabetes UK, Housing Associations i.e. non mh focussed organisations as well as organisations such as NSPA and Samaritans

Collaborative approach to identify and deliver prevention focussed actions that will be taken forward through a co-shared work programme.

Members of the Alliance agree to use their spheres of influence and levers within their control to contribute to achieving a change in key public health and other outcomes by 2020.



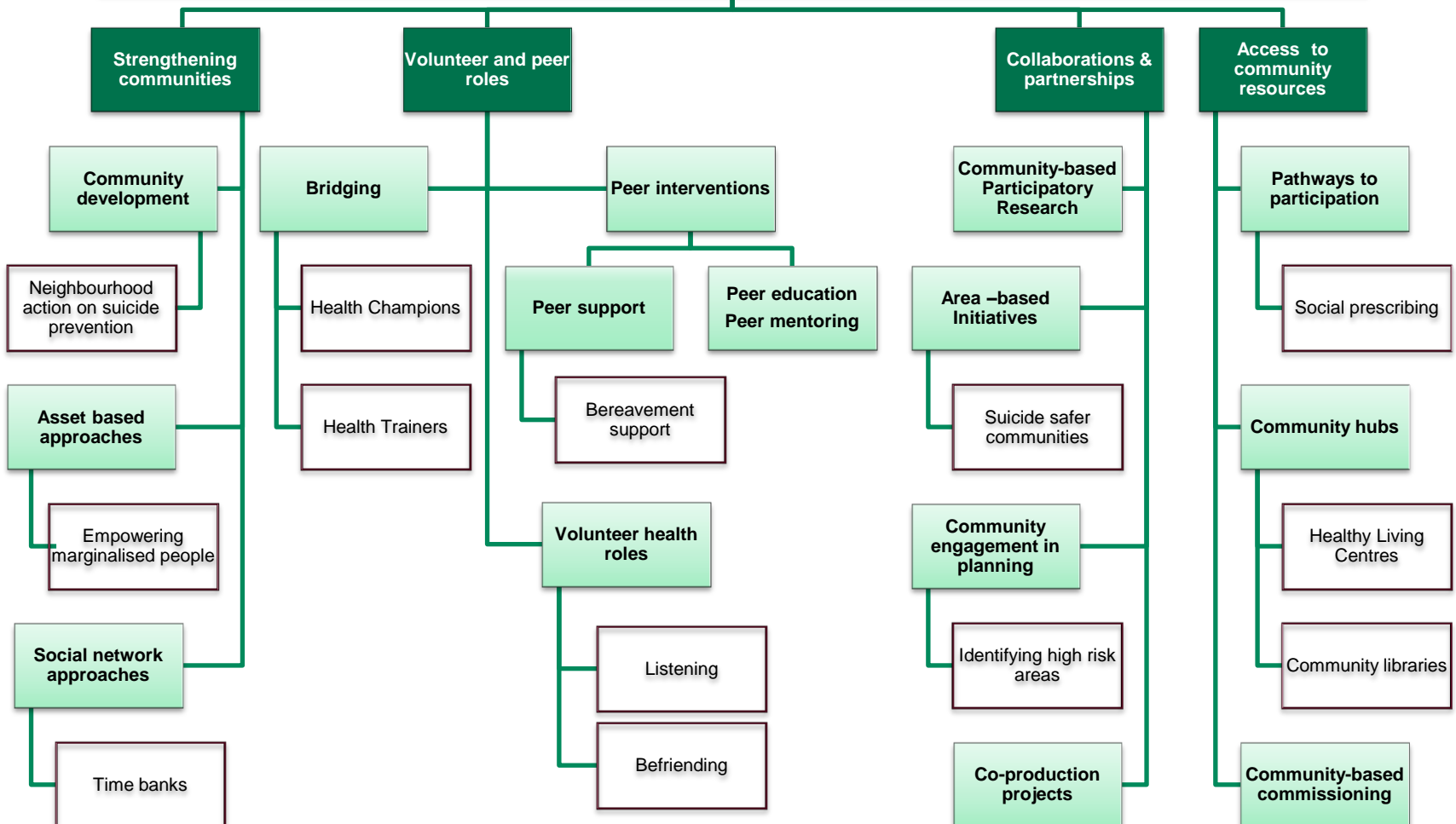
Community-centred and asset-based approaches to health and wellbeing

- Community life, social connections and supportive relationships are all factors that underpin good health – and help prevent suicide
- Inequalities still persist and many people experience the effects of social exclusion or lack social support
- Participatory approaches directly address the marginalisation and powerlessness caused by entrenched health inequalities, helping to address suicide risk
- Many of the solutions to health, wellbeing and suicide prevention lie in the knowledge, skills, experiences, networks, passion and compassion of the community



Family of approaches

Community-centred approaches for health & wellbeing





Public mental health workforce development framework

Key competencies of practitioners to prevent mental distress and suicide:

1. Recognise when someone may be experiencing mental distress, including self-harm and suicidal thoughts and intentions
2. Judge risks and follow appropriate procedures and guidelines
3. Apply an early intervention or suicide intervention model
4. Link people to appropriate sources of support, to address psychological need and social causal factors

- <https://www.gov.uk/government/publications/public-mental-health-leadership-and-workforce-development-framework>



Suicide Prevention – PHE Activity

Publishing tools and resources for Local Authorities and Health Professionals:

- *How to write a suicide prevention action plan – **to be updated later this year***
- *Support for audit – suicide prevention fingertips tool*
- *Preventing suicides in public places*
- *Identifying and responding to suicide clusters*
- *Preventing suicide among lesbian, gay and bisexual young people: a toolkit for nurses*
- *Preventing suicide among trans young people: a toolkit for nurses*
- *Bereavement support – Help is at Hand. Commissioned a bereavement support framework and pathway which will be published later this year. .*
- **Trials of “real-time” surveillance of suicides in collaboration with the police, to provide reliable and timely information to front line local authority and NHS**



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Thank you

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