



Dr Nick Broughton

Chief Executive



Somerset
Partnership



Somerset
Partnership

Somerset Partnership **NHS**
NHS Foundation Trust

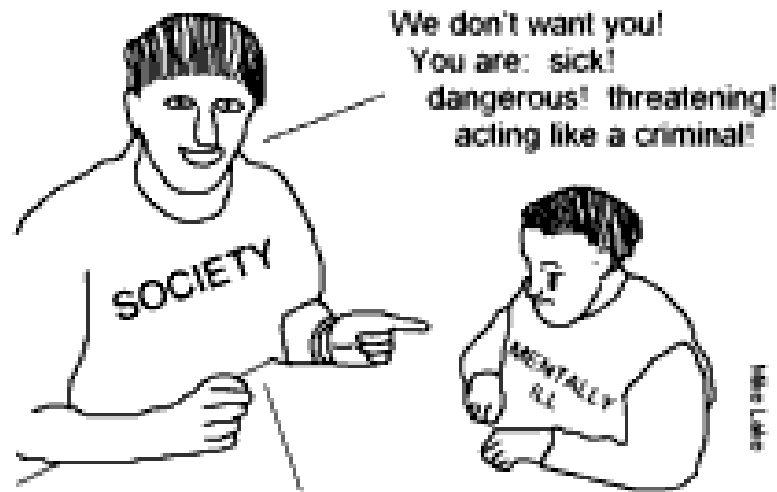




Somerset
Partnership

Ignorance – Stigma - Discrimination

Somerset Partnership **NHS**
NHS Foundation Trust



We are not hurting the mentally ill.
They are crazy!



Somerset
Partnership

Quiz!!!!

- Mental health problems are rare T/F
- People with mental health problems are violent T/F
- People with severe mental health problems die 15 years younger T/F
- You can recover from mental illness T/F
- People can't work if they have a mental health problem T/F
- If you have a mental health problem there is a one in three chance that you will lose your friends T/F



Somerset
Partnership

**“1 in 4 people,
like me, have
a mental health
problem.
Many more
people have a
problem with that.”**



Read Stephen's story

time to change

let's end mental health discrimination



Somerset
Partnership

Prevalence

- 1 in 4
- 9/10 experience stigma & discrimination
- 40% GP consultations
- 10% 5-16s have a diagnosable disorder
- Only 25% access effective care
- 50% of adult MI starts before the age of 14
- Suicide greatest cause of male deaths < 35
- Commonest cause of long term sickness
(£70 bn/year, 4.5% GDP, 15.2m sick days)



Somerset
Partnership

Mental Illness

Non-psychotic

- Depression/anxiety
- Personality difficulties
- Eating disorders
- OCD
- Age related difficulties

Psychotic

- Schizophrenia
- Bipolar disorder
- Severe depression



Somerset
Partnership

Depression

- Leading cause of illness and disability in 10 -19 year olds (WHO)
- 50% women & 25% men affected by depression at some time

- Persistent depressed mood
- Anhedonia
- Lack of energy

- Loss of confidence or self-esteem
- Inappropriate guilt or self-blame
- Recurrent thoughts of death or suicide
- Decreased ability to think or concentrate
- Agitation or retardation
- Sleep disturbance
- Change in appetite



Somerset
Partnership

Some figures

- 1 million suicides per year
- Leading cause of death (20-34 year olds)
- 2nd commonest cause of death 10-19 year olds
- 24,000 attempts per year
- 1 in 12 children & young people self-harm



Somerset
Partnership

Self-harm

- UK has one of the highest rates in Europe
- 50 xs more likely to commit suicide
- 10% young people
- Girls 3 xs more likely
- 1/10 comfortable seeking SH advice from teachers, parents or GPs
- 1/3 parents would not seek help if there child was self-harming
- 2/3 teachers don't know what to say to children who self-harm (YoungMinds)



Somerset
Partnership

Parity of Esteem

- 26% of adults with MI receive care
- 92% of adults with diabetes
- Commonest cause of premature death
- 23% disease burden (cancer 16%)
- 38% of all illness (WHO)
- £105 billion pa
- £11 billion NHS spend