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

5% of the population have a severe mental illness

Costs are high
The economic cost of mental illness in Cornwall & Isles of Scilly (extrapolated from England data)

<table>
<thead>
<tr>
<th>Category</th>
<th>Cost (bn)</th>
</tr>
</thead>
<tbody>
<tr>
<td>£1bn human cost</td>
<td></td>
</tr>
<tr>
<td>20% health &amp; social</td>
<td></td>
</tr>
<tr>
<td>29% output losses</td>
<td></td>
</tr>
</tbody>
</table>

Notes:

Inequalities
People with mental health problems are 3 times more likely to be in debt than the general population

<table>
<thead>
<tr>
<th>Population</th>
<th>Debt Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>People</td>
<td>3x</td>
</tr>
<tr>
<td>General population</td>
<td>1</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Income Level</th>
<th>Mental Health Problems</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest</td>
<td>3x</td>
</tr>
<tr>
<td>General</td>
<td>1</td>
</tr>
</tbody>
</table>

Males are 3x more likely to die by suicide

Notes:

10 People with severe mental health problems are...

<table>
<thead>
<tr>
<th>Condition</th>
<th>Risk Factor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coronary Heart Disease</td>
<td>3x</td>
</tr>
<tr>
<td>Lung Disease</td>
<td>4x</td>
</tr>
<tr>
<td>Gastrointestinal Disease</td>
<td>5x</td>
</tr>
</tbody>
</table>

...and yet, people experiencing a mental health crisis often don’t receive timely and appropriate support from health services

Notes:

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

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98% New mums offered maternal mood assessment

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

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

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

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

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/

Evidence

Notes:

For which groups is this particularly important?

Nationally, one in ten children aged 5-16 have a mental health disorder

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

Up to half of people diagnosed with a mental health condition also misuse substances

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

Notes:

Economic and social costs of mental health problems, 2010

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=70,000 people in Cornwall & Isles of Scilly

Men are more likely to have a mental health disorder

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