



The Sainsbury Centre

for Mental Health

Removing Barriers. Achieving Change.

What do we mean by mental health problems?

- Serious mental health problems
- Common mental health problems
- Complex problems



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A road to exclusion?

- Stigma and discrimination
- Problems in finding and keeping work, poverty
- Responses from services
- Parents from BME communities



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How does this affect families?

- 20 – 25% adult services users are parents
- 28% lone parents have common mental health problems (SEU 2004)



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And children?

- 20% have some mental health problem
- 10% have a diagnosable disorder – 1.1 million
- Estimate of 45,000 with a severe disorder (ONS 2004)



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Improvements for children and young people

- Mental wellbeing in schools
- Mental health promotion
- Early identification and support
- Specialist services for small numbers
- CAMHs, EIP, Parental Mental Health



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Improvements for adults

- Identification of parental role – CPA
- Primary care
- Programmes to support people into work



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Conclusions

- Strategic partnership working – LAAs
- Front line 'joined up services'
- Additional support within deprived communities
- Attention to implementation, monitoring and evaluation