

Mental Health First Aid England: is improving the mental health literacy of the population contributing to a public health priority?

Poppy Jaman - MHFA England

Dr Paul Patterson - University of Birmingham

Dr Lesley Pearson - Coventry University



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BIRMINGHAM

The Problem

- Mental illness accounts for 23% of the total burden of disease but receives only 13% of NHS health funding
 - Among people under 65, nearly half of all ill health is mental illness (LSE 2012)
 - 1 in 10 young people 5-16 years have a diagnosable mental disorder (Green et al, 2005)
 - 400,000 adults of working age time off work with stress 10.8m working days lost (ONS 2011)
 - 20% of University students report MH problems / 13% suicidal thoughts (NUS 2013)
- in a survey of over 18 000 adults in north-west England only 20.4% had high levels of well-being (Deacon et al., 2009)

It is estimated that British businesses could save up to £8 billion a year if mental health at work was managed more effectively (Sainsbury Centre for Mental Health 2003)

Mental Ill-Health is Everyone's Problem..

Prevalence studies suggest that we are all likely to know someone experiencing mental ill-health with thirty to fifty per-cent of the population meeting diagnostic criteria for a mental disorder at some point in their lives (WHO, 2000; Kessler et al., 2005).

Community surveys reveal that recognition of symptoms and awareness of helpful interventions or treatment options remains poor across the general population (Jorm et al., 2006)

Low **mental health literacy** associated with more stigmatising attitudes as well as increased delays in help-seeking and access to appropriate treatment.

Yet we appear to be reluctant to educate the public in methods to cope with mental ill-health..

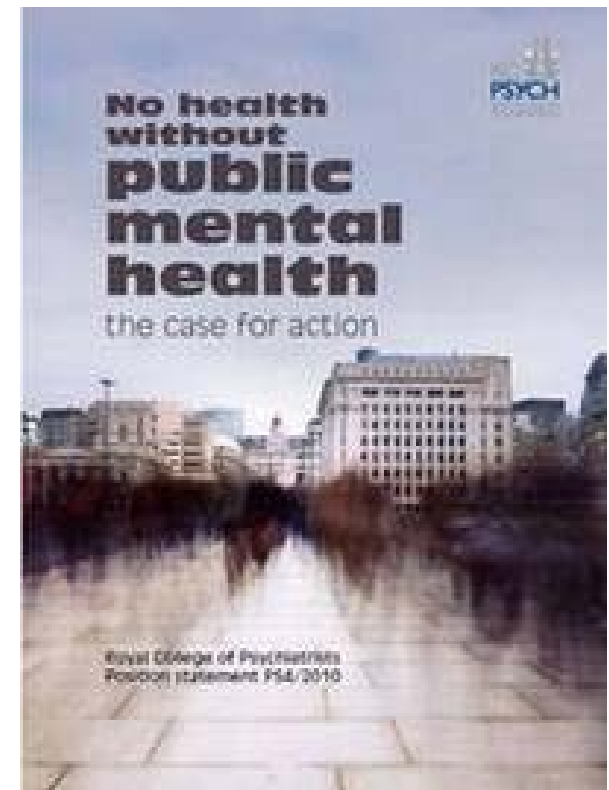
The Royal College of Psychiatry have led the call for action..

'Mental illness is the single largest source of burden of disease in the UK. No other health condition matches mental illness in the combined extent of prevalence, persistence and breadth of impact'

'Mental illness is consistently associated with deprivation, low income, unemployment, poor education, poorer physical health and increased health-risk behaviour.'

'Mental illness has not only a human and social cost, but also an economic one, with wider costs in England amounting to £105 billion a year'

*'Promoting mental health can save money in the short and long term. **Evidence shows the cost-effectiveness of investing in mental health promotion, mental illness prevention and early intervention strategies'***



And Public Health England have taken up the cause..

1. Helping people to live longer and more healthy lives by reducing preventable deaths and the burden of ill health associated with smoking, high blood pressure, obesity, poor diet, **poor mental health**, insufficient exercise, and alcohol
2. **Reducing the burden of disease and disability in life by focusing on preventing and recovering from the conditions with the greatest impact, including dementia, anxiety, depression and drug dependency**
3. Protecting the country from infectious diseases and environmental hazards, including the growing problem of infections that resist treatment with antibiotics
4. Supporting families to give children and young people the best start in life, through working with health visiting and school nursing, family nurse partnerships and the Troubled Families programme
5. **Improving health in the workplace** by encouraging employers to support their staff, and those moving into and out of the workforce, to lead healthier lives



Public Health
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Priorities

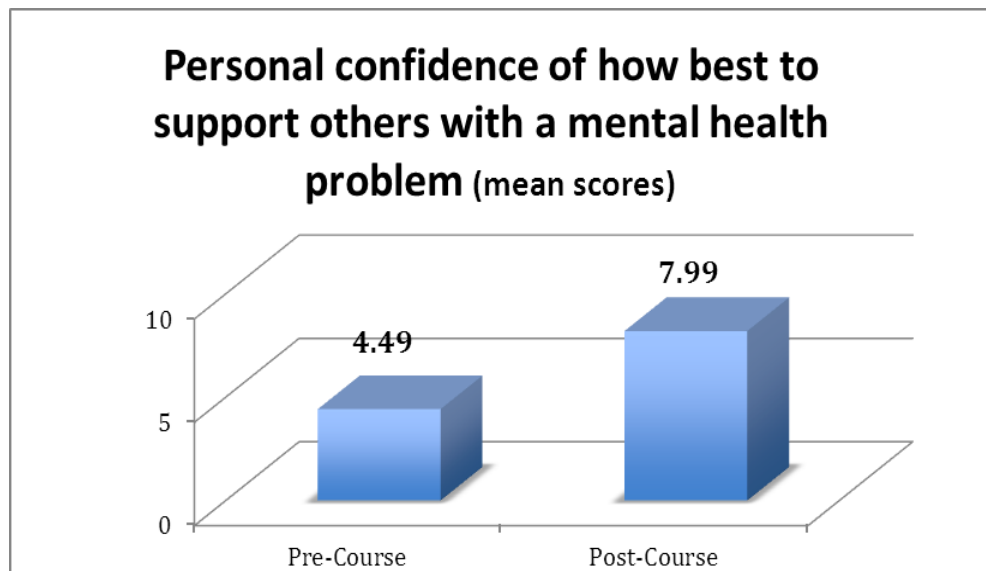
MHFA in England – Does it Work?

MHFA England trainees October 2011 – December 2012

Total Sample n=11502

Females 73.1% Males = 26.9%

A) Personal Confidence of how best to support others with a mental health problem



Delegates attending the MHFA Course demonstrated a significant improvement in their Confidence

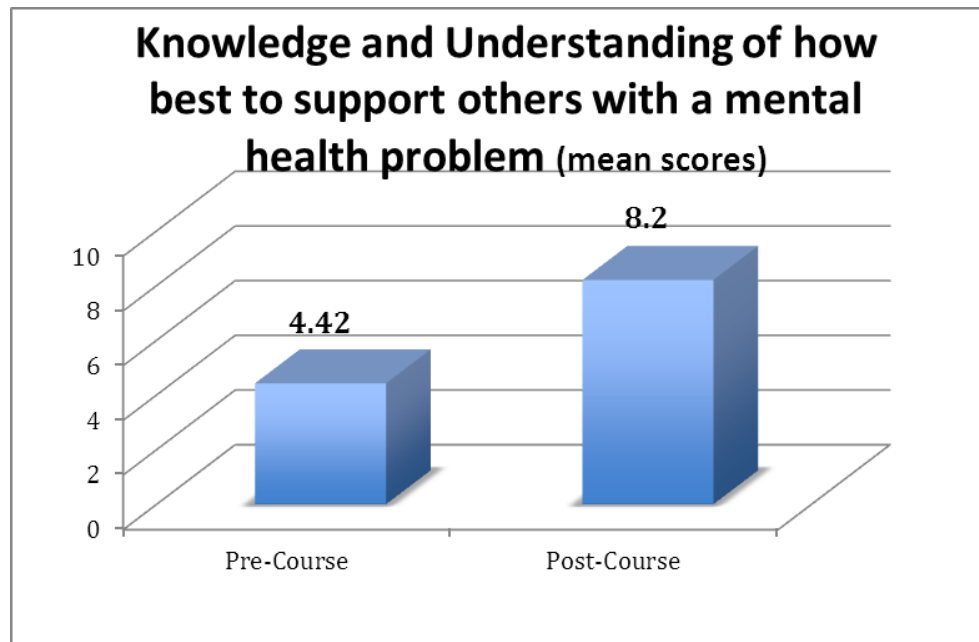
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A) Knowledge and Understanding



Delegates attending the MHFA Course demonstrated a significant improvement in their Knowledge & Understanding

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A) Is improved knowledge correlated with confidence of how to help others with MH problems?



Pre course confidence & Knowledge Correlation = .89
Post course confidence & Knowledge Correlation = .81

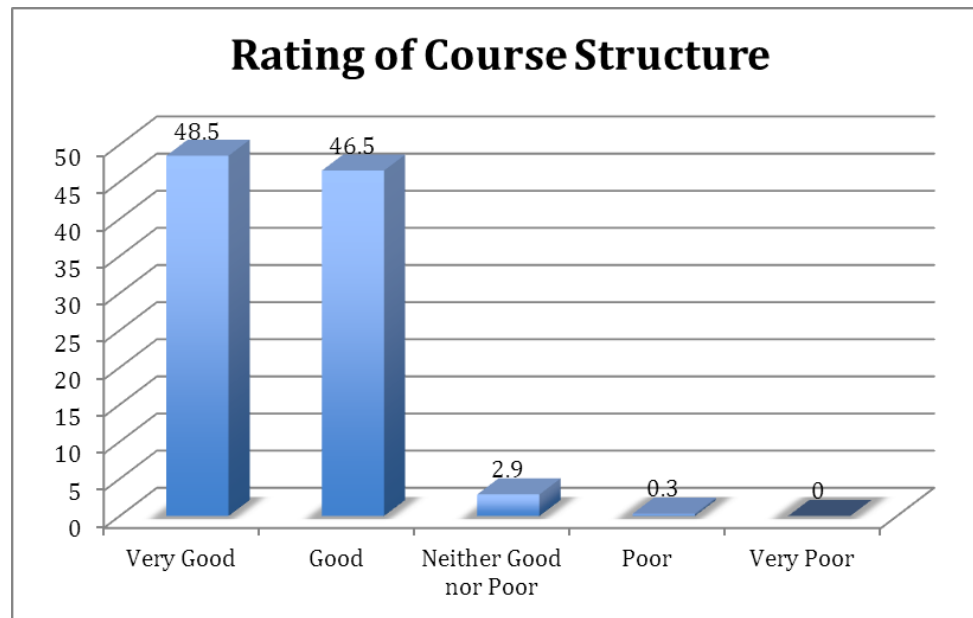
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A) How did you rate the course structure?



95% rated structure very good / good

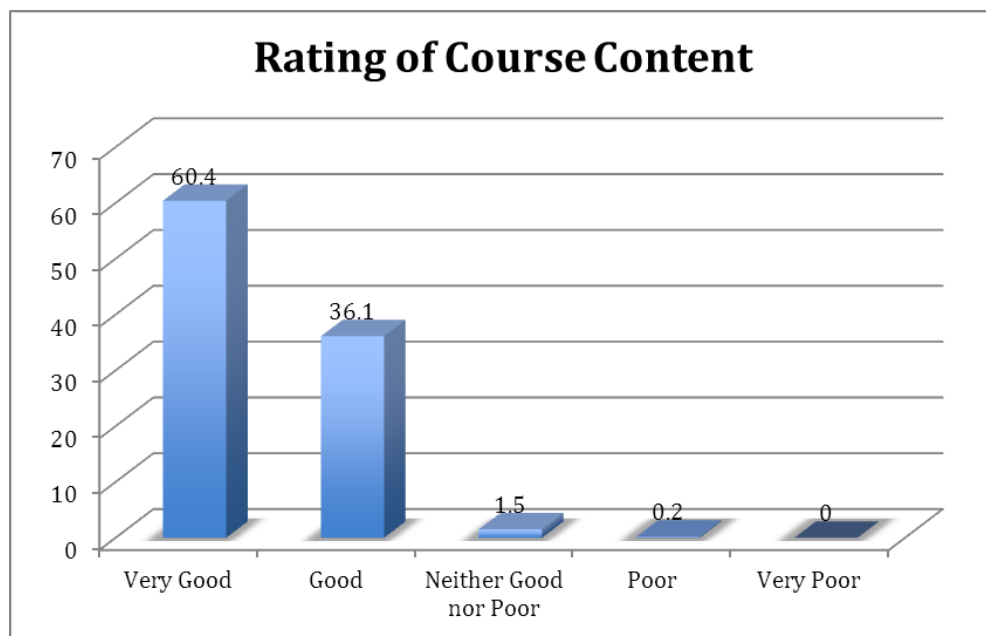
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A) How did you rate the course content?



96.5% rated content very good / good

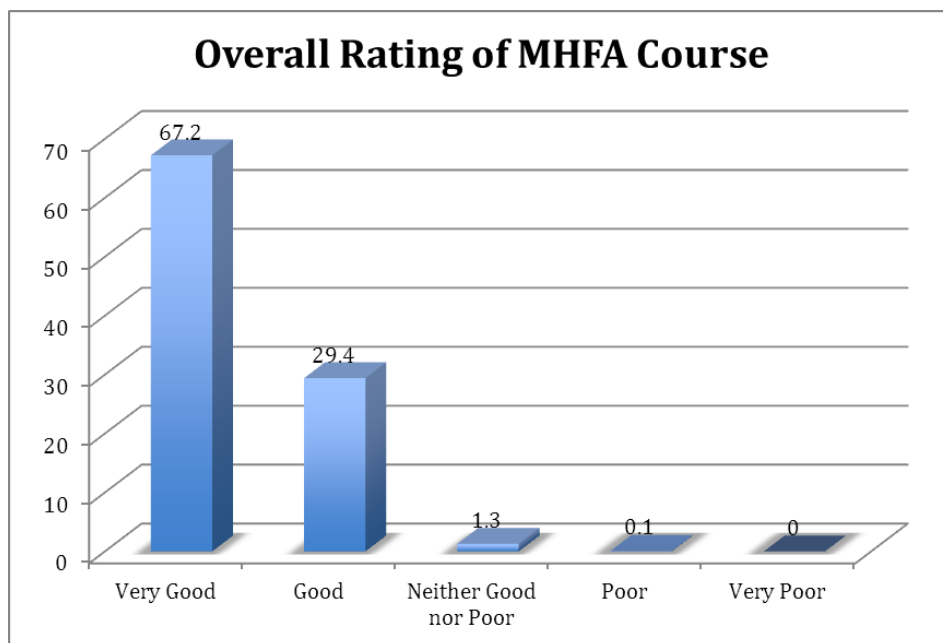
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A) How did you rate the course overall?



96.6% rated the training very good / good

MHFA England – meeting Public Health Priorities?

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We think so..

info@mhfaengland.org

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