



Mental health in the future

# What is the Government going to do?

Easy read



This easy read booklet is a shorter version of **No health without mental health**.

When we say **we** in this booklet we mean the **Government**.

There are some difficult words in this booklet.

There is a list of these words and what they mean on page 12.

These words are in **red** letters in the booklet.



You may like to have someone support you when you look at this booklet.

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# What is this booklet about?

**The Government wants to help everyone have better mental health.**



This booklet is a plan (also known as **strategy**) for what we will do and how we will do it. The plan says how we want to help people see **mental health problems** just like other health problems.

We want better services for people with mental health problems and we want to help everyone have better mental health.



**This booklet tells you:**

- what we mean by **mental health**
- how poor mental health affects people
- why we need to help now
- what needs to happen now
- what we want to happen in the future.

# What we mean by mental health



**Mental health is important to us all. We want people to be healthy in their minds as well as their bodies.**

**Mental health** is how someone is feeling in their mind.



Good mental health is about feeling good about your life and being able to cope with problems when they happen. We call good mental health **mental well-being**.



A **mental health problem** is a problem with someone's mind that makes it difficult for them to live a normal life. Mental health problems may be small problems or more serious problems. They may last for a short time or a long time.



People with mental health problems can often live normal lives if they get the right treatment and support.



# How poor mental health affects people



**Mental health problems can affect anyone, anywhere.**



**1 out of 4**

1 out of 4 people will experience a **mental health problem** at some time in their life. They can be rich or poor. They might live in big cities or small villages.

But people with mental health problems may face difficulties such as these:



- They may have fewer qualifications.



- They may find it harder to find a job and keep it.



- They may earn less money.



- They are more likely to be homeless or close to being homeless.



- They are more likely to be unwell.



- They may not eat healthily and may be overweight.



Having mental health problems is upsetting for the person who is not well, their families, friends, carers and local communities.



Improving **mental health** and **mental well-being** needs everyone to work together. That is why this **strategy** involves different people in the Government.

# Why we need to help now

Care for people with mental health problems has got better. But we need to do more to help people, and we need to do it quickly.



If people suffer from **mental health problems**, it affects everyone around them. That is why people like teachers, employers and families need to know about it.



It seems that some people are more likely to have certain kinds of mental health problems. More young people have problems with their behaviour and the way they feel in their mind.



If people lose their jobs or have trouble with money, that could lead to more mental health problems.



Older people often feel very unhappy or suffer from dementia. Dementia is an illness that makes people very confused. But there are ways they can be helped with these conditions.



# What needs to happen now



We think we need a new plan so that we can help people with mental health problems.

Our plan is to:



- give people with **mental health problems** help in the area where they live
- make sure people with mental health problems get the same help as other people get when they are ill



- help people with mental health problems sooner, when they are children or young people



- make life better for people with mental health problems and their families.

If all of this happens, then other good things will happen:



✓ People will be well and live longer.



✓ People will learn more skills.



✓ Fewer people will smoke or drink too much alcohol.



✓ People will be less likely to have **mental health problems** or try to kill themselves.



✓ More people will have jobs.



✓ There will be less crime.



✓ More people will come together and have better friendships and relationships.

# What we want to happen in the future



We have worked with people who run services for people with mental health problems to write our plan.

Together, we have 6 aims:



✓ We want more people to have good **mental health**.



✓ We want more people with **mental health problems** to get better.



✓ We want more people with mental health problems to have good physical health. By physical health we mean how fit and well someone is in their body.



✓ We want more people with mental health problems to have good care and support to fit in with how they want to live their lives.



- ✓ We want to make sure people are not bullied because they have a mental health problem.



- ✓ We want the public to understand mental health better, so people are not treated differently just because they have mental health problems.



# What the words mean

<b>strategy</b>	A plan explaining what we will do and how we will do it
<b>mental health</b>	How someone is feeling in their mind
<b>mental health problems</b>	Problems with someone's mind that make it difficult for them to live a normal life
<b>mental well-being</b>	When someone has good mental health

# How to find out more

If you want more copies of this easy read booklet, there are 4 things you can do:



- telephone: **0300 123 1002**



- visit: **www.orderline.dh.gov.uk**
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- or write to:

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The full-length plan, **No health without mental health**, is only available electronically. Visit **www.dh.gov.uk/mentalhealthstrategy**



You can also read this booklet on our website:  
**[www.dh.gov.uk/mentalhealthstrategy](http://www.dh.gov.uk/mentalhealthstrategy)**



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