

A Vision For Mental Health In The Future

Oct 22, 2008

Mind comments on Foresight's new report Mental Capital and wellbeing

Foresight, the Government's futures think tank, today (Wednesday 22 October) publishes a new report detailing how we can take on the challenges facing mental health over the next 20 years.

Commenting on the findings, Mind's Chief Executive Paul Farmer said:

"One in four people will experience a mental health problem at some point in their lives, but what this groundbreaking report puts into focus is that every single one of us has mental health, good or bad, that we must take care to maintain especially as it fluctuates throughout the course of our lives depending on the challenges we face."

"Uncertainties about the economy are causing many people to develop mental health problems right now such as stress, anxiety and depression. Mind has seen calls about debt to its MindinfoLine double from this time last year. The fear of redundancy, repossession and spiralling debts are all examples of how external factors can cause mental health problems to spike. This report shows how we can better equip people to deal with life events for example by training young people on finances so that we can tackle the root cause of problems."

"Foresight's report presents an impressive future that shows it's possible to change thinking about mental health from something that happens to someone else or something that is shrouded in mystery. It presents us with an opportunity to tackle head on stigma and discrimination. We call on Government and businesses to take on board these recommendations because a mentally healthy society over the next 20 years stands to benefit us all individually, socially and economically."

"Mental health affects all our lives which means that the responsibility cannot fall to just one Government department and we must see a commitment to cross-government working on these issues. Foresight has created a framework for the future of mental health and has given us a once in a generation opportunity to ensure that mental health is at the forefront of Government thinking."

-ENDS-

Notes to editors

o Mind is the leading mental health charity in England and Wales. We work to create a better life for everyone with experience of mental distress.

www.mind.org.uk

o For more information or interviews please contact the Mind media team on T: 020 8522 1743 M: 07850 788514 E: media@mind.org.uk ISDN line available: 020 8221 0817

o Please note that Mind is not an acronym and should be set in title case.