



The Five Year Forward View for Mental Health

easy read version





One in four adults experiences a mental health problem. Poor mental health can affect anyone of any age.



People agree that mental health should be one of the most important things for the NHS.



There are a lot of negative attitudes and discrimination against people living with mental health problems, but public attitudes are getting better.



NHS England has asked a group of mental health experts to write a report on how the health and care system can be better at meeting the needs of people with mental health problems.

Taskforce



The group is separate from the NHS and is called a taskforce. It has members who are in charge of running the NHS, people who work in NHS services and people with mental health problems.



The Taskforce asked more than 20,000 people how they think the NHS needs to change to better meet the needs of people with mental health problems.



People said the NHS should:

- promote good mental health to help stop problems from happening
- make it easier to access high-quality care and support





- improve the experience of all people getting mental health care.



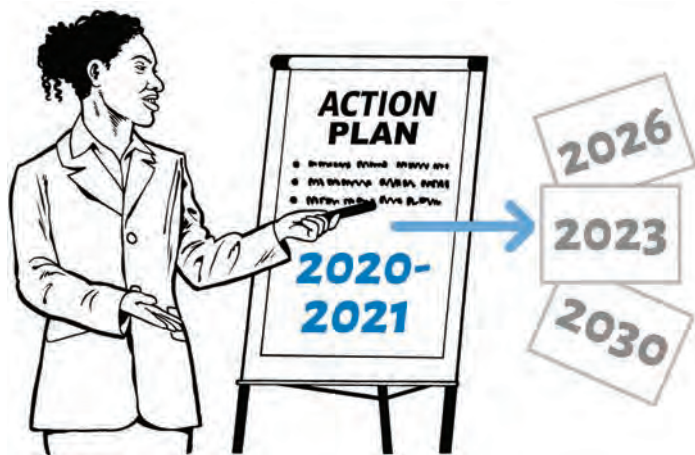
People thought that one of the best ways to make this happen is by bringing together mental and physical health care.



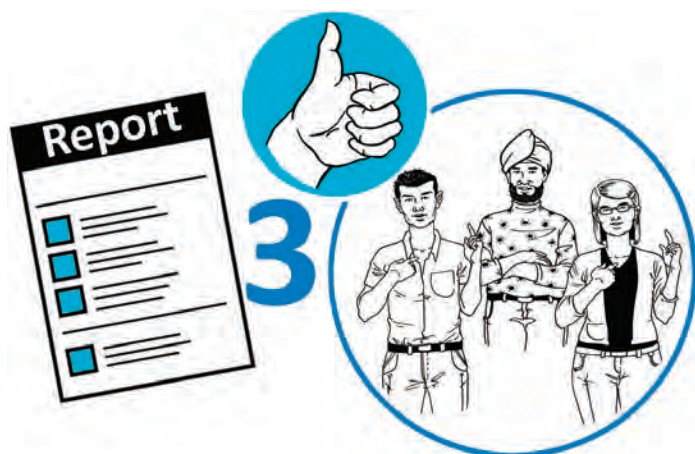
The Taskforce published a report that says what the NHS and the Government should do to support people with mental health problems better and make sure services are fair and fit for everyone.



This is the first time everyone has had the same goals for meeting people's mental health needs across the NHS.



The report says that there are some things to take action on by 2020/21, but it might take longer to make all of the changes that are needed.



The report sets out three main things to do to better support people with mental health problems in the future.



1

Making it easier for everyone to access high quality services



- People who are really unwell or having a serious mental health problem should be able to get care 24 hours a day and 7 days a week.



- Hospitals should give emergency mental health care to people who need it.



- People should be able to get care as close to home as possible.



2 Bringing mental health care and physical health care together



- Pregnant women and new mums should get mental health care at the same time as physical health care.



- People with serious mental health problems should have their physical health checked through annual health checks and should get help with things like giving up smoking, if they want to.
- People with long term physical health conditions should get help for any mental health problems they have, like depression and anxiety.

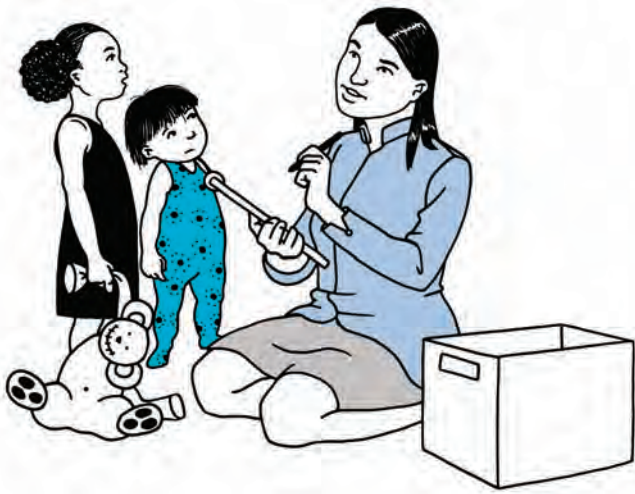
3

Promoting good mental health and stopping people from having mental health problems

- We need to understand who is at risk of having mental health problems.



- Care in the NHS should focus on stopping people from having mental health problems and meeting needs early instead of waiting until people get worse.



- Young people and children should get the support they need wherever they get care.



- People with mental health problems should get help to find or stay in work.



- The NHS should work with Government departments that offer housing and social care so they can work together to look after all of the things that have an effect on mental health.



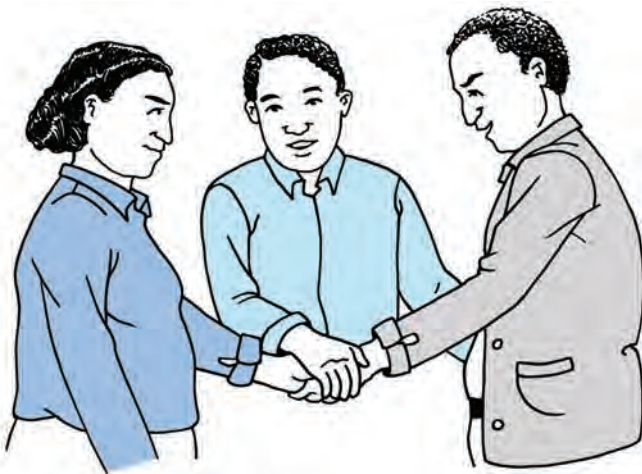
- People with mental health problems should get better support to stop them from going into the criminal justice system, or should get more help if they are already in it.



- We need to gather more information to see if the NHS is meeting people's mental health needs, and publish this information so people can see what is going on in their own area and across England.

The Taskforce says that NHS organisations and Government departments must work together to make change happen.

This includes:



- Investing more money in mental health care and making sure we can all see how money is spent to make sure it is spent on good quality care for everyone.





- Supporting the mental health of NHS staff, and improve training so they have the right skills for their job and can do their job in a safe and caring way.
- Gathering better evidence about how to give care and support that we know works, and do more research into stopping people from getting ill.
- Making sure that different communities, people with experience of mental health problems and carers take part in designing how services are delivered and checked.

The report says that the NHS and Government should put clear plans in place to make sure that these actions happen and to update people regularly on how things are going.



More information about the taskforce can be found here:
<https://www.england.nhs.uk/mentalhealth/taskforce/>

This easy read document has
been produced by CHANGE.

www.changepeople.org



The Mental Health Taskforce
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