Mental health problems. What pharmacists need to know

Common mental health disorders^{1,2}

Poor mental health affects many different people, young and old: we're all likely to know or work with someone who is affected

Mental ill health represents up to 23%

of the total burden of ill health in the UK – **the largest single cause of disability**¹

1 in 4

people in the UK will have a mental health problem at some point in their life¹ 1in 10

New mothers experience post-natal depression¹

1in10

children, aged between 5 and 16 years, experience a mental health problem, many of these will continue into adulthood¹

Links between common Non-communicable diseases (chronic illnesses) and mental health



Mental health disorders are conditions involving changes in **emotion, thinking or behaviour** (or a combination of these)²

These are associated with distress and/or problems functioning in social, work or family activities²

Some people may have more than one disorder (such as depression and anxiety)³



The four main Non-Communicable Diseases, cardiovascular and respiratory diseases, diabetes and cancer, often occur alongside common mental disorders ⁴

Patients with poor mental health may benefit from healthy lifestyle counselling



Compared to the general population, people living with depression and anxiety are at a higher risk of developing heart disease and diabetes⁵

People living with heart disease are **three times more likely** to develop depression, and can have much worse prognosis of survival and quality of life⁵

The NCD Mental Health Toolkit Supporting your pharmacy. Helping your patients



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Mental health problems. What pharmacists can do to help

Pharmacists can help people with mental health problems



Mental health issues are common in the UK^1 and can lead to significant levels of illness, disability and premature death²

Community pharmacists have a significant opportunity to manage and support patients with mental health problems¹



Reduce the social stigma

of mental health problems by engaging with patients responsibly and equally³



Well placed to recognise early signs and symptoms of deterioration in mental health, as well as physical health¹



How can I help you today?

How are you feeling?

What questions have you got about your medicines?

A opportunity to discuss

non-communicable diseases and mental health issues with patients and caregivers to help improve quality of life¹



A vital role in ensuring the best patient care possible for those people with mental health issues⁴





Signpost and refer patients with mental health problems to other support services⁴

Pharmacy suppport for treatment aims

Medicines

Ensure responsible and safe medicines use¹ Reduce adverse events¹

Minimise avoidable harm¹

Avoid unplanned admissions to hospital¹ Support good patient outcomes¹



Healthy living advice

+

Practical Support

+

Engagement



Benefits for people living with common mental health illnesses

The NCD Mental Health Toolkit Supporting your pharmacy. Helping your patients



Reference

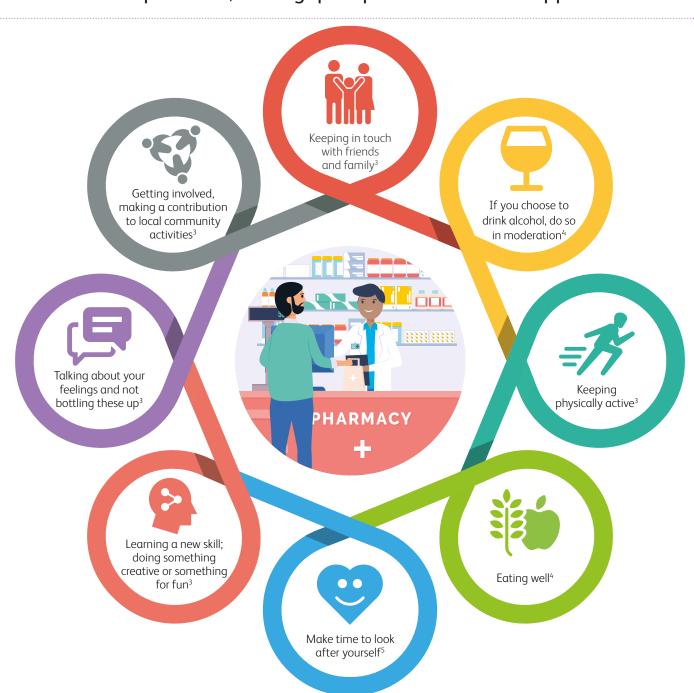
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Mental health problems and healthy living advice

Pharmacists can help people with mental health problems to adhere to their medications, minimise adverse effects, reduce social stigma, discuss their mental health problems, and signpost patients to other support services 1,2



Healthy living advice + Practical Support + Engagement = Benefits for people living with common mental health illnesses

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