

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

1 in 10

New mothers experience post-natal depression¹

1 in 10

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 disorders⁴

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



References:

1. Department of Health. No Health Without Mental Health. https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/213761/dh_124058.pdf (last accessed April 2021) 2. Mayo Clinic. Mental Health. Symptoms and causes. <https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968> (last accessed April 2021) 3. Mental Health Foundation. <https://www.mentalhealth.org.uk/publications/fundamental-facts-about-mental-health-2015>. (last accessed April 2021) 4. Stein DJ, Benjet C, Gureje O, et al. <https://doi.org/10.1136/bmj.l295> (last accessed April 2021) 5. WHO. www.who.int/ncds/governance/high-level-commission/synergies-beating-ncds/en (last accessed April 2021)

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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 UK¹ 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



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



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



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

Pharmacy support 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



Noncommunicable Diseases
Training resource for Pharmacy

References:

1. Royal Pharmaceutical Society (2018) <https://bit.ly/2VCA1BC> (last accessed April 2021) 2. WHO www.who.int/ncds/governance/high-level-commission/synergies-beating-ncds/en (last accessed April 2021) 3. Mental Health Foundation. www.mentalhealth.org.uk/a-to-z/s/stigma-and-discrimination (last accessed April 2021) 4. Royal Pharmaceutical Society. www.rpharms.com/Portals/0/Documents/RPS%20mental%20health%20roundtable%20report%20June%202018_FINAL.pdf?ver=2018-06-04-100634-577 (last accessed April 2021)

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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

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

References:

1. Royal Pharmaceutical Society (2018) <https://bit.ly/2VCAJBC> (last accessed April 2021) 2. Royal Pharmaceutical Society. www.rpharms.com/Portals/0/Documents/RPS%20mental%20health%20roundtable%20report%20June%202018_FINAL.pdf?ver=2018-06-04-100634-577 (last accessed April 2021) 3. NHS. 10 Stress Busters. <https://www.nhs.uk/conditions/stress-anxiety-depression/reduce-stress/> (last accessed April 2021) 4. MIND. <https://www.mind.org.uk/media-a/2929/food-and-mood-2017.pdf> 5. MIND. <https://www.mind.org.uk/media-a/2942/mental-health-problems-introduction-2017.pdf> (last accessed April 2021)

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Noncommunicable Diseases
Training resource for Pharmacy

