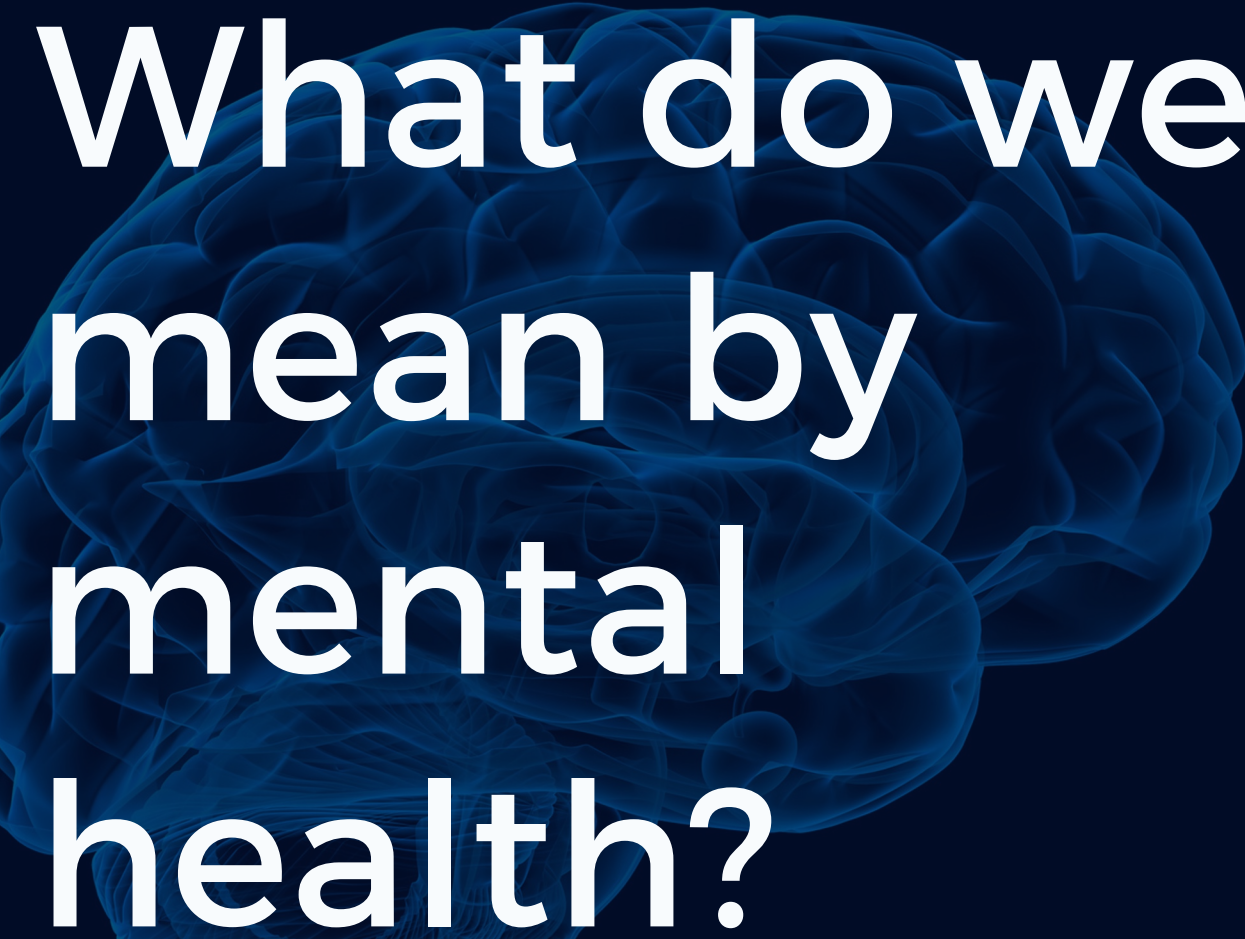


LIVING WITH MENTAL HEALTH

UNDERSTANDING AND
MANAGING MENTAL HEALTH

PROFESSOR MONICA LAKHANPAUL
Professor of Integrated Community Child Health
Honorary Consultant Paediatrician Whittington NHS Trust
UCL Great Ormond Street Institute of Child Health





What do we mean by mental health?

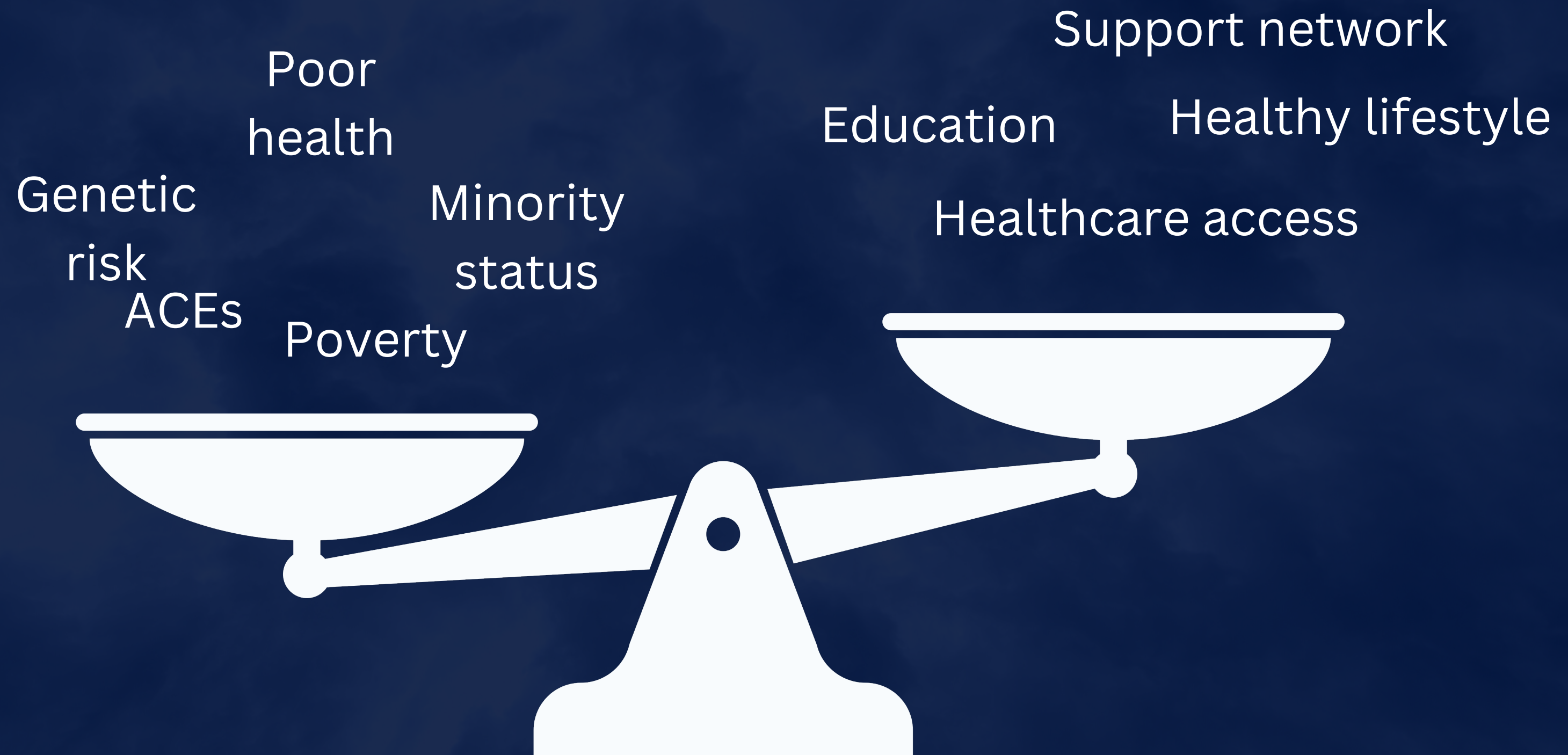
Mental health

State of wellbeing that enables people to cope with the stresses of life . It is an integral part of health and well- being that underpins our ability to make decisions and build relationships. It is basic human right (WHO).

Mental health condition/disorder

Chronic medical condition that can affect your mood, thinking and behaviour

Balancing act



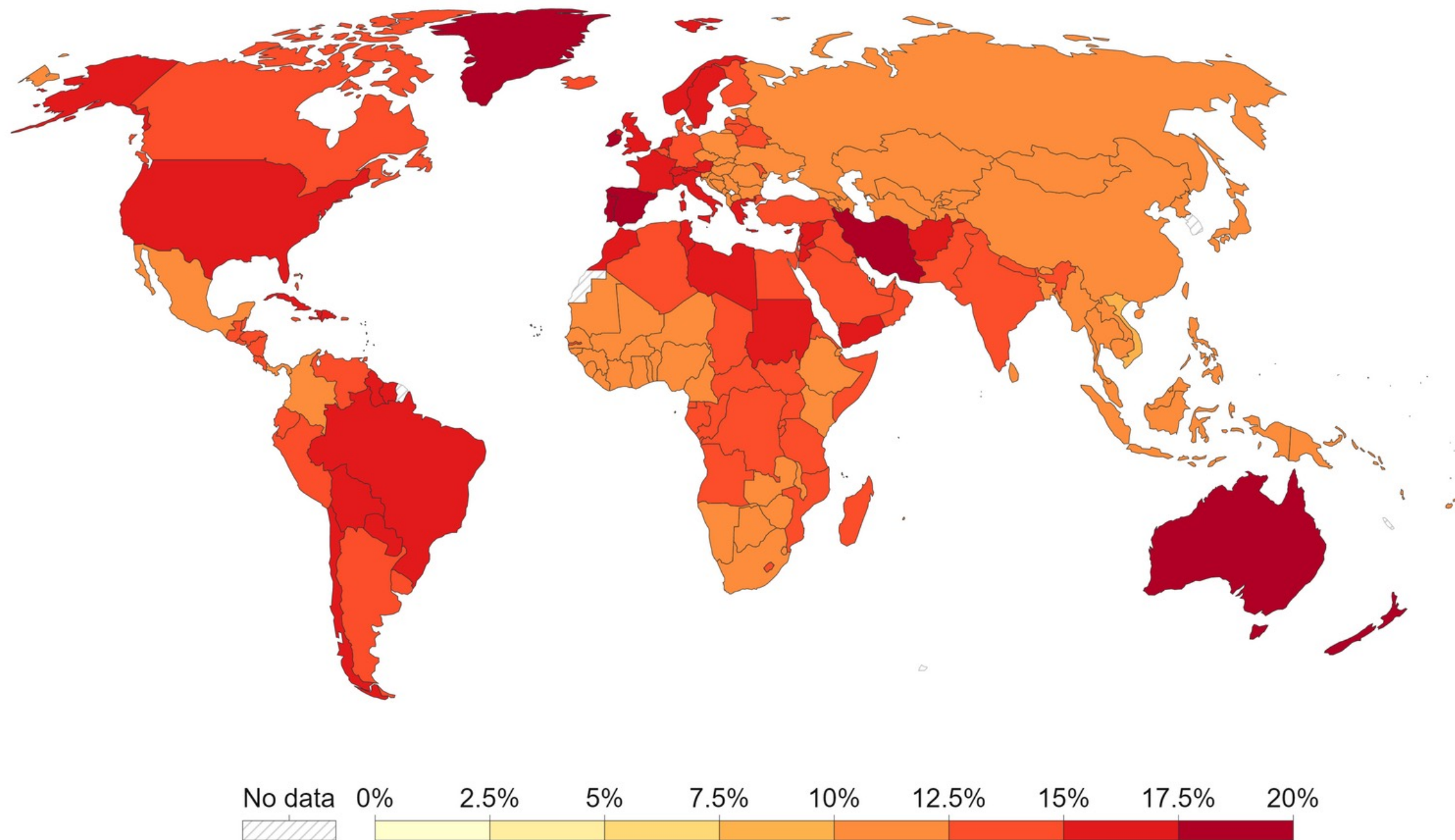
Global Problem



Share of population with mental health disorders, 2019

Our World
in Data

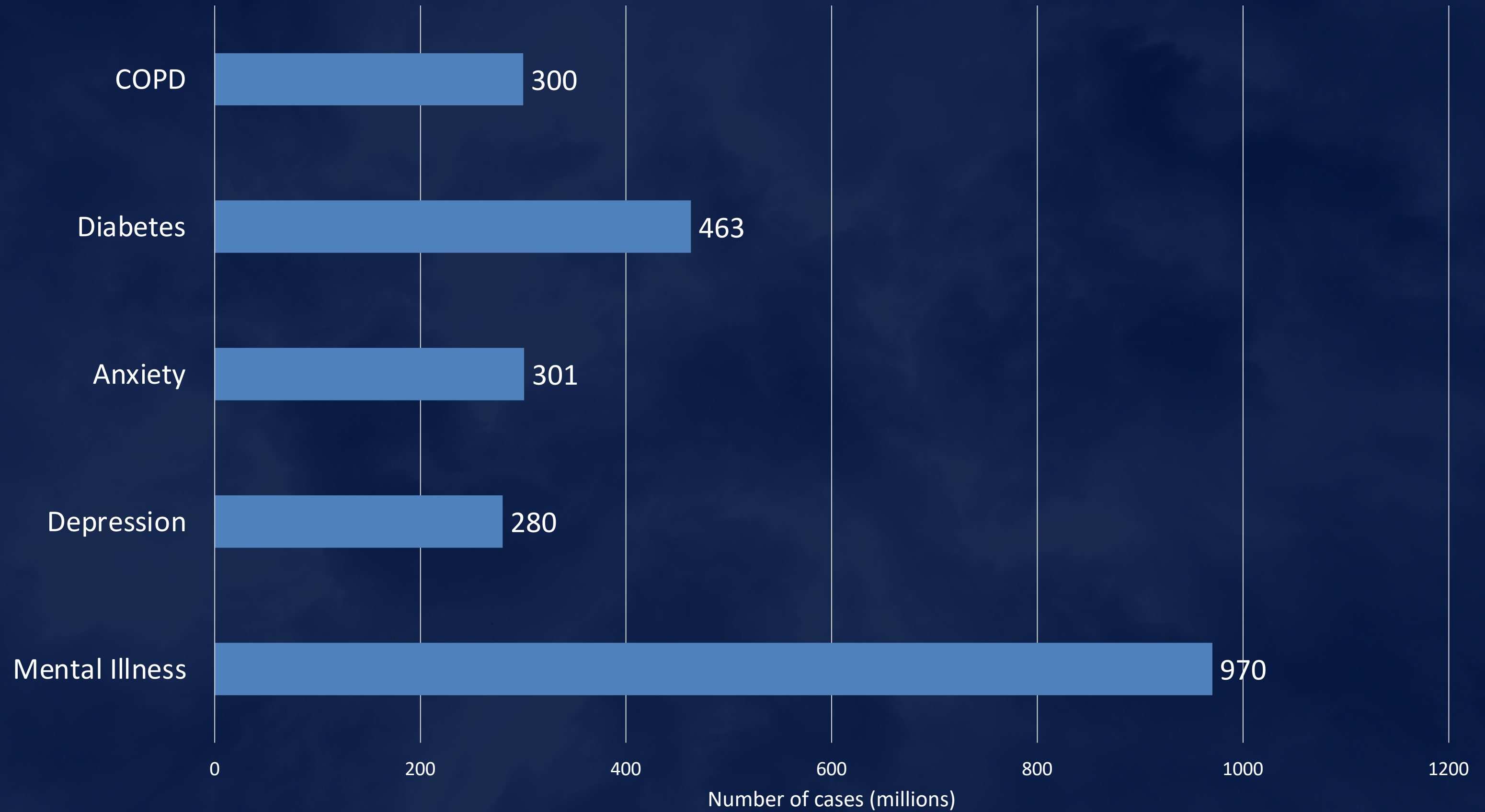
Share of population with any mental health; this includes depression, anxiety, bipolar, eating disorders and schizophrenia. Due to the widespread under-diagnosis, these estimates use a combination of sources, including medical and national records, epidemiological data, survey data, and meta-regression models.



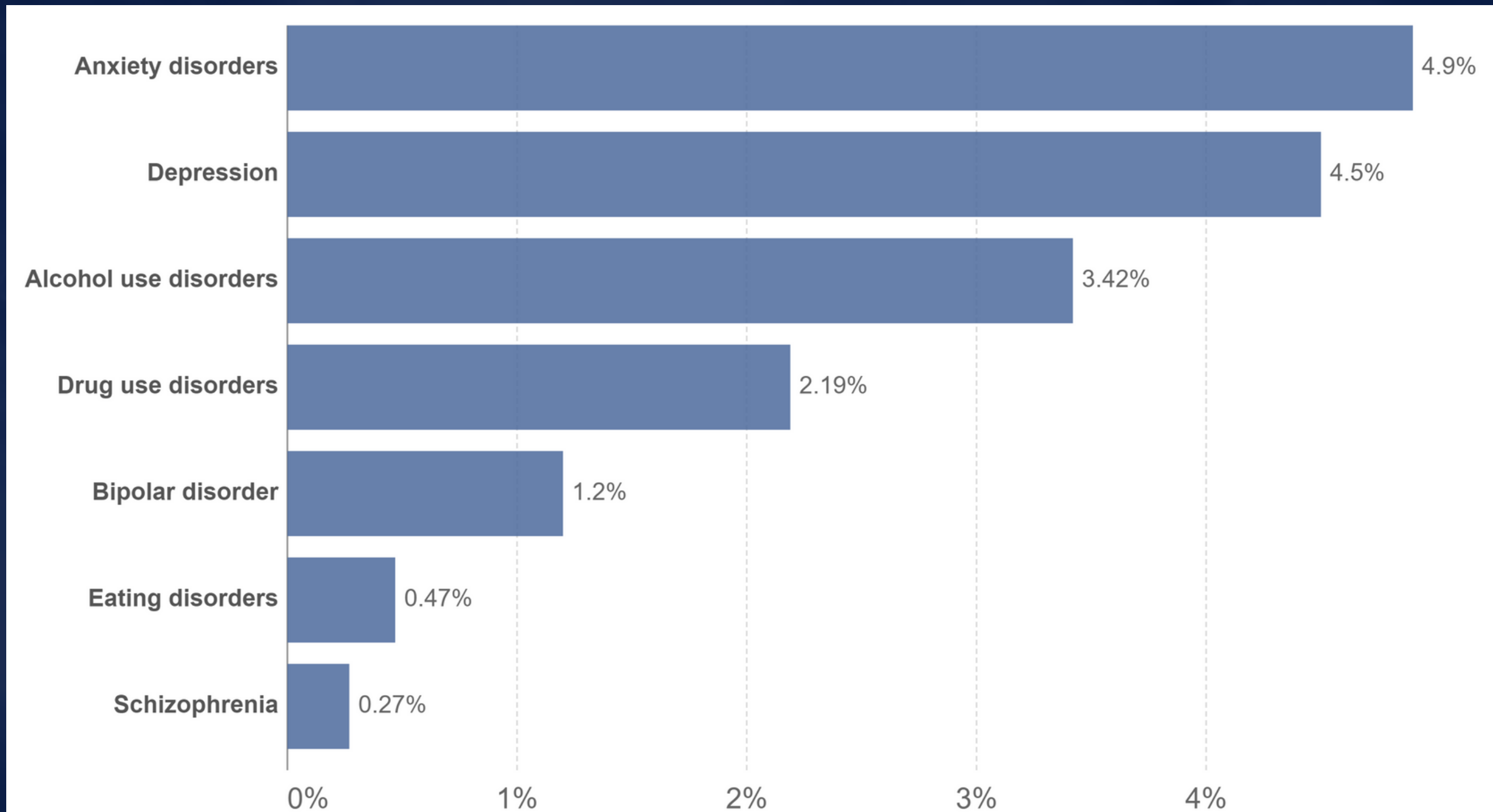
Source: IHME, Global Burden of Disease (2019)

OurWorldInData.org/mental-health • CC BY

Global prevalence



Prevalence in the UK



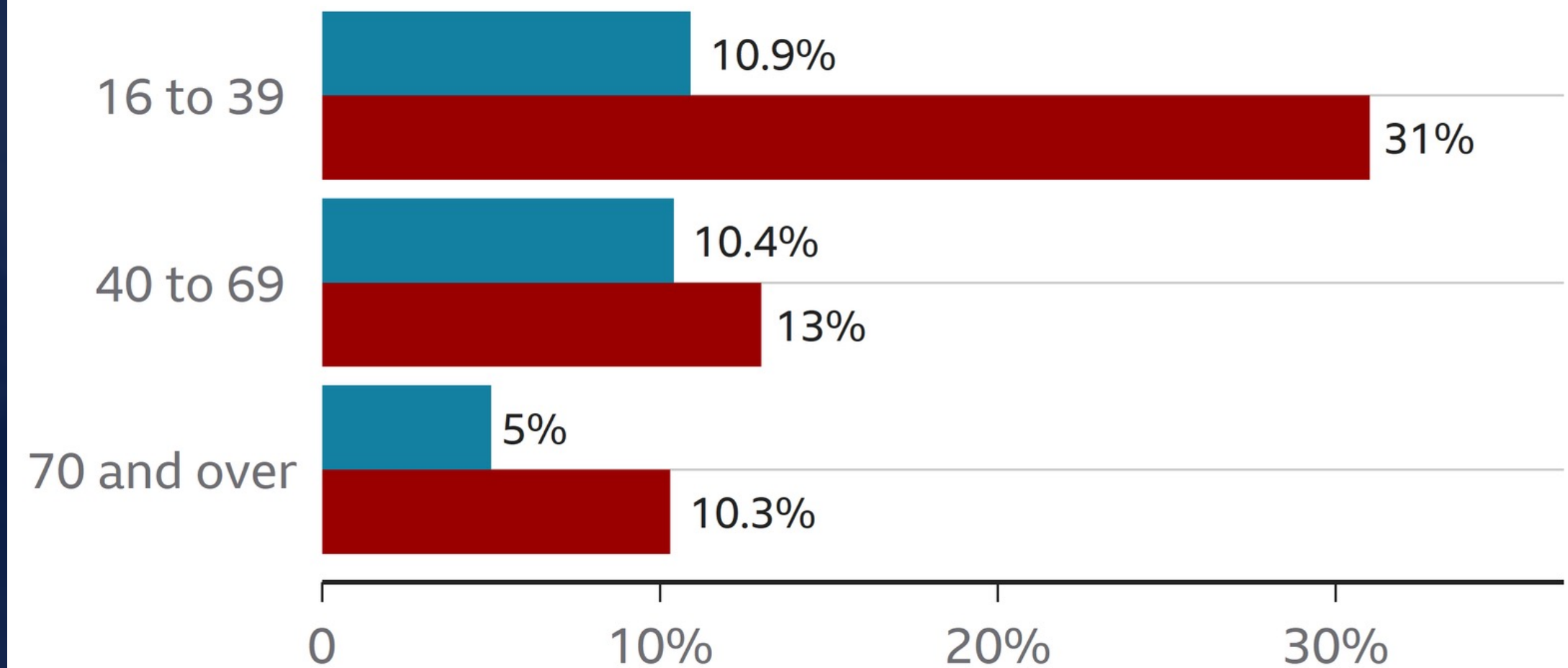
Source: IHME, Global Burden of Disease (2019)

OurWorldInData.org/mental-health • CC BY

Pandemic

% of adults showing moderate or severe symptoms of depression by age group, England and Wales

■ 2019 ■ 2020



Source: Office for National Statistics

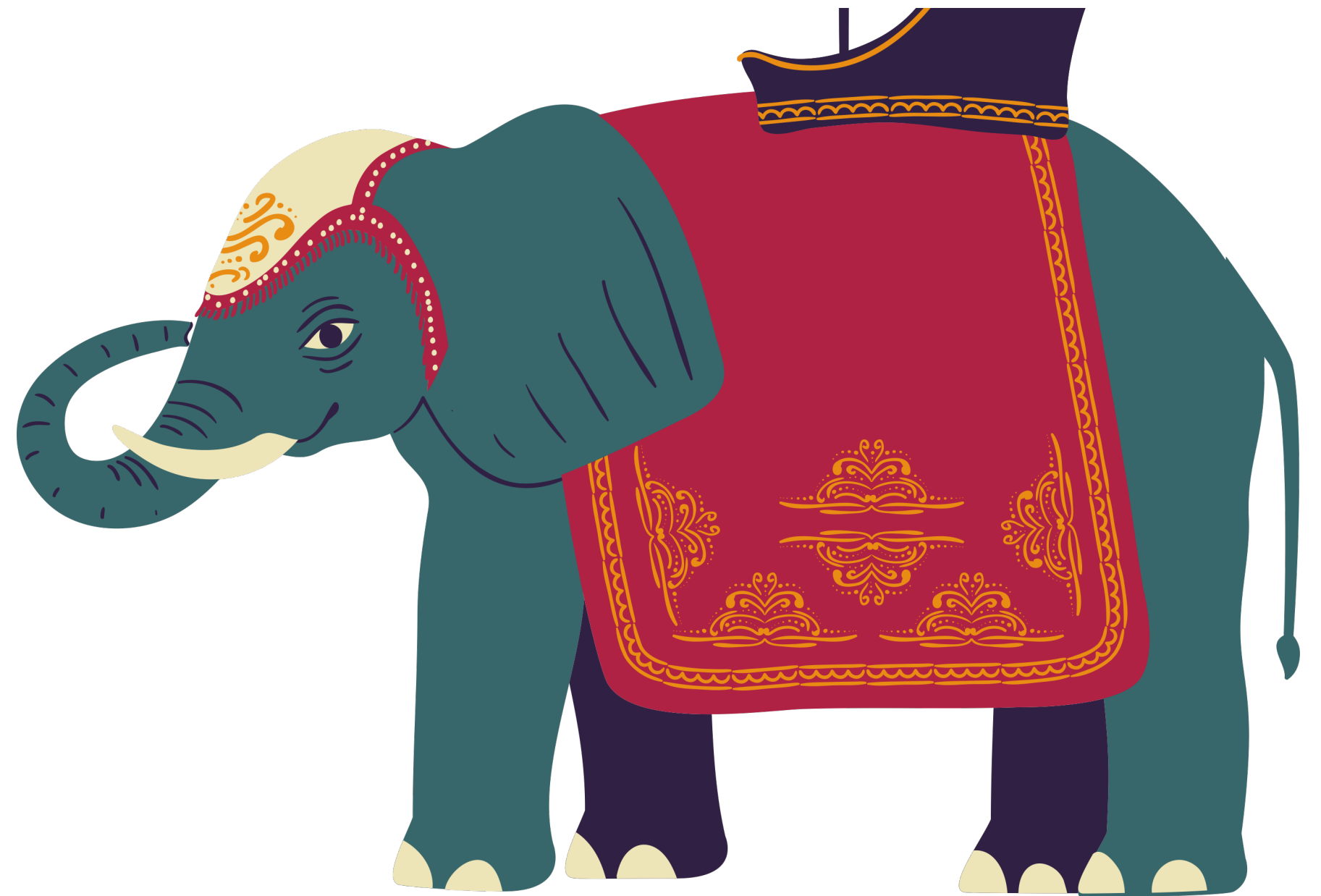
BBC

Gross National Happiness

The GNH index is a holistic approach to measure the happiness and wellbeing of the Bhutanese population



Understanding mental health



Risk factors for Mental Health Conditions

Biological

Psychological



Sociological

Genetic Risk



Genes predispose risk of MH disorder

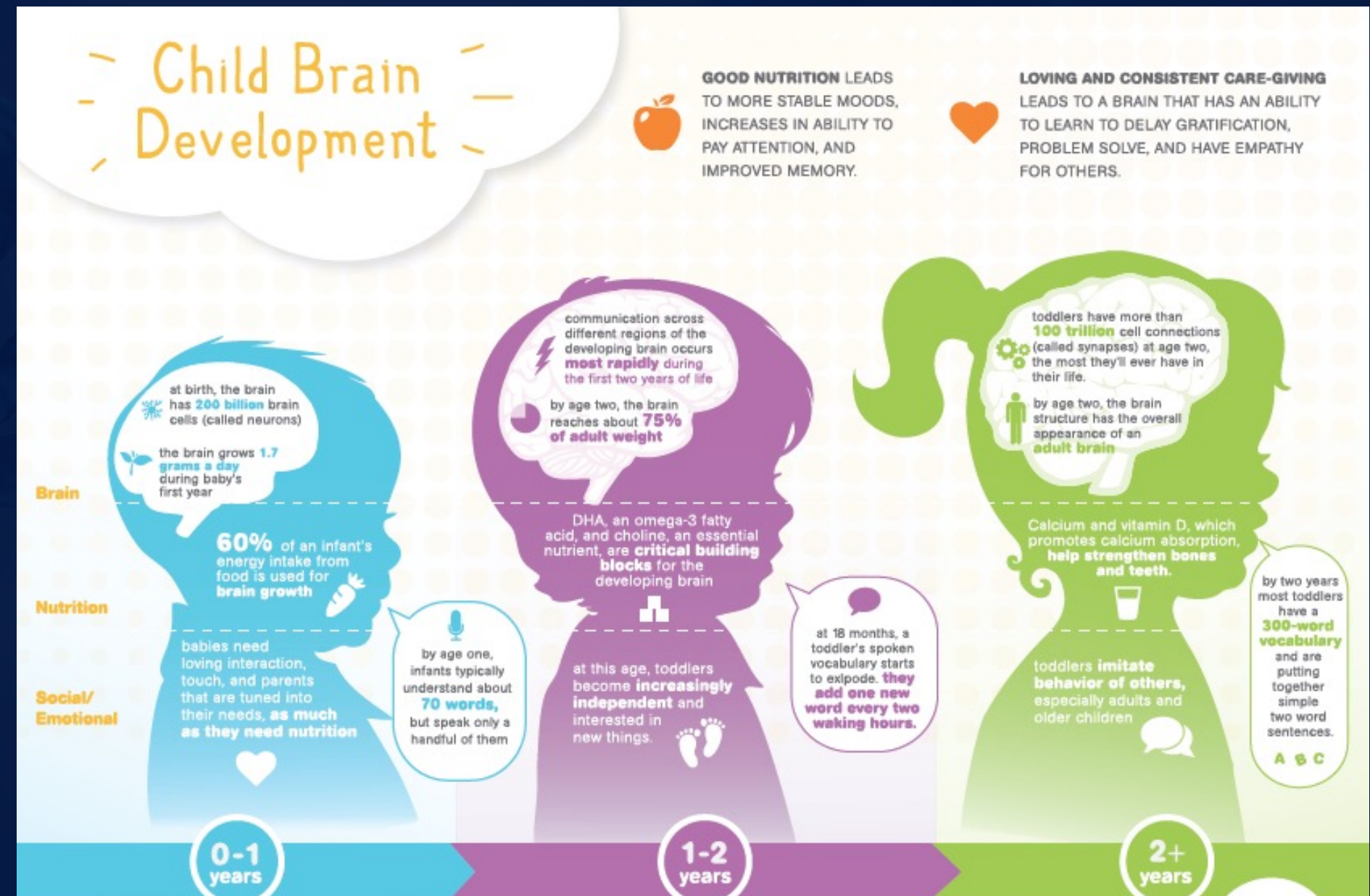
	Schizophrenia	Bipolar
Odds in general pop.	1 in 100	1 in 100
One parent	6 in 100	10 in 100
Both Parents	45 in 100	40 in 100
Brother or Sister	9 in 100	13 in 100
Identical twin	40-50 in 100	40-70 in 100
Non-Identical twin	17 in 100	20 in 100
Second degree relative	3 in 100	5 in 100

The Centre for Genetics Education, 2012

Epigenetics

- First 1000 days key
- Nutrition, environment and experience
- Structural, cognitive and social development

Environmental factors can activate dormant genes








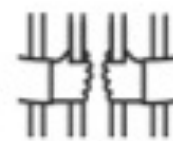



At-risk Groups

- Children and Young people
- Older adults
- Low-income households
- Ethnic minorities
- LBGTQ+ communities
- Men



Adverse Childhood Experiences (ACES)

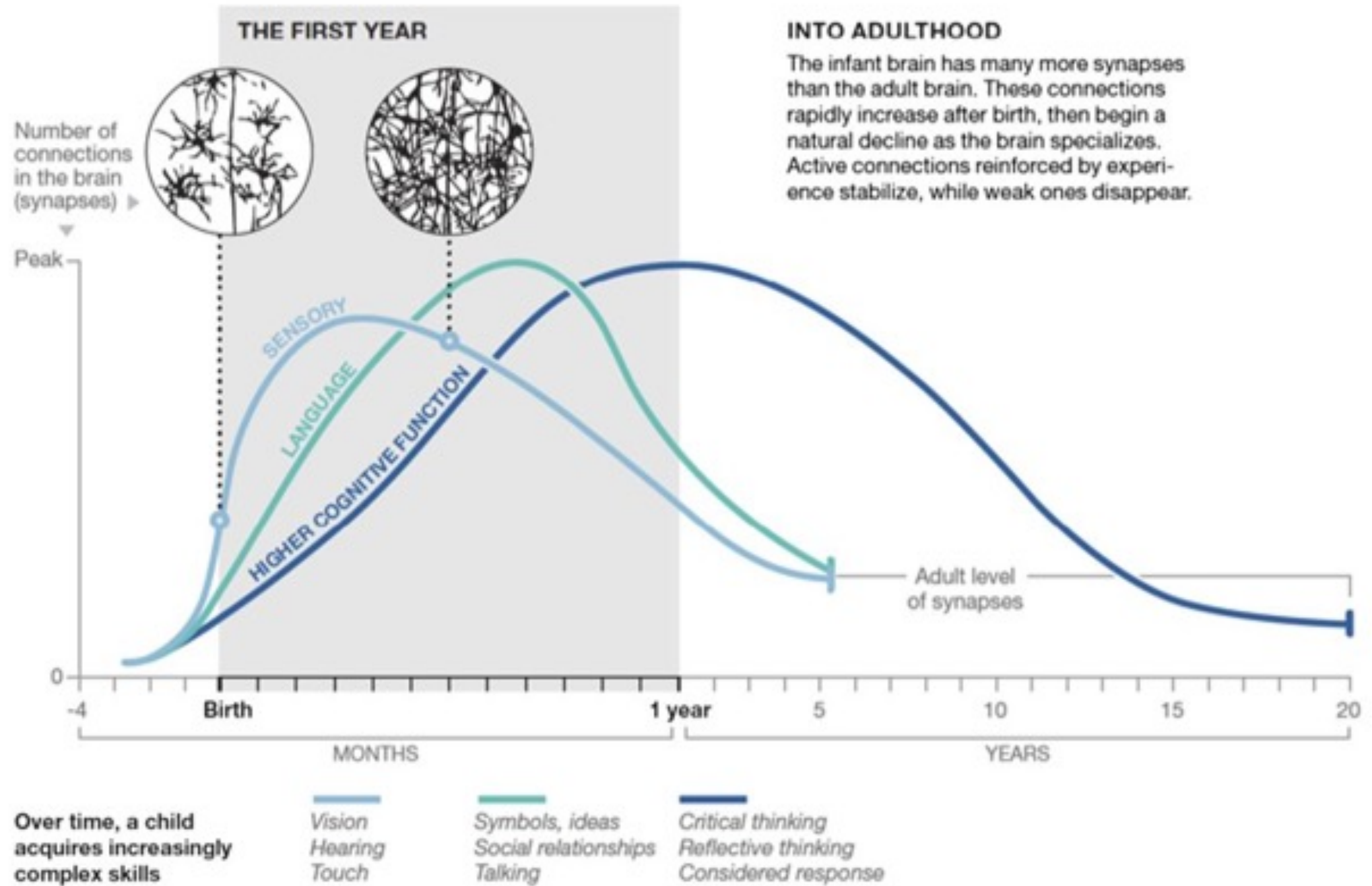
ABUSE	NEGLECT
 <i>Physical</i>	 <i>Physical</i>
 <i>Emotional</i>	 <i>Emotional</i>
 <i>Sexual</i>	

HOUSEHOLD DYSFUNCTION	
 <i>Mental Illness</i>	 <i>Incarcerated Relative</i>
 <i>Mother Treated Violently</i>	 <i>Substance Abuse</i>
 <i>Divorce</i>	

Neuro- development

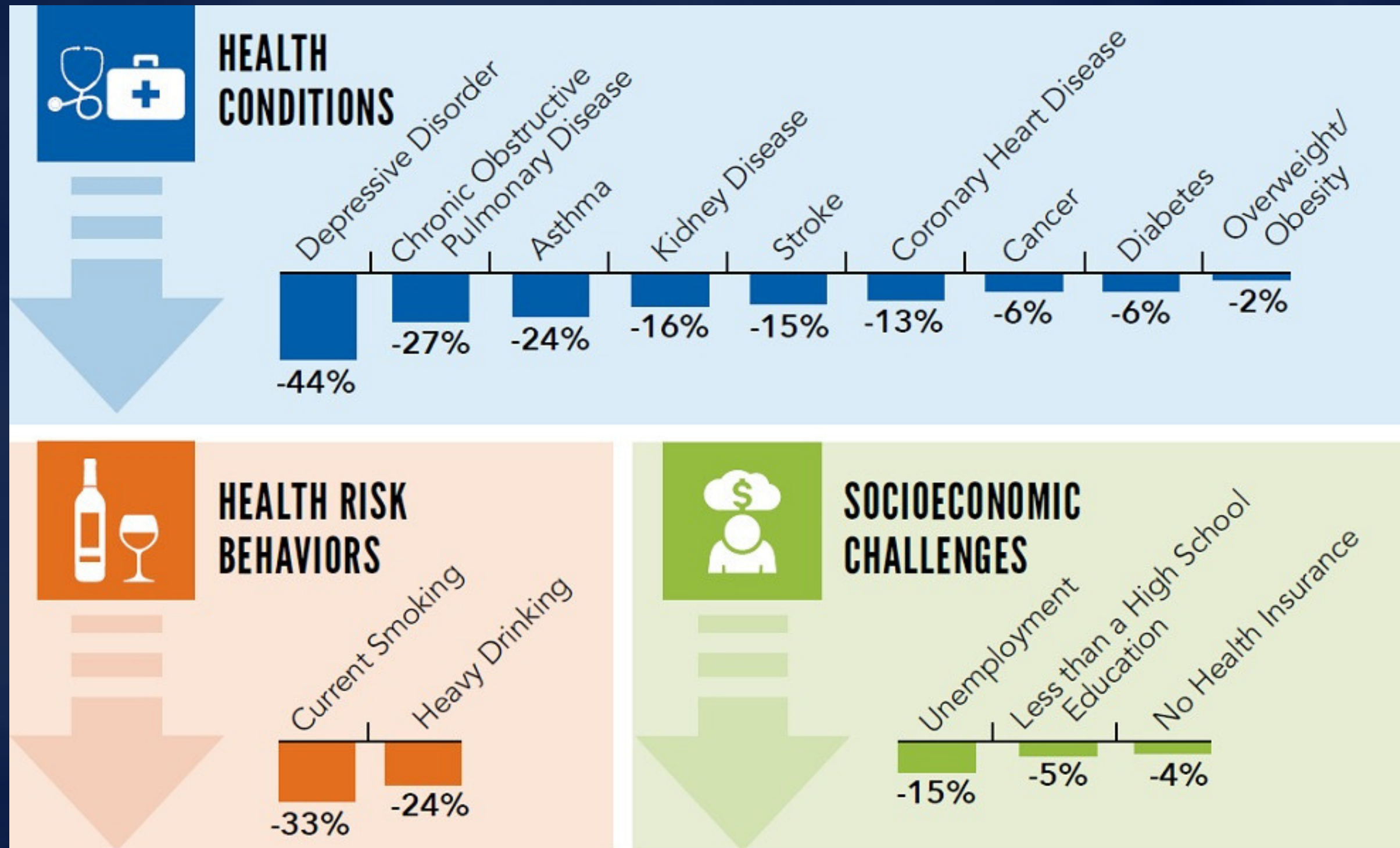
THE NEURAL NETWORK

The brain begins developing in the womb and achieves dramatic levels of growth during the first few years of life. During this time positive experiences contribute to building a strong brain architecture.



GRAPHIC: LAWSON PARKER, NGM STAFF. SOURCE: CHARLES NELSON, HARVARD MEDICAL SCHOOL; PAT LEVITT, CHILDREN'S HOSPITAL LOS ANGELES
SYNAPSE DRAWINGS BASED ON GOLGI STAIN PREPARATIONS FROM CONEL (1939-1967)

Lifelong benefits of preventing ACEs

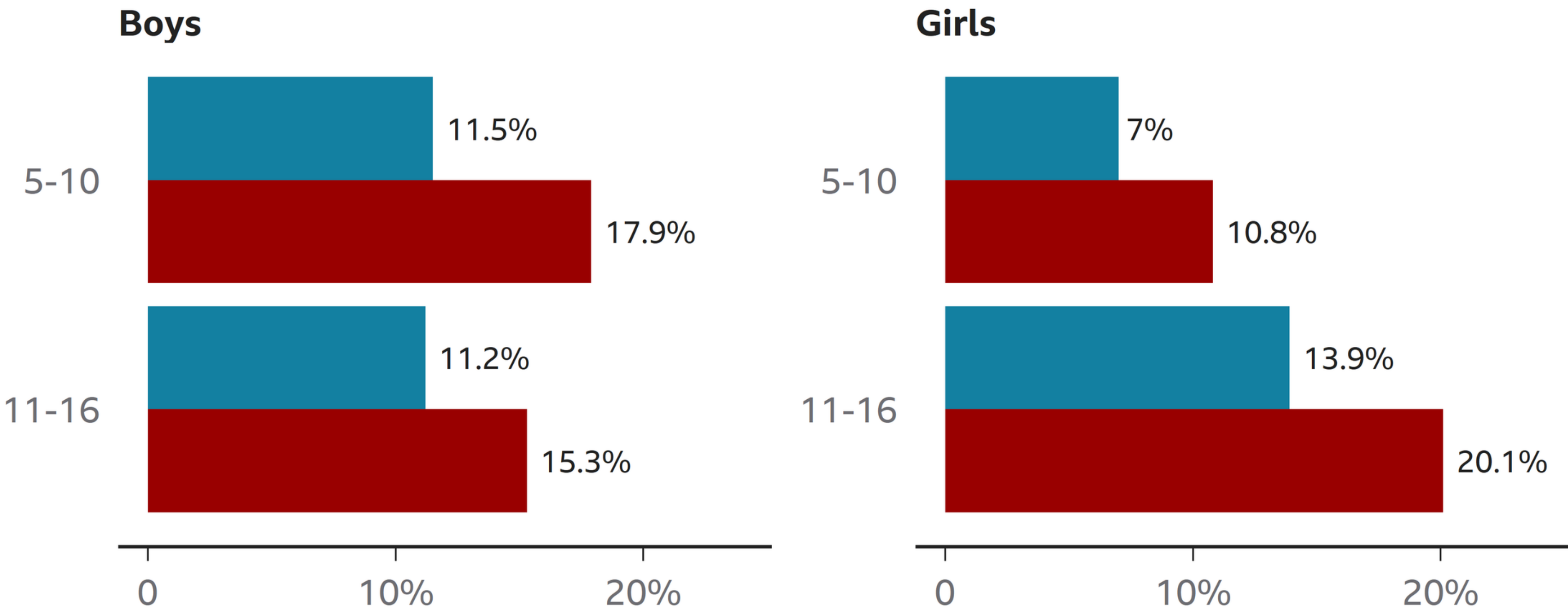


(CDC, 2019)

Mental health in children has worsened

% of children with probable mental health problems by age-group, England

2017 2020



Childhood and Adolescence

1 in 6
children have a
probable mental
health disorder

Up from 1 in 9 in 2017 (NHS, 2021)



Physical symptoms

Fast heartbeat

Stomach
pain

Fatigue

Can't breathe

Headaches

Diarrhea

Feeling/being
sick



No
appetite

Lightheaded





Later life

8-10% of people over 70
report moderate-severe
depression

More than three in five
over-65s (62 per cent) are
worried about heating
their homes (age UK)



Later life

"It was after I lost my son and my husband that I started to feel deserted. A lot of things seemed to happen at one time, and I didn't want to get up or do anything, but I had to make myself. I lost touch with people. I don't like thinking about that time because it was awful. You don't get over it - you must learn to live with it." Terry (Age UK)

Barriers to Care

- Stigma
- Access to care
- Access to Resources
- Lack of support



MYTH:

**You can't struggle with your
mental health if nothing bad has
happened to you**

Myths contributing to Stigma



- Demonic Possession
- Karma
- Cursed/Witchcraft
- Moral failing

"Attention seeking"

"Cursed
"

"You deserve
it"

"All your fault"

"Freak"

"Violent
"

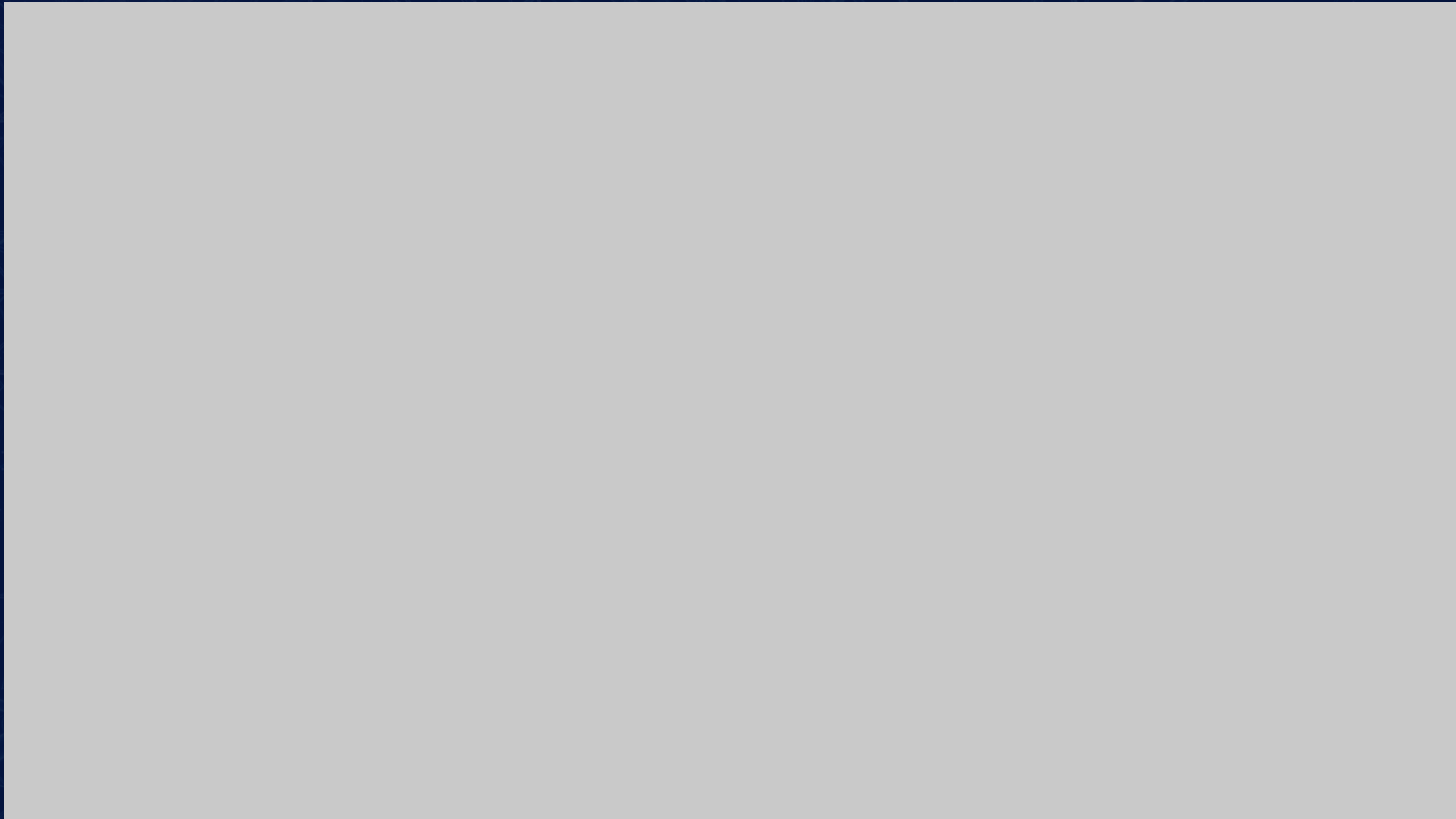
"Lazy
"

"Weak"

"Contagious
"



Not all in your head



How can we help?



Individual level:

Medication

Psychotherapy

Self-care/lifestyle

Reduce stresses (e.g inequalities,
social media)

Community level:

Reduce Stigma

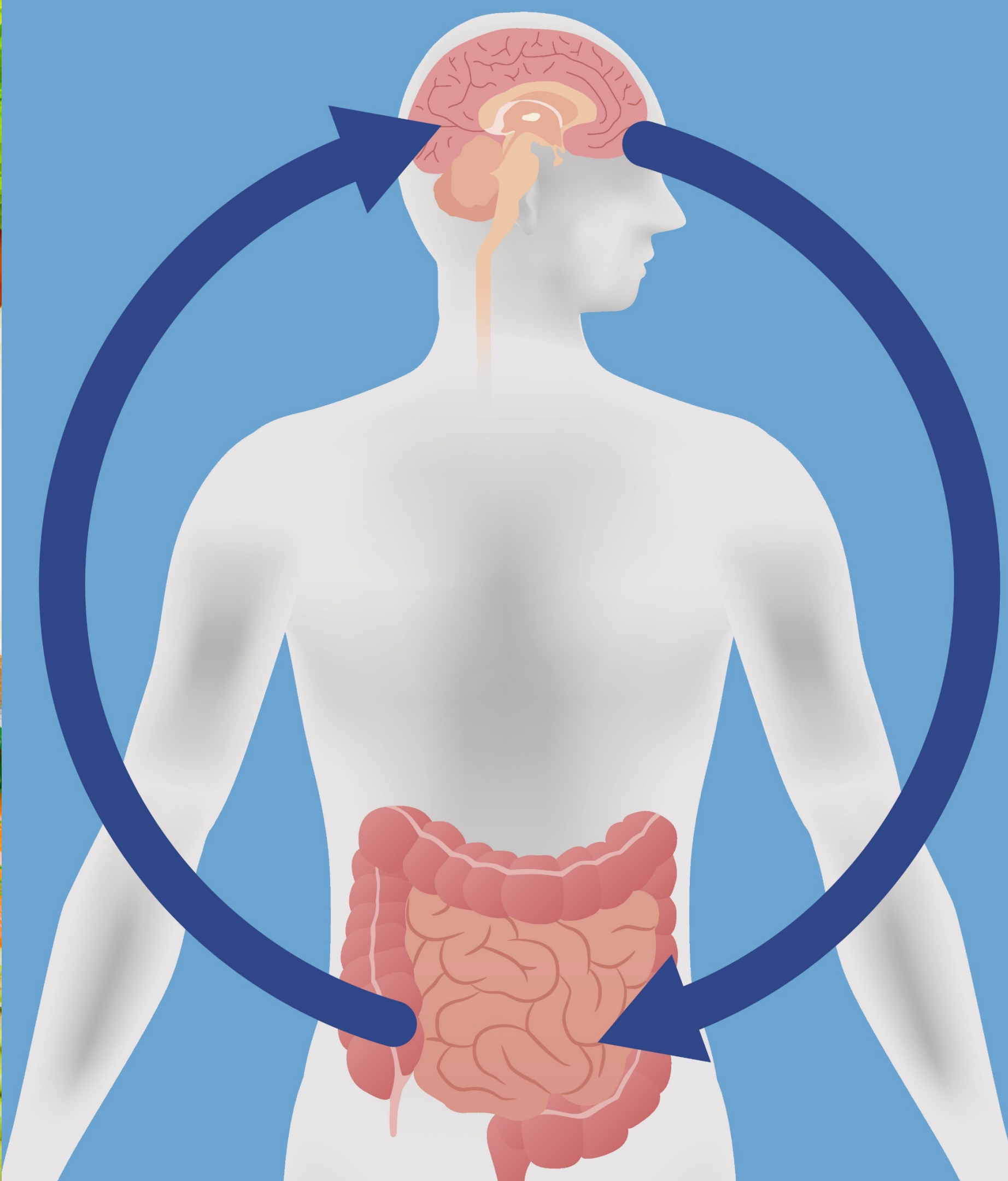
Improve diagnosis

Improve access to care

Lifestyle and environment



- Sleep
- Balanced diet
- Fresh air/green space
- Physical Activity
- Social interaction
- Reduce social media
- Smile



Social Prescribing

NHS initiative to connect people to community activities, groups, and services to meet the practical, social and emotional needs



Creative expression



- Cultural participation can reduce depression, loneliness and improve wellbeing
- Art therapy a common tool with children
- Singing can improve PND

(Fancourt, 2019; Fancourt, 2018;)

Mindfulness

Form of meditation

Aims to focus on the present moment, while acknowledging feelings, thoughts, and bodily sensations without judgement

Shown to improve anxiety, depression and stress



(Farb et al., 2010)

Access to care

- GP can prescribe basic medication and refer
- Referrals increasing
- Long waiting lists
- Long waits lead to worse outcomes



(NHS digital, 2021; BMA, 2018; RCPsych, 2022

)

Access to care

"I had to wait six to seven months to be referred to a community team. The only other way to get help was to present to A&E, which was a traumatic experience ... No one should have to go through that"

Woman, 45, Addiction and Depression

(RCPSych,2022)



Access to care

"Signposting just leads to signposting at times and you just go from one signpost to another signpost to another signpost."

Male, depression, anxiety, OCD

(Gov,2022)



Supporting a loved one/friend

- Listen
- Ask what support they need
- Don't minimise their feelings
- Talk about self-care
- Offer them help in seeking support
- Know your limits: ensure you have your own support system



(MHF, 2022)

NICE Guidelines

Offer multiple approaches:

- Psychotherapy
- Medication
- Lifestyle changes
- Mindfulness



Psychotherapy

Talking therapies
e.g Cognitive Behavioural Therapy



- Understand and identify feelings
- Develop coping strategies
- Challenge and reframe negative thoughts

Medication

Best used in conjunction with other therapies

Most common types:

- Antidepressants
- Anxiolytics
- Antipsychotics
- Mood stabilisers



DOPAMINE

**GAMMA-
AMINOBUTYRIC
ACID (GABA)**

SEROTONIN

ADRENALINE

NORADRENALINE





They look at me as though I'm dead
But I'm here and still alive

They pity me with words untold
And can't look me in the eyes

You think because I don't come to
work
I've lost my soul inside

You take me by the hand and say
'there, there, we're all so kind'

But no-one really hears me
My voice that hides within

No-one wishes to truly listen
To the darkness deep inside

You make decisions for me
Not asking me my thoughts

You wonder why I talk no more
When you make me feel so
small

You call it mental health
Pleases give it another name

I'm not mental, I'm Just me
A person struggling with my life

Monica Lakhanpaul

If you or a loved one needs support

Contact your GP Surgery for an appointment and referral

In emergencies or if you just need to talk, call:

Samaritans: 116 123

National Suicide Prevention Helpline: 0800 689 5652

NHS urgent care: 111 or 999

or find your local NHS crisis team online