



Mental health in the future

What do you think?

Easy read

This easy read booklet is a shorter version of **New Horizons: Towards a shared vision for mental health.**



When we say **we** in this booklet we mean the **Department of Health** or **DH** for short.



There are some difficult words in this booklet.

There is a list of these words and what they mean on page 28.

These words are in **red** letters in the booklet.

You may like to have someone to support you when you look at this booklet.



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What is this booklet about?

The Government wants to help everyone to have better mental health.



This booklet is part of a **consultation** which will help us make services for adults with **mental health problems** better in the future, and help everyone have better mental health.



A **consultation** is when the Government asks people what they think about what the Government wants to do.

This booklet tells you:

- what we mean by **mental health**



- why it is important to have good mental health



- what we have done already to make things better for people with mental health problems



- things we still need to think about



- what we want to happen in the future.



This booklet also asks you some questions about what you think. We tell you how you can answer these questions on page 22.



What we mean by mental health

Mental health is important to us all.
1 in 6 adults has a mental health
problem at any one time.



Mental health is how someone is
feeling in their mind.



Good mental health is about feeling
good about your life and being able
to cope with problems when they
happen. We call good mental health
mental well-being.



A **mental health problem** is a problem with someone's mind that makes it difficult for them to live a normal life. Mental health problems may be small problems or more serious problems. They may last for a short time or a long time.



When someone has a more serious mental health problem, they may need treatment.



People with mental health problems can often live normal lives if they get the right treatment and support.



Why it is important to have good mental health

If you have good **mental health** you are more likely to:

- have a happier life



- be more healthy



- live longer



- be able to work



- have good relationships



- cope with stress and other problems.



We know that things like where you live or where you were born can affect your mental health.



We also know that treating a child with **mental health problems** can give them a better chance of **mental well-being** when they get older.



Everyone needs to care about their own mental health. And everyone should try to make things better for people with mental health problems.



What we have done already

In 1999 we made a 10-year plan for making things better for people with **mental health problems**.



This 10-year plan has helped us to:

- help people to have the right treatment at home, rather than in a hospital



- have fewer people with mental health problems who try to kill themselves



- have more doctors and nurses for people with mental health problems



- look after people with mental health problems in hospital better



- give better medicines and treatments to people with mental health problems



- make sure more people are happy with the treatment they get.



We have talked to a lot of people about what we can do to make things even better. We have talked to:

- people with **mental health problems**



- people who care for people with mental health problems



- people who run services for people with mental health problems



- doctors and nurses.



These people have told us that there are still some things we need to think about more.



Things we need to think about

We know we need to think about how we can:

- make everyone's **mental well-being** better
- help people with mental health problems to be part of the community. This means helping everyone to understand mental health problems and not to treat people with mental health problems unfairly
- spot mental health problems early so we can help stop problems getting worse
- make sure we plan services and treatments so that they are more like people with mental health problems want them to be



- work with local councils, the NHS and other services to make sure people get services that look after all their needs



- find new ways of giving the best services



- use our money carefully



- make it easier for young people to keep getting help with their **mental health** if they need it after they are 18.



What we want to happen in the future

We are now working on a new plan to make things even better for people with **mental health problems**.



We want our new plan to help us to:

- carry on making **mental health services** better and using the money we have carefully



- make it easier for people to find and get the services they need.



We also want our new plan to help us to:

- make sure everyone has a say in the treatment they get



- work well with other services like social services so we can deal with people's **mental health problems** quickly



- try out new ideas



- make sure other parts of the Government work with us and understand how important good **mental health** is.



Our new plan will start in the year 2010.



Our vision

Our vision is what we want to happen by the year 2020.

By 2020 we hope that:

✓ everyone will understand why it is very important to have good **mental health**



✓ people will know what they can do to help their own mental health



✓ children will be taught in school about how to have good mental health



✓ a person's mental health will be just as important to health services as how fit they are



- ✓ people with **mental health problems** and their families will be able to get all the treatments and support they need



- ✓ medicines will be better and have fewer side effects. **Side effects** are things that may happen to someone because of a treatment they are having



- ✓ more people with mental health problems will be able to live a good life, and not be treated differently just because of their problems.



We tell you more about the different things in our vision on the next pages.

Personal services

By 2020:

- ✓ **Mental health services** will make special plans that give people a bigger say in what their treatment is and how they get treatment.



Equality

By 2020:

- ✓ Older people with mental health problems will be treated with the same respect as younger people.
- ✓ People from ethnic minorities with mental health problems will get the treatment they need, in a way that suits them. **People from ethnic minorities** are people who came from, or their families came from, another country.



Understanding

By 2020:

- ✓ More people will understand that everyone can have **mental health problems**, just as everyone can have other types of health problems.



- ✓ More people will know how to recognise mental health problems.



- ✓ There will be more support for people with mental health problems and for their families and the people who care for them.



Good care

By 2020:

- ✓ People with mental health problems will get good care.



- ✓ Different services will work well together to give the best possible care.



- ✓ People who cannot work because of mental health problems will be able to do other things that help them to be part of their community.



Better health

By 2020:

✓ People with **mental health problems** will not have more health problems than other people. For example they will not be more likely than anyone else:

- to smoke



- to be overweight



- to have problems with their heart



- to have diabetes. **Diabetes** is when someone has a problem with the amount of sugar in their blood.



- ✓ We will understand why poor people are more likely to have mental health problems. And we will be able to do something about it.



- ✓ Other parts of the Government will think about the needs of people with mental health problems when planning things like:

- housing



- education



- transport.



Before we finish making this new plan, we want to find out what you think.



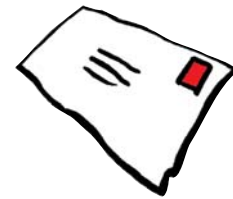
What do you think?

Before we make our new plan we want to know what you think about **mental health services**.



You can answer our questions:

- by writing to us at:
New Horizons Programme Administrator
Mental Health Division
Wellington House
SCLGCP Directorate
Waterloo Road
London SE1 8UG



- or email us at:
newhorizons.dh.gsi.gov.uk
- or tell us what you think on our website: **www.dh.gov.uk/mentalhealth**



Our questions

We would like to know what you think about making **mental health** better. You can answer all or just some of these questions if you like.



1. What do you think are the 3 most important changes we should make to how we care for people with **mental health problems**?



2. We think we should concentrate on helping to stop people having mental health problems as well as on making services better for people who already have mental health problems. Do you agree?



3. We think that the 4 most important things for people with **mental health problems** are:

1. to have equal rights to other people



2. to be able to make the most of their lives



3. to have control over their own lives



4. to have the chance to have good relationships.



Do you agree that these are the most important things?

4. What do you think we should do to make services more personal for people with mental health problems?



5. What do you think we could do to use money better in **mental health services**?



6. What sort of technology do you think could help make things better for people with mental health problems? By **technology** we mean things like computers and mobile phones.



7. Scientists work hard to find out how to help people with mental health problems. What kind of things do you think it is important to find out more about?



8. How do you think we could help local services to plan better **mental health services**?



9. How do you think we should help different organisations to work well together to give better services to people with **mental health problems**? We mean organisations like schools, hospitals, jobcentres and housing services.



10. What do you think are the most important things we should do to give people with mental health problems the same chances in life as other people? We mean the same chances with things like getting a job, staying healthy and having friends.



11. How do you think we could make it easier for young people to keep getting help if they need it after they are 18?



12. What do you think we could do to help people to understand **mental health** better and not to be frightened of mental health problems?



What the words mean

consultation	When the Government asks people what they think about what the Government wants to do
mental health	How someone is feeling in their mind
mental health problems	Problems with someone's mind that make it difficult for them to live a normal life
mental health services	Health services and other services like social services which work with people with mental health problems
mental well-being	When someone has good mental health
our vision	What we want to happen by the year 2020

How to find out more

If you want more copies of **this booklet**, or a copy of the full-length **New Horizons: Towards a shared vision for mental health**, you can:

- telephone: 0300 123 1002



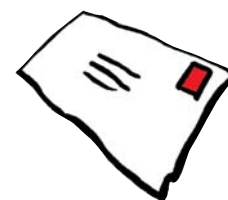
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www.dh.gov.uk/mentalhealth



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New Horizons

Towards a shared vision for mental health