

We Need to Talk

campaign for psychological therapy

Mind has joined with the Royal College of General Practitioners and two other Royal Colleges to demand a new deal for children and adults with mental health problems. Together with the New Savoy Partnership and a wide range of voluntary organisations, they are demanding that each party makes the following simple commitment in its manifesto: "Within five years the NHS will offer evidence-based psychological therapies to all children and adults who need them."

What is the problem?

- Mental health problems affect a third of all British families. Depression and anxiety account for one third of GP appointments. Mental health problems of both adults and children are a major source of suffering, and they impose massive economic and social costs on the rest of society. Adult depression and anxiety cost the economy £12 billion a year – 1% of our national income.
- Effective treatments exist but only a quarter of all the individuals affected are in any form of treatment – compared with over 90% of people suffering from physical illness. The lack of help offered to older adults with depression and anxiety is particularly shameful.
- Psychological therapies, often known as talking treatments, are very effective for treating a wide range of mental health problems. For many, talking therapies provide a lifeline during periods of mental distress and are often preferred over medication by people who experience mental distress.

"I built my confidence back up; I felt 'What people think doesn't matter. I can be who I want to be.' It helped me recover and helped me become who I want to be, who I am today." (anonymous service user)

- According to current NICE guidelines, these evidence-based therapies ought to be made available to all who need them. Under the new NHS constitution people are entitled to the treatments required in the guidelines. But in most parts of the country access to such treatment is heavily rationed for children; and for adults it has often barely existed. The situation for adults has been made far better through the Improving Access to Psychological Therapy (IAPT) programme. But it will require major political leadership if all children and adults are to receive the treatment they need and are entitled to.

What needs to happen?

- The IAPT training programme should be completed as planned and the NHS pledge to support IAPT through to full roll-out should be honoured.
- Local primary care trusts should ensure that the full range of evidence-based psychological therapies is available for all who need them. This applies to adults and children.
- Therapy should be available within 28 days of requesting referral.

This will only be achieved if there is a political commitment that within five years the NHS will offer evidence-based psychological therapies to all children and adults who need them.



For better
mental health



Mental Health Foundation



rethink

