



Impact of Financial Crisis on Mental Health in England

Gamian Regional Seminar

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www.rethink.org



Summary

- The third year of austerity – the end is not in sight
- Mental health a more significant political issue but a gap between this and reality on the ground
- Major change and financial pressures in NHS and other public services
- Cuts in Welfare Benefits and unfair assessment process
- Cuts in legal aid
- Cuts in services
- Increasing demand on charities but reduced funding
- Increase in suicide



What are changes for Mental Health

Goal	Positives	Negatives
Attitudes	<ul style="list-style-type: none"> High Profile disclosures Shifts in media coverage Mental Health Discrimination Act 	<ul style="list-style-type: none"> Some wider hardening of attitudes due to austerity
Access to care	<ul style="list-style-type: none"> Parity of esteem Improving Access to Psychological Therapies (IAPT) 	<ul style="list-style-type: none"> No change in funding yet Growing pressure on services and deliver savings
Quality of life	<ul style="list-style-type: none"> Judicial Review of Welfare Capability Assessment 	<ul style="list-style-type: none"> Welfare Reform Fear of loss of benefits Social care cuts
Criminal Justice	<ul style="list-style-type: none"> Ongoing support for Bradley agenda Diversion and Liaison 	<ul style="list-style-type: none"> Ministry of Justice/Police cuts



Care and Support

- 20% cuts in community care and support budgets and eligibility criteria set higher
- £20bn savings in NHS
- The withdrawal of many forms of care and support in the current climate is contributing to higher levels of anxiety and distress.
- Several reports published since 2008 warn that mental health services need to become more efficient to cope with rising need. Recommendations evidence existing models, such as Individual Placement Support (IPS) for employment, talking therapies and Early Intervention for Psychosis (EIP) services *e.g. Kings Fund and Centre for Mental Health, 2010, 'Mental health and the productivity challenge'*.



People in Debt

- Half of all people in debt have a mental health disorder, and the effect of low income on mental health is mainly affected by whether someone is also in debt. (Forum for Mental Health in Primary Care, 2009).
- A 2010 survey of 1270 credit collection staff found that mental health problems can cause difficulties in repaying or managing debt, which represents a 'financial and health crisis'. (Royal College of Psychiatrists & the Money Advice Trust, 2010).



Impact on Charities

- There is limited data on the impact of rising need is on services. Charities offering support have seen a dramatic increase in support needs.
- Mind reported an increase of 18% in calls to their advice line from October 2011 to April 2012, and a 28% increase in calls to their legal advice line.
- Rethink Mental Illness has recently extended their opening hours without additional resource in order to respond to a further 15% of clients needing support, often regarding accessing disability benefits.
- Loss of funding of services provided by third sector affects ability to fund extra activities



Welfare Reforms

- The Citizens Advice Bureau published a report called 'Not Working' (2012) which argues that the welfare system is not providing the safety net required by disabled and severely ill people. They stated that the CAB is helping increasing numbers of people being found 'fit for work' inappropriately.
- The think tank Demos also published a report called Destination Unknown (June 2012) which set out 6 in depth case studies demonstrating the cumulative impact of cuts to services. They argued that attempts by Government attempts to encourage disabled people to work by cutting benefits is both naive and dangerous, as appropriate work is not available



General Advocacy Services

- Action for Advocacy Group has found in 2011 45% advocacy services for vulnerable groups had cuts on average of 36%. Two thirds predicted further cuts when demand has risen by 60%
- So 63% said they would be able to help less people in the future while 36% advocacy services predicted redundancies and 20 would have to close
- Cuts were mainly by councils and nonstatutory services were worst hit with 74% of organisations saying funding insufficient to cover this provision and advice and information only being offered to those less vulnerable
- Independent Mental health act services for those detained under Mental Health act being less affected



Useful Links

- Rethink Mental Illness
 - www.rethink.org
- Time to Change campaign
 - www.time-to-change.org.uk
- Spectrum Centre for Mental Health Research –
 - www.lancs.ac.uk/shm/research/spectrum
- Improving Access to Psychological Therapies
 - www.iapt.nhs.uk
 - For severe mental illness – www.iapt.nhs.uk/smi
- Peer support
 - www.together-uk.org/about-us/peer-support
- Jackie Wilkinson – jmwilkinson@msn.com @jastrophe