



Supporting better mental health



North East Mental Health  
Development Unit

# New Horizons

## Towards a shared vision for mental health

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The North East Mental Health Development Unit is hosted by NHS County Durham

## New Horizons...

Is the new national vision for mental health and well-being in England

Builds on the NSF for Mental Health

Sets out a public mental health whole-population approach based on prevention and promotion

Takes a cross-government approach to policy development

## **New Horizons has two main aims:**

- Improving the mental health and well-being of the population
- Improving the quality and accessibility of services for people with poor mental health

# Impact on society

## Cost of mental health problems in England

Source: Kings Fund 2008

Cost of mental health care in England/ year	Health and social care service costs	Loss of employment costs	Total GDP cost
2007	£22.5 billion p.a.	£48.6 billion p.a.	5.3%
2026	£47.5 billion p.a.	£88.45 billion p.a.	10.1%

*Create flourishing, connected communities*

**A Public Mental Health Framework for Developing Well-Being**

**Meaning from adversity:**

- Post traumatic growth
- Psychological therapies
- Positive reflection

**Promote meaning & purpose**

**Cultivate purposefulness & fulfilment:**

- In life, work, education and volunteering
- By creativity, coherence and flow
- With inclusive beliefs and values

**Reduce social exclusion:**

- Address discrimination and stigma
- Target high risk groups

**Develop sustainable, connected communities**

**Enhance:**

- Community engagement
- Ecological intelligence and connectedness

**Reduce risk factors**

**Reduce:**

- Smoking
- Alcohol
- Drugs
- Obesity

**Integrate physical & mental health & well-being**

**Improve:**

- Physical activity
- Healthy Food
- Sexual Health
- Health Checks

**Promote protective factors**

**Reduce Inequalities:**

- Unemployment
- Fuel Poverty
- Homelessness
- Violence and Abuse
- Impact of Climate Change

**Build resilience & a safe, secure base**

**Promote:**

- Employment
- Benefits Checks
- Safe Green Spaces
- Insulated & Warm Homes
- Partnership Working

**Prevent and reduce impact of Adverse Childhood Experiences:**

- Child abuse
- Parental mental illness
- Parental substance misuse
- Parental Domestic Abuse
- Household offender
- Childhood bereavement

**Ensure a positive start in life**

**Improve:**

- Parenting & Parental Health
- Social and Emotional Literacy in Healthy Schools
- Early interventions for conduct & emotional disorders

Nurse J  
2008

## Emerging key themes:

- Prevention and public mental health
- Stigma
- Early intervention
- Personalised care
- Multi-agency commissioning/collaboration
- Innovation
- Value for money
- Strengthening transition

## NEMHDU support for New Horizons:

- MHFA has a close alignment to the public health agenda
- Focus on whole population mental health
- MHFA featured in the regional response to the consultation
- Strong regional support from NEMHDU