From: Jennifer Edwards  
Sent: 20 September 2019 22:45  
To: MHconsultationSept2019  
Cc: Lina Martino; Ian Walker  
Subject: Consultation on cost effective interventions for mental health

Dear Sir/Madam

The Faculty of Public Health Special Interest Group for Mental Health met today, bringing together experts in public mental health from across the UK.

Unfortunately we only became aware of your consultation and its closing date today. I was asked to respond in brief on behalf of the group.

We noted the very small number of 3 recommendations for preventative steps to reduce the development of mental illnesses. We would strongly suggest that this list is extended to include other evidence based prevention options. We would be very happy to work with you to select best options for global recommendations from the range that is available.

We consider that it is important to expand the options, given the increasing population awareness and experience of depression, anxiety, suicide, self harm and psychosis. It is clear that treatment options are unlikely ever to be sufficient to deal with population needs and that current treatments carry risks, including long term addiction. Prevention must therefore be a vitally important aspect of global strategies and should take place at primary, secondary and tertiary levels.

Source materials for preventative steps include the following:

- Better Mental Health for All - a publication by the Faculty of Public Health and the Mental Health Foundation (especially Section 3)
  
  https://www.fph.org.uk/media/1644/better-mental-health-for-all-final-low-res.pdf

- The Oxford Textbook of Public Mental Health (Ed Bhugra, Bhui, Wong & Gilman) Especially section IV
  
  https://books.google.co.uk/books/about/Oxford_Textbook_of_Public_Mental_Health.html?id=4h1rDwAAQBAJ&printsec=frontcover&source=kp_read_button&redir_esc=y#v=onepage&q&f=false

- Two documents setting out the return on investment of options for prevention and promotion in mental health commissioned by Public Health England and developed by the LSE
  
  https://www.gov.uk/government/publications/mental-health-services-cost-effective-commissioning
- Public Mental Health: Evidence, Practice and Commissioning by Dr Jonathan Campion for the Royal Society of Public Health
  

Prevention Review by the Mental Health Foundation

https://www.mentalhealth.org.uk/publications/prevention-review

Specific evidence on mindfulness based approaches for mental health & prevention of recurrent depression - myself for the Mindfulness Initiative

https://www.themindfulnessinitiative.org/briefing-paper-on-health-wellbeing-and-mindfulness

Please do not hesitate to contact us if you should need help in considering the options set out in these documents

Yours faithfully

Jennifer Edwards CBE, FFPH, FRSA