

King's Health Partners

King's Health Partners Academic Health Sciences Centre (AHSC) is a pioneering collaboration between Guy's and St Thomas', King's College Hospital and South London and Maudsley NHS Foundation Trusts and King's College London.

Our organisations are working together and with our local health partners to provide joined up mental and physical healthcare for our patients and service users.

We are using the latest research and training methods to introduce new models of care and treatment.

From screening people for depression in acute outpatient appointments and providing psychological support for people with diabetes and other long-term conditions, to improving the physical healthcare of people with severe mental illness, we are working to improve the outcomes and experience of the care we provide.

To find out more about joining up mental and physical healthcare:

visit kingshealthpartners.org/mindbody

or join in the conversation on Twitter using [#mindbodycare](https://twitter.com/mindbodycare)

 Follow us [@kingshealth](https://twitter.com/kingshealth)

Joining up mental and physical health:

an introduction to mind and body healthcare



Why mental and physical health?

The **mind and body are inseparable**, and mental and physical health conditions are often connected.

Did you know?

The average life expectancy for someone with a severe long-term mental health illness or learning disability is **15-20 years** shorter than for someone without.

15-20

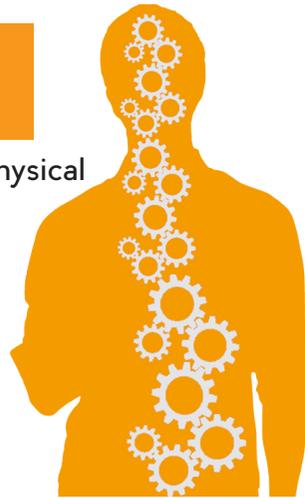
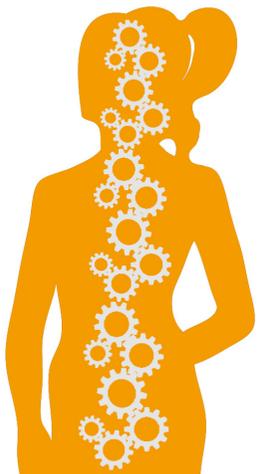
30%

30% of people with long term physical health conditions, such as diabetes, arthritis or heart problems, also have a mental health condition, such as depression or anxiety.

46%

Nearly half of all people with diagnosed mental illness also have at least one, and often more, long term physical conditions.

When mental and physical health problems are combined, people are less able to manage their conditions properly and their health outcomes become worse.



What can we do about it?

Evidence shows that by **joining up physical and mental healthcare**, we can help someone to manage their different conditions, improve their health outcomes, and even prevent unnecessary health problems for some people by identifying risk early.

How do we do this?

There are many different ways that NHS services are already trying to address this problem, but we need to turn best practice into common practice.

By **training staff to screen patients** for common mental and physical health conditions in all care settings, the right support or treatment can be identified as soon as possible.



By **working together in multidisciplinary teams** across primary, secondary and community care, we can make sure that our services are delivered in a way that best meets the needs of our patients and service users.

Just by everybody taking the time to **ask someone how they are feeling** physically and emotionally, we can start to make a big difference to the care they receive.

By **raising awareness and understanding** of the connections between mental and physical health and how they should be managed, our NHS workforce will be able to provide better care to people, in the most appropriate place for them, allowing them to live longer and healthier lives.

Mind and body – don't separate the inseparable.

Why do we need to change?

Despite this connection, many local health services still **separate care** into physical and mental and often fail to share patient information.

Patients and service users are passed between different parts of the NHS **without the right connections** being made.

And on many occasions, healthcare professionals are **not aware** that their patient has multiple conditions.