

# mind & body

## Joining up mental and physical health: why mind & body matters



**Nearly  
half**

of people with mental illness  
also have at least one long-  
term physical condition



**30%**

of people with long-term  
physical health conditions  
also have a mental illness



**15-20  
years**

shorter life expectancy for  
someone with a severe  
mental illness or learning  
disability than for those  
without



**£8bn**

a year is spent by the NHS  
treating the effect of poor  
mental health on physical  
illnesses



When we treat mental and physical health conditions together people are more able to manage their conditions properly and their health outcomes and experience get better

**mind & body: don't separate the inseparable**

[kingshealthpartners.org/mindbody](https://kingshealthpartners.org/mindbody)

#mindbodycare

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