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

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