mind & body

Joining up mental and physical healthcare

Are you a mind and body champion?

Help us change the way we care for people with physical and mental health needs. We're looking for staff to lead the way and speak out about the importance of 'whole person' care - treating people's mind and bodies as one.

Join our network of Mind and Body Champions to shape how our organisations can best deliver mind and body care, and make a real difference to the way we care for people in our community.

Mind and Body is a cross-King's Health Partners initiative to join up mental and physical healthcare, training and research to improve outcomes for our patients and service users.

Why mind and body?

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

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

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.

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

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What does it mean to be a champion?

Our Mind and Body Champions will be **advocates for the importance of treating mental and physical health as one**. Helping us identify all the health needs of our patients and service users and supporting them with the most appropriate treatment.

Champions will be part of a **network of like-minded individuals**, who we will support to access relevant training and to lead conversations with colleagues and patients about how we can improve care.

As a champion we'll provide a **range of useful resources to help support** your conversations on the connections between mental and physical health and a regular newsletter to keep you updated on opportunities and news.

Who can be a champion?

Anyone in our partnership can become a Mind and Body Champion.

We're looking for a wide range of staff representing all areas of our organisations to become champions for Mind and Body, patient facing or not, junior or senior, everyone is welcome.

Email mindandbody@slam.nhs.uk to register your interest in becoming a Mind and Body Champion or visit kingshealthpartners.org/mindbody/champions

Why King's Health Partners?

King's Health Partners brings together three of the UK's leading NHS Foundation Trusts in both acute and mental health with a world-leading university for health research and education. Together we have a unique opportunity to provide whole person, mind and body care, to our communities.

We know our patients and service users move between our hospitals and community sites, and between mental and physical healthcare, and we don't always make the right connections in treating the whole person. Our champion's network can be the first step in getting care right for our community.

Find out more at: kingshealthpartners.org/mindbody
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