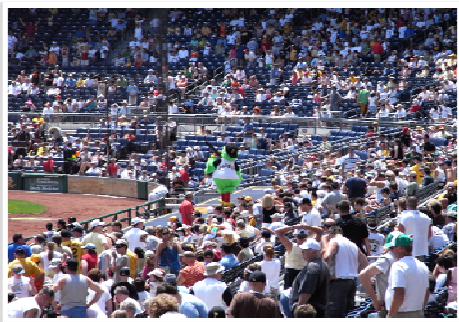


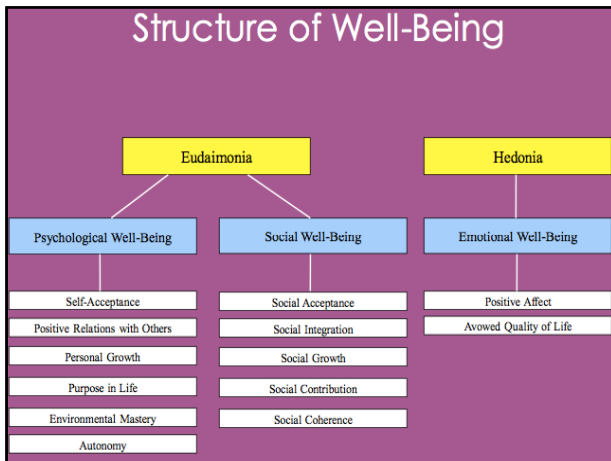
Can Psychological Therapists
in the NHS increase
'Gross Domestic Wellbeing'?

I am a fan!



Yes, they can certainly help.....

.....and many others can and do help
also, outside of the NHS



But.....

- Curing illness may not necessarily result in health
- Alleviating illness and suffering does not mean wellbeing
- Mental health is not just the absence of mental illness
- Our mental wellbeing really matters

Five (and other) Ways to Well-being?

Connect ...

Be active ...

Take notice ...

Keep learning ...

Give ...

What works?

- Early years
- Schools
- Youth
- Workplace
- Communities
- Later life

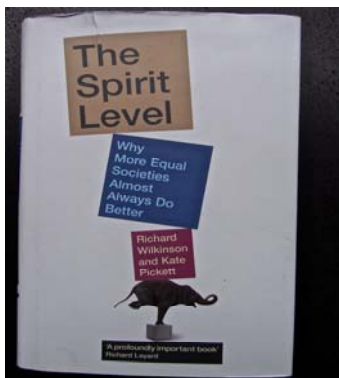
But for GDW, there is a bigger picture we need to address as well.....

3 things might help

- Seriously addressing inequality – its more than just not 'fair'
- Reclaiming our 'natural' psychological state
- Promoting and living values that have meaning

Its not working.....





The Spirit Level

- Inequality matters in how we relate to each other
- The quality of our social relations are largely built on material foundations
- Need to now shift away from material standards and economic growth to improving the psychological and social wellbeing of societies and populations.....

www.equalitytrust.org.uk

The social and communal matters



“Although the risks and contradictions of life go on being as socially produced as ever, the duty and necessity of coping with them has been delegated to our individual selves”

Zygmunt Bauman (2007)
‘Liquid Times: living in an age of uncertainty’

Our responses need to go
‘beyond the individual’

‘.....levels of mental distress among communities need to be understood less in terms of individual pathology and more as a response to (poverty) relative deprivation and social injustice, which erode the emotional, spiritual and intellectual resources essential to psychological well-being’

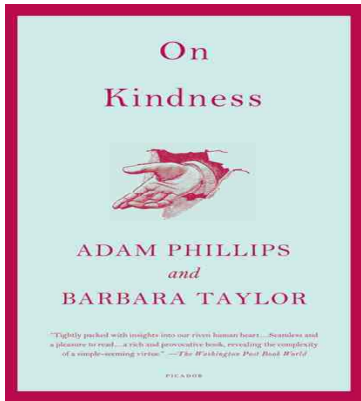
Lynne Friedli, ‘Mental Health, Resilience and Inequalities.’ WHO 2009

Our natural state?

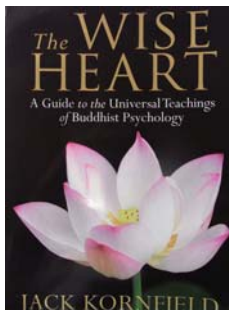


Survival of the fittest?





Mind, body and spirit



Love, hope, resilience



Values that have meaning

.....especially during these times

'Communities of solidarity' Rebecca Solnit 2009



The 'Upside of Down'

"...if people are well-prepared, they may be able to exploit less extreme forms of breakdown to achieve deep reform and renewal of institutions, social relations, technologies, and entrenched habits of behavior. This is likely our best hope for a prosperous and humane future."

Thomas Homer-Dixon 2006

intrinsic values over extrinsic



Reasons to be cheerful.....

- Wellbeing matters, we're measuring it
- Public health white paper
- Forthcoming mental health strategy

Some final thoughts.....

- Alleviation of suffering and despair
- Providing hope and opportunity
- Balancing our investments
- Re-orientating our 'public health' goals
- More integration and wider contributions
- And what of our psychological therapists?.....they are still providing light

Ring the bells that still can ring,
Forget your perfect offering,
There is a crack in everything,
That's how the light gets in.

Leonard Cohen 'ANTHEM'
