



Mental capital in times of crisis

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*Roundtable: Reducing the Psychosocial Impact of
the Financial and Economic Crisis*

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Summary

If I am not for myself, who will be for me?

And if I am only for myself, what am I?

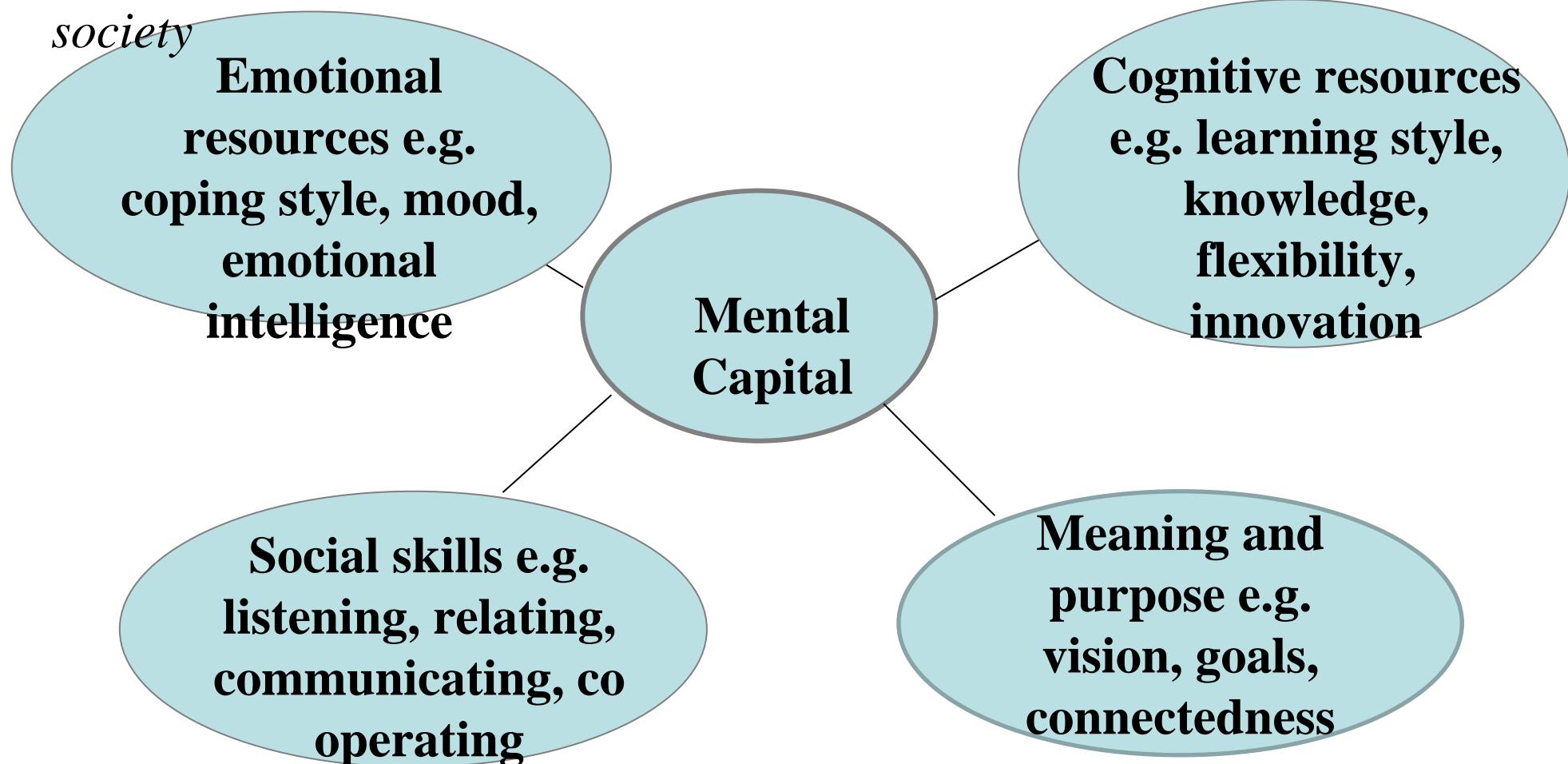
If not now, when? (Mishnah, Ethics of the fathers)

- Mental health influences a wide range of outcomes
- Mental capital is a key element of resilience
- What contributes to mental capital:
 - Resources – *mind the gap*
 - Relationships – *social solutions*
 - Respect – *policy responses to misfortune*
 - Valued role – *meaningful occupation*
- Action on human dimension of European Recovery

Key elements of mental capital



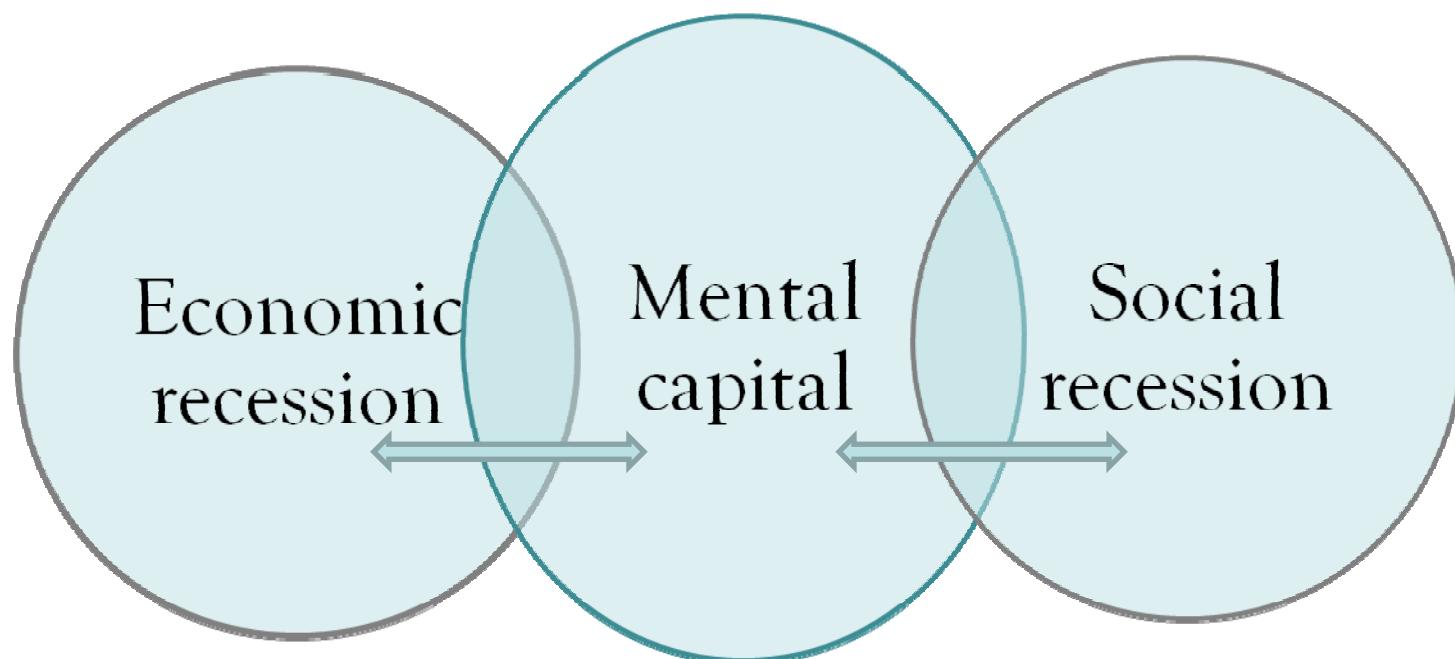
Mental capital affects each person's path through life and is vitally important for the health and prosperity of families, communities and society



Driving European Recovery: psychosocial dimension



'Tend to the social and the individual will flourish'





Costs of mental illness in the UK

		£ Billions
• Health and social care	13.0%	£14.3
• Output losses	27.7%	£30.47
• Human costs	59.3%	£65.23
• Total	100.0%	£110 .0

Projected increase in cases of mental illness in UK workplace

	2008	2030
Men	2.4 m	2.8 m
Women	4 m	4.2 m



Life course benefits

	crime	smoking	drugs	depression	suicide	no qual
• top 50% (no conduct problems)	1.00	1.00	1.00	1.00	1.00	1.00
• middle 45% (some problems)	1.95	1.24	1.51	1.24	1.69	1.18
• bottom 5% (conduct disorder)	4.13	1.59	2.39	1.57	3.00	1.45



Life course savings

	per case £	total for 1-year cohort in UK £ million	Scotland £ million
• Prevention (move bottom 5% to middle 45%)	150,000	5,250	4.2
• Promotion (move middle 45% to top 50%)	75,000	23,625	18.9

(Friedli & Parsonage 2007)

Outcomes associated with positive mental health



A worthwhile goal in itself and leads to better outcomes:

- reduces prevalence of mental illness
- physical health: mortality/morbidity
- health behaviour
- employability, productivity, earnings
- educational performance
- crime / violence reduction
- pro-social behaviour/social integration/relationships
- quality of life

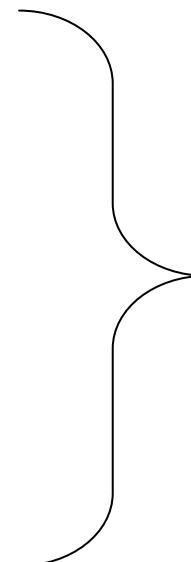
Resilience, health assets and capabilities



'To value the contribution of those whom the market excludes or devalues and whose genuine work is not acknowledged or rewarded'

Edgar Cahn

- Resilient places
- Resilient communities
- Resilient individuals



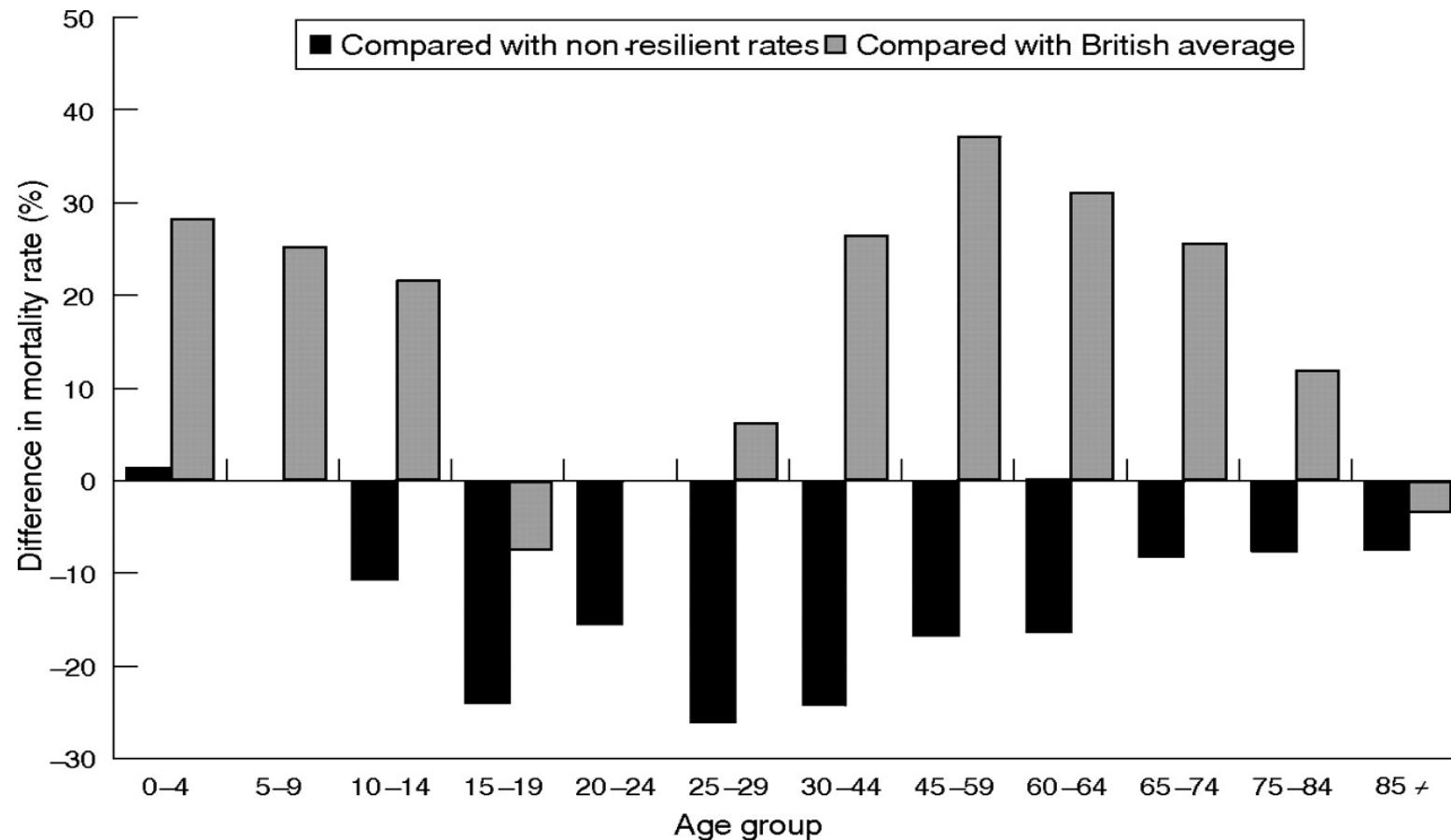
Distribution of resources

Quality of relationships

Policy responses to
misfortune

Valued social role

Figure 3 Comparison between mortality in resilient and non-resilient constituencies, and between resilient constituencies and the British average (1996-2001).



Tunstall, H. et al. J Epidemiol Community Health 2007;61:337-343

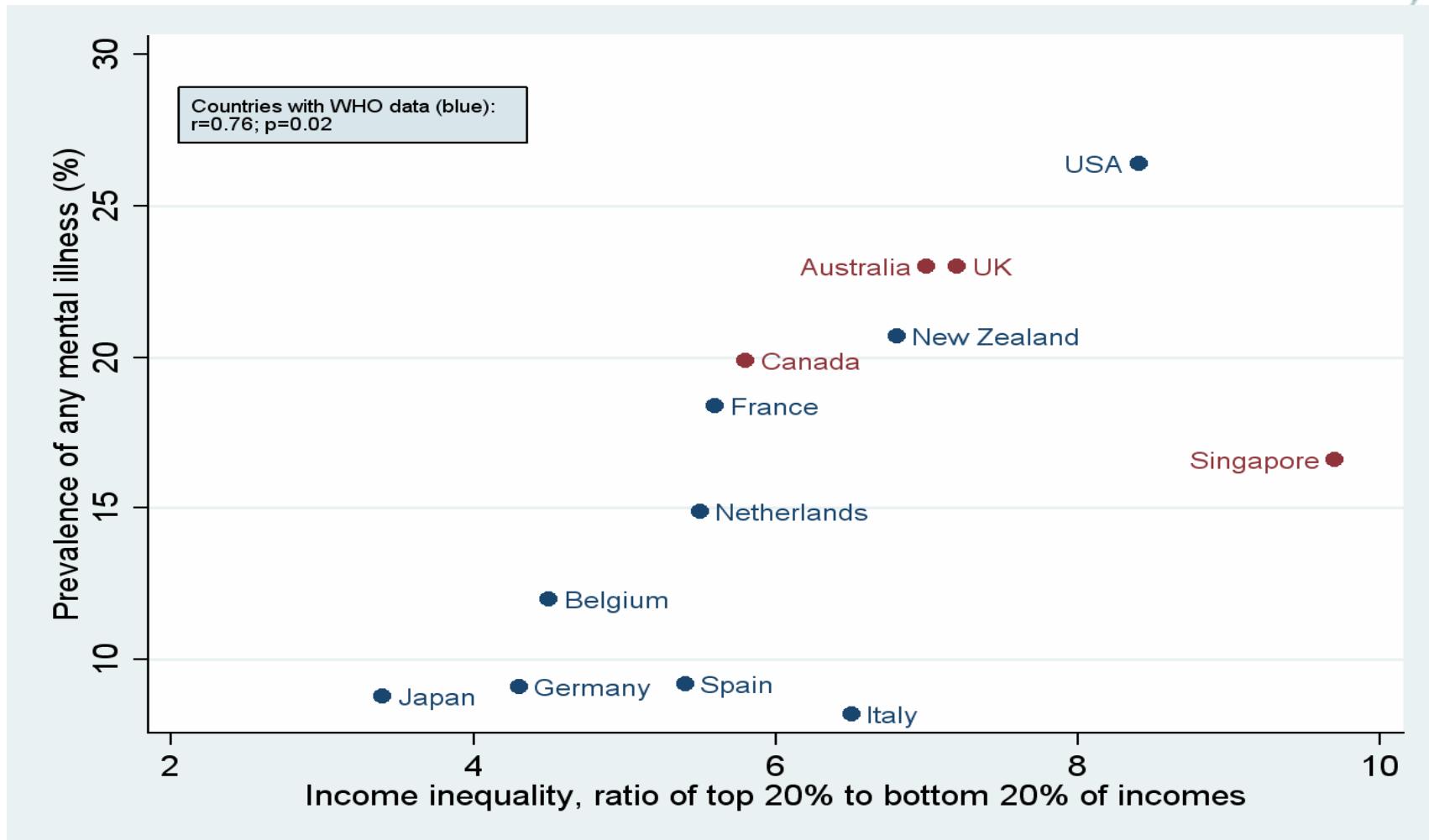
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Mental capital: strengthening resilience in Europe

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Mental Health in Relation to Income Inequality



Developed from: Pickett KE, James O, Wilkinson RG. Income inequality and the prevalence of mental illness: a preliminary international analysis. *Journal of Epidemiology and Community Health* 2006; 60: 646-7.

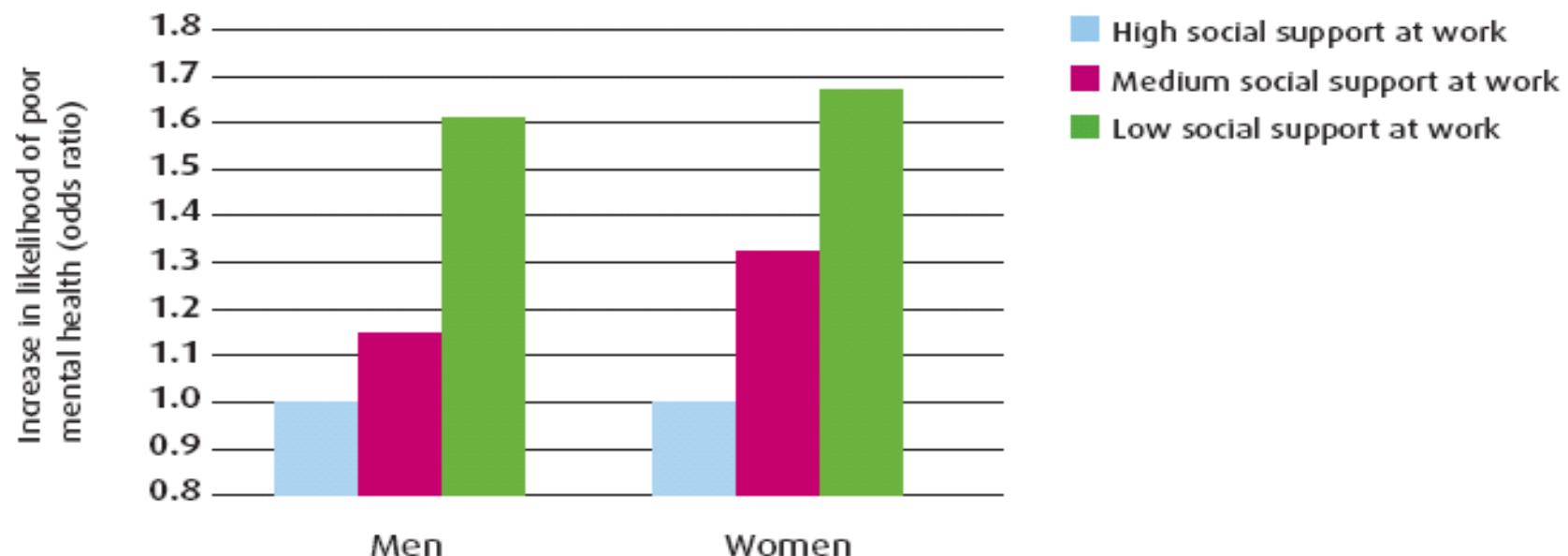
Role of social support



'Belonging: trusting in the benefits of human solidarity and in the institutions that arise out of that solidarity'

Bauman

Figure 3. Social support at work as a risk factor for subsequent poor mental health

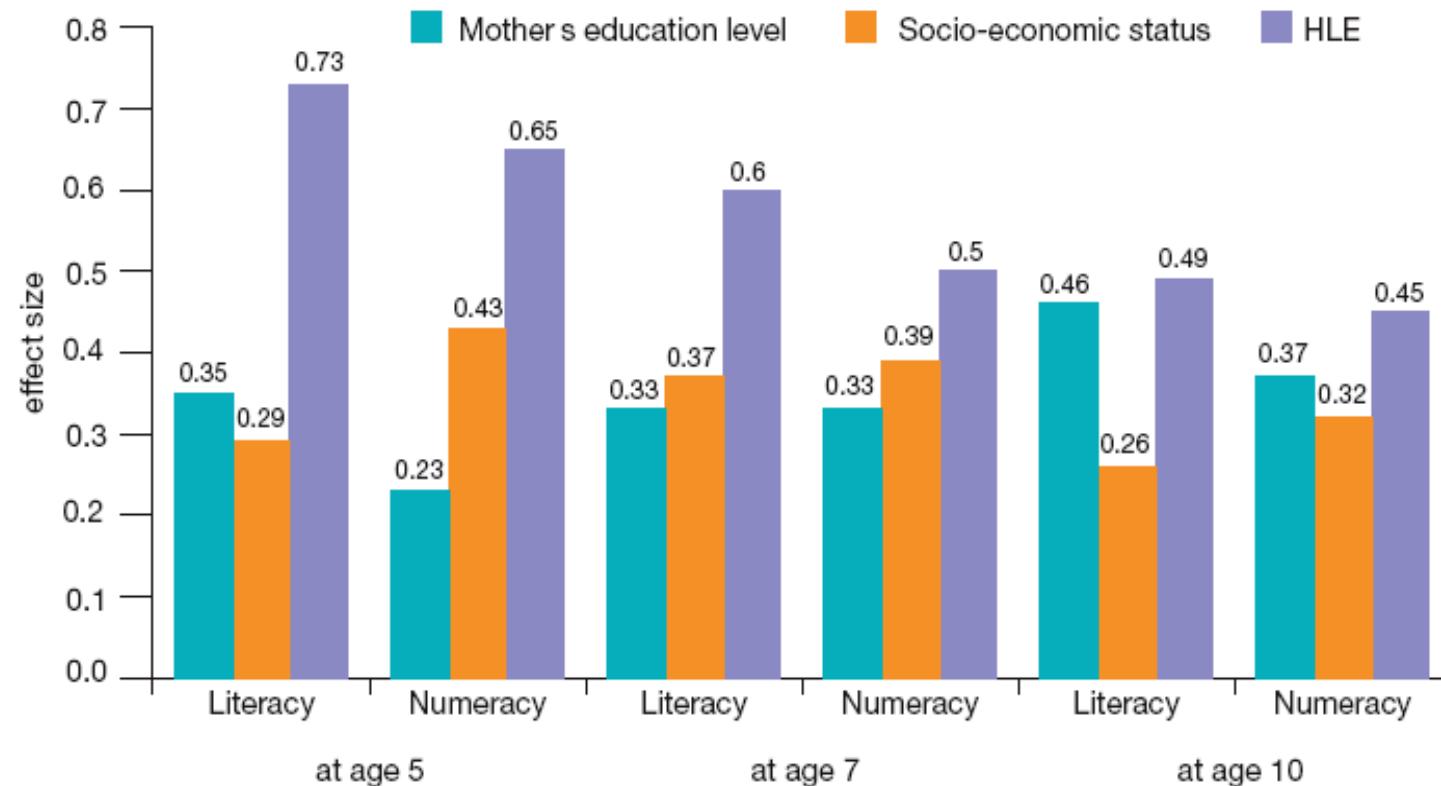


Adjusted for age and employment grade.

(Stansfeld et al 1997; Ferrie 2007)



Figure 3.2: Impact of the Home Learning Environment, relative to the impact of socio-economic status and mother's education, on children's achievement at different ages⁶

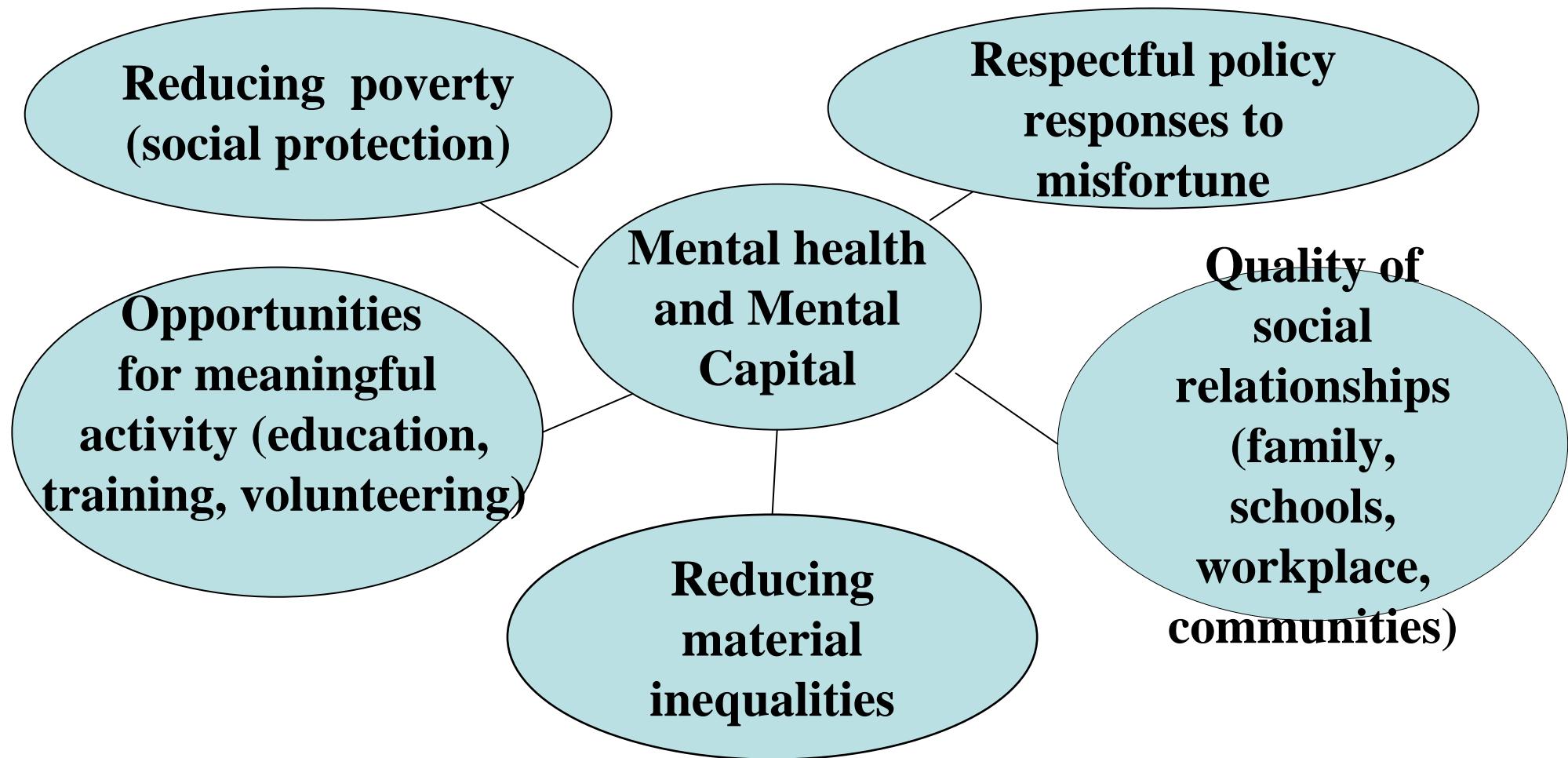


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Principles for Action to build Mental Capital

*And what I shall endure, you shall endure
For every atom belonging to me as good belongs to you.....*

Walt Whitman





Landshare:

**3620 Landowners; 28452 Growers; 4335
Helpers**

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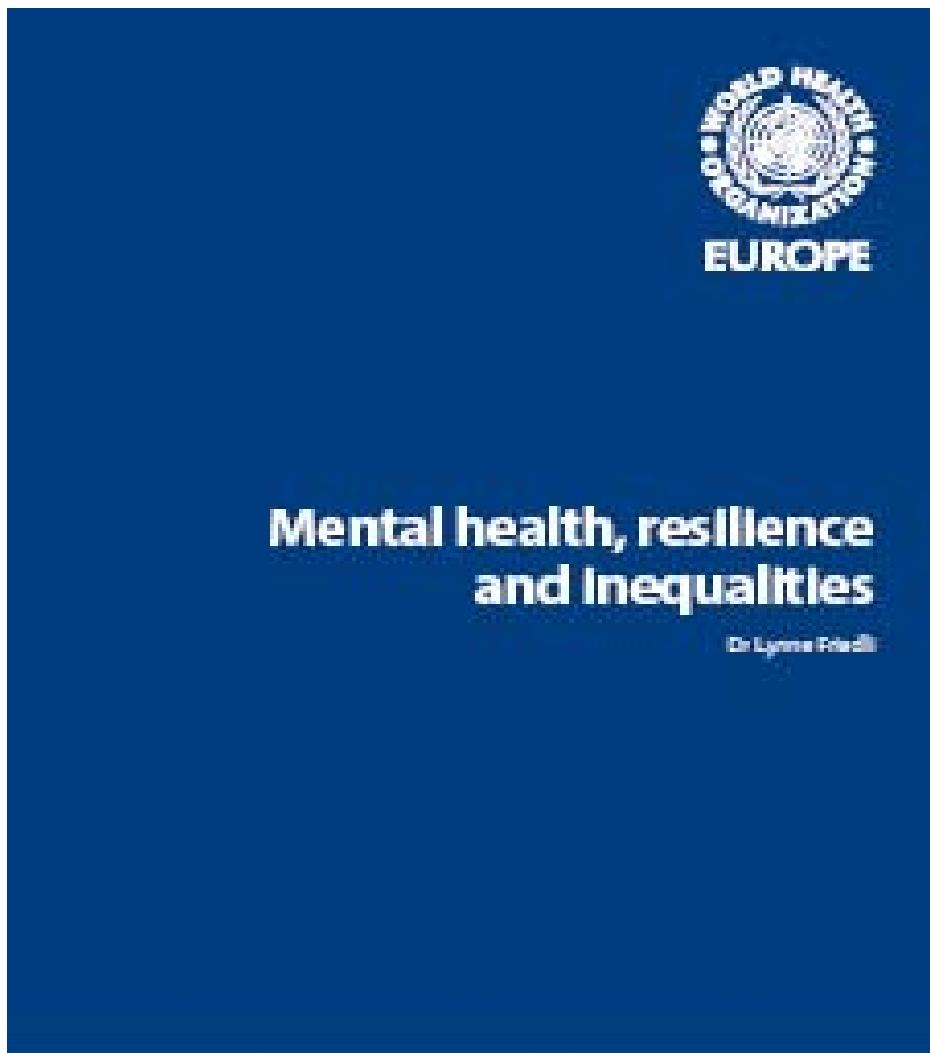
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Mental Health Foundation

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Resilience:



“doing better than expected in the face of adversity”

“extent to which communities are able to exercise informal social controls or come together to tackle common problems”

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