Mental Health & Well-Being

Flourishing and Connected Communities

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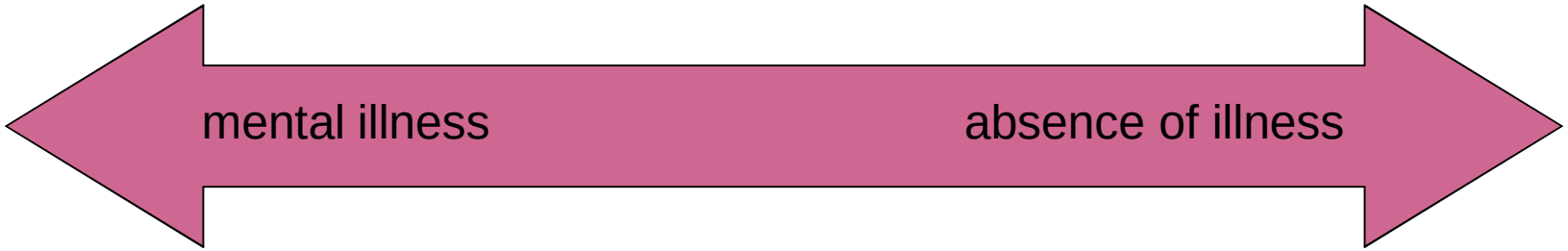
South London and Maudsley NHS
NHS Foundation Trust

Mental Health is?



Mental Health is…

not simply the absence of disease:
***it is something positive** …*

Henry Sigerist (1941)

Mental Well-Being is...

"A dynamic state, in which the individual is able to develop their potential, work productively and creatively, build strong and positive relationships with others, and contribute to their community.

It is enhanced when an individual is able to fulfill their personal and social goals and achieve a sense of purpose in society."

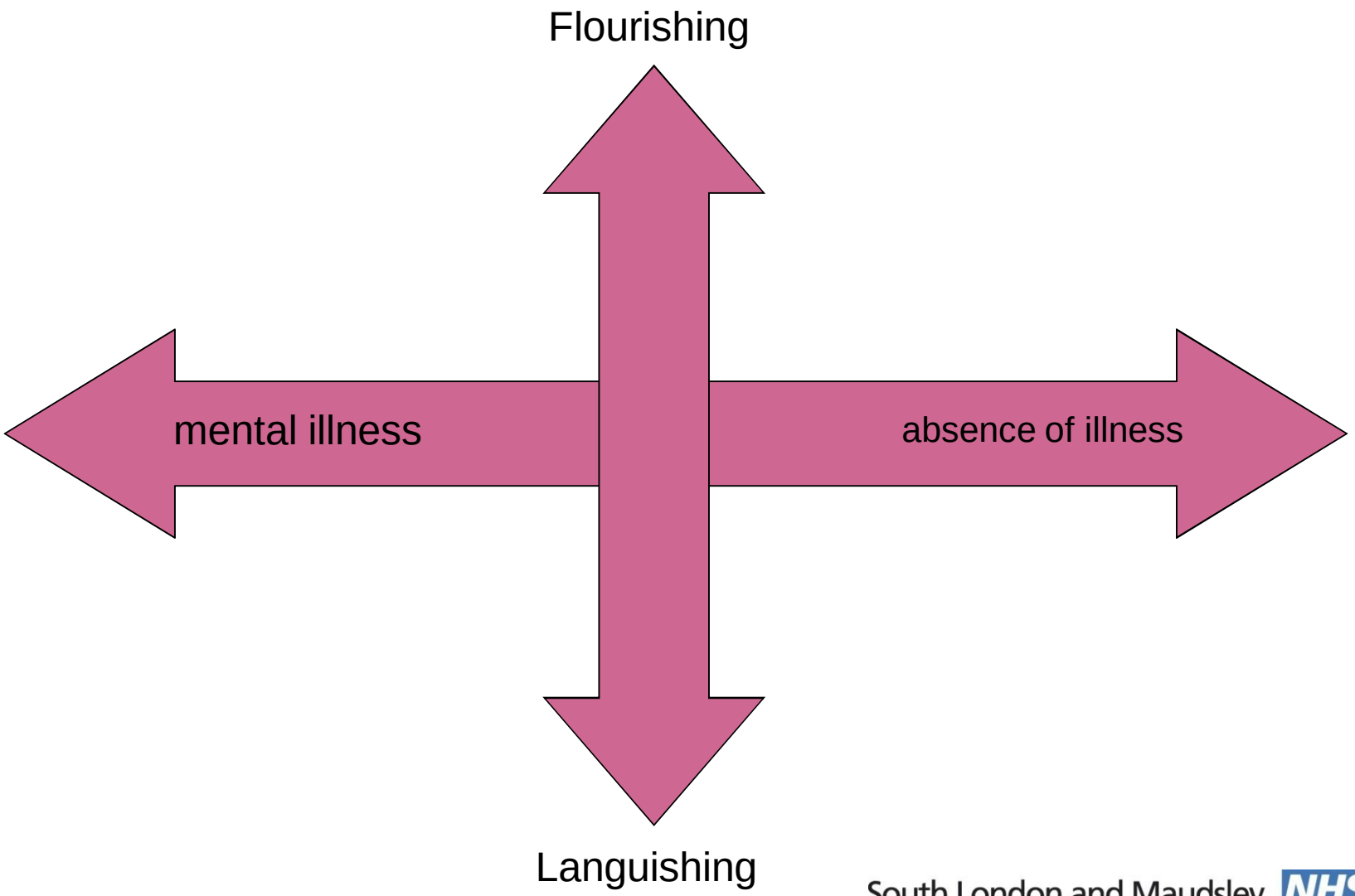
Mental Health Continuum-Short Form 2002 Child Development Supplement

L37. The last few questions are about how you've been feeling in the last month.

In the last month, how often did you feel...	NEVER (1)	ONCE OR TWICE (2)	ABOUT ONCE A WEEK (3)	2 OR 3 TIMES A WEEK (4)	ALMOST EVERY DAY (5)	EVERY DAY (6)
a. happy?						
b. interested in life?						
c. satisfied?						
d. that you had something important to contribute to society?						
e. that you belonged to a community (like a social group, your school, or your neighborhood)?						
f. that our society is becoming a better place?						
g. that people are basically good?						
h. that the way our society works made sense to you?						
k. good at managing the responsibilities of your daily life?						
l. that you have warm and trusting relationships with other kids?						
m. that you have experiences that challenged you to grow or become a better person?						
n. confident to think or express your own ideas and opinions?						

L38. SHOW HIM/HER A SCREEN STATING "Thank you for answering these questions. Please tell your interviewer you are done."

The dual continuum



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The Benefits of Flourishing/ Well-being

- Healthier
- Live longer
- Cope better with illness
- Are more productive
- Take less time off work
- Outperform other children on almost every measure
- More likely to undertake pro-social behaviour
- Marriage & relationships

A Second Bullet for Cholesterol

Drugmakers are seeking a way to raise the "good," not just lower the "bad"

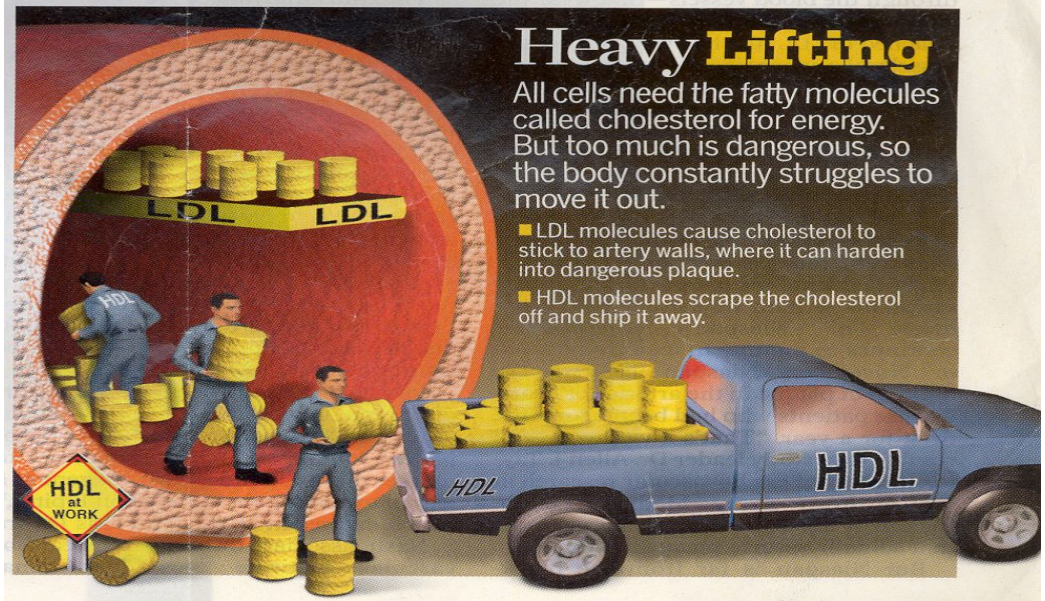
BY CATHERINE ARNST

THERE IS NOTHING THE pharmaceutical industry likes better than a pill that can reduce the risk of disease for millions of people if taken every day. In other words, drugmakers love statins. These cholesterol-lowering medicines, first introduced a decade ago, can cut the risk of heart attack and stroke by a third when taken regularly. As a result, they have become the best-selling drugs in the world, earning billions upon billions for their makers.

But evidence is mounting that lowering bad cholesterol, otherwise known as low-density lipoprotein (LDL) cholesterol, can improve heart health only so much. A just-released study found that upping statin dosages to bring LDL down to extremely low levels offers symptomatic improvement but does not reduce the overall chances of dying from a heart attack.

NO CANNIBALIZING

SOMETHING ELSE is needed, and drugmakers are betting that the next new thing could be a drug that raises high-density lipoprotein (HDL) cholesterol, i.e., the "good" cholesterol. Best of all for the drugmakers: HDL drugs would probably be taken in addition to a statin, so they wouldn't cannibalize the industry's cash cows. Pfizer Inc. is confident



Heavy Lifting

All cells need the fatty molecules called cholesterol for energy. But too much is dangerous, so the body constantly struggles to move it out.

- LDL molecules cause cholesterol to stick to artery walls, where it can harden into dangerous plaque.
- HDL molecules scrape the cholesterol off and ship it away.

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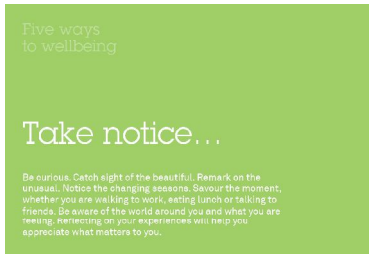
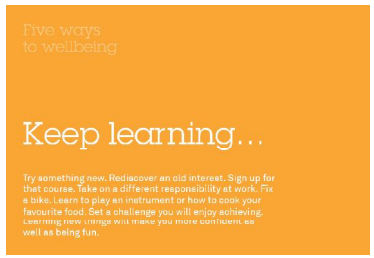
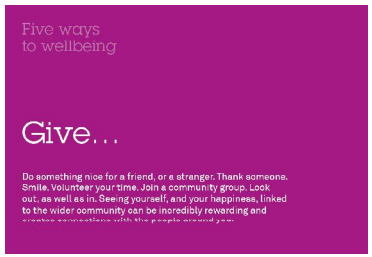
5 a-day for mental Well-being

- Connect
- Be active
- Take notice
- Keep learning
- Give







Foresight Report (Oct 2008)

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Can money buy women happiness?

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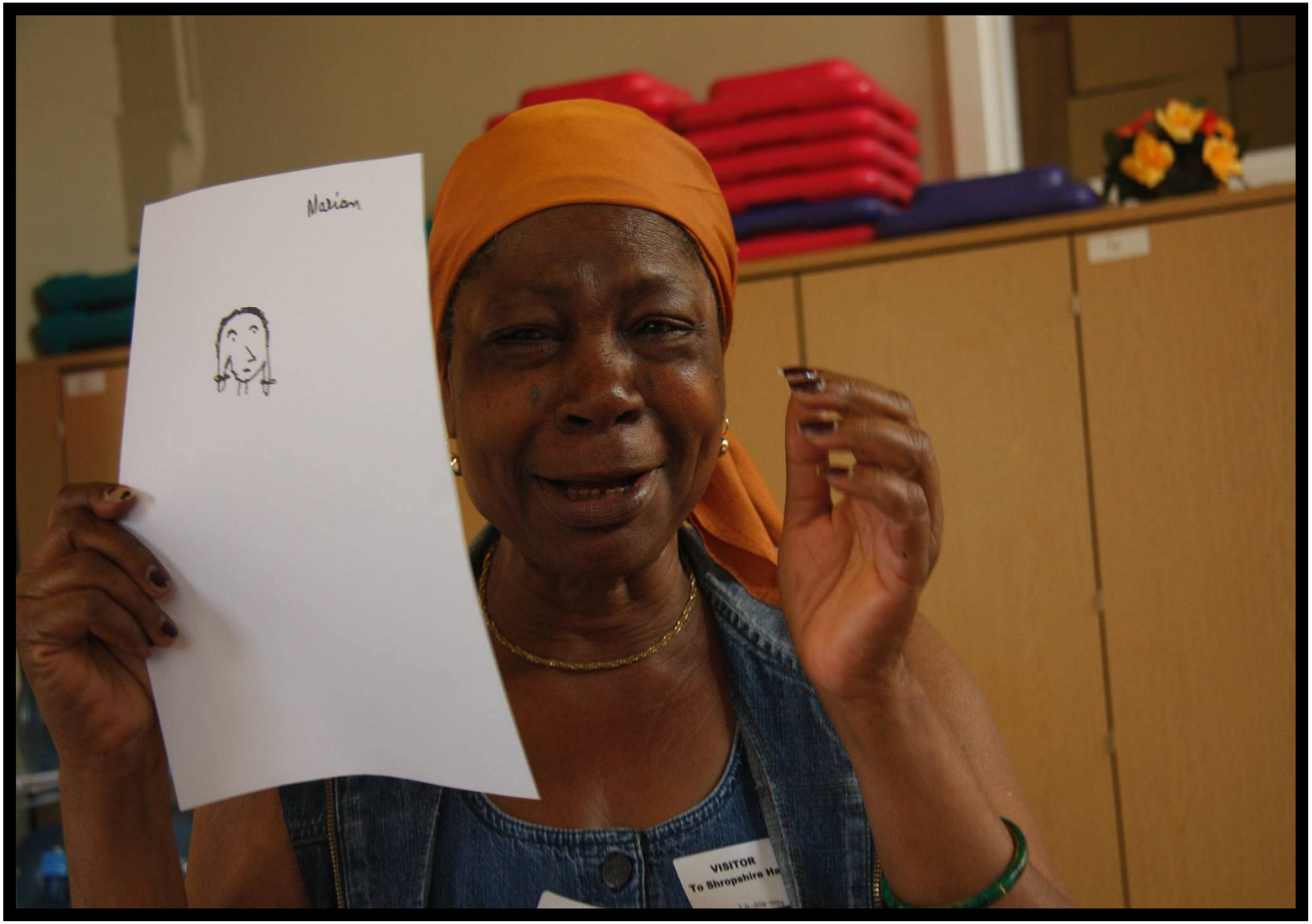

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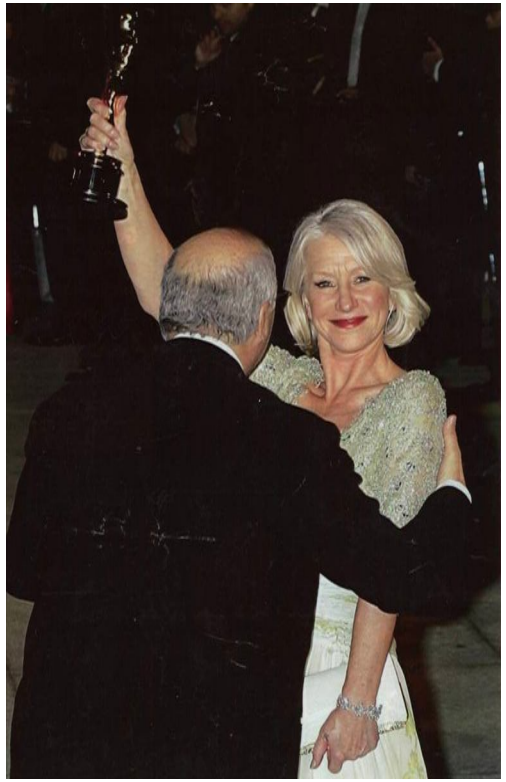
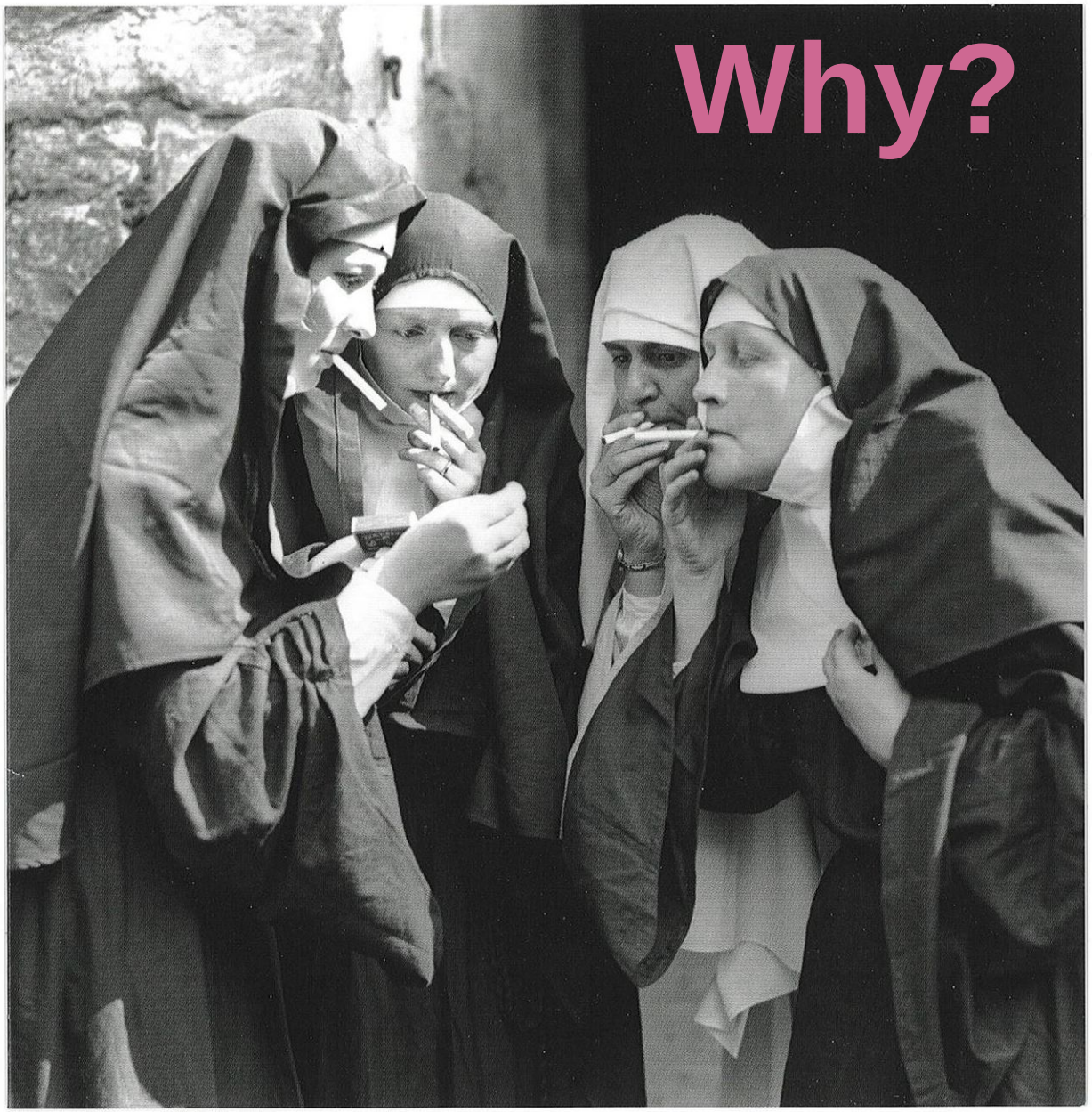
Happy?



Happy?

Happy?



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Body	BE ACTIVE
Mind	KEEP LEARNING
Spirit	GIVE
People	CONNECT
Place	TAKE NOTICE
Planet	CARE

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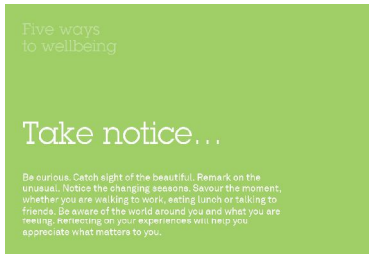
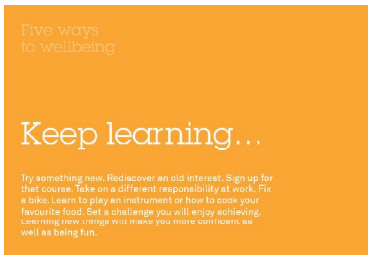
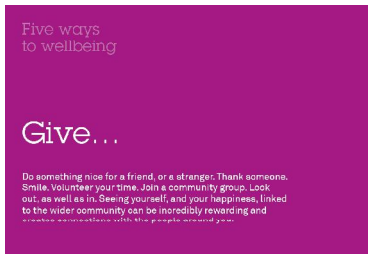
6 a-day for mental Well-being

- Connect
- Be active
- Take notice
- Keep learning
- Give
- **CARE**







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Mind

keep learning

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