

IMPROVING **MENTAL HEALTH** THROUGH INTEGRATION WITH NCD MANAGEMENT AND PREVENTION

WHAT'S THE ISSUE?

Although they have shared risk factors and often co-occur, **mental health conditions and NCDs are typically treated separately.**

WHAT'S NEEDED?

A person-centred, integrated approach for prevention, management and treatment.

HOW TO DELIVER?

Population-wide interventions

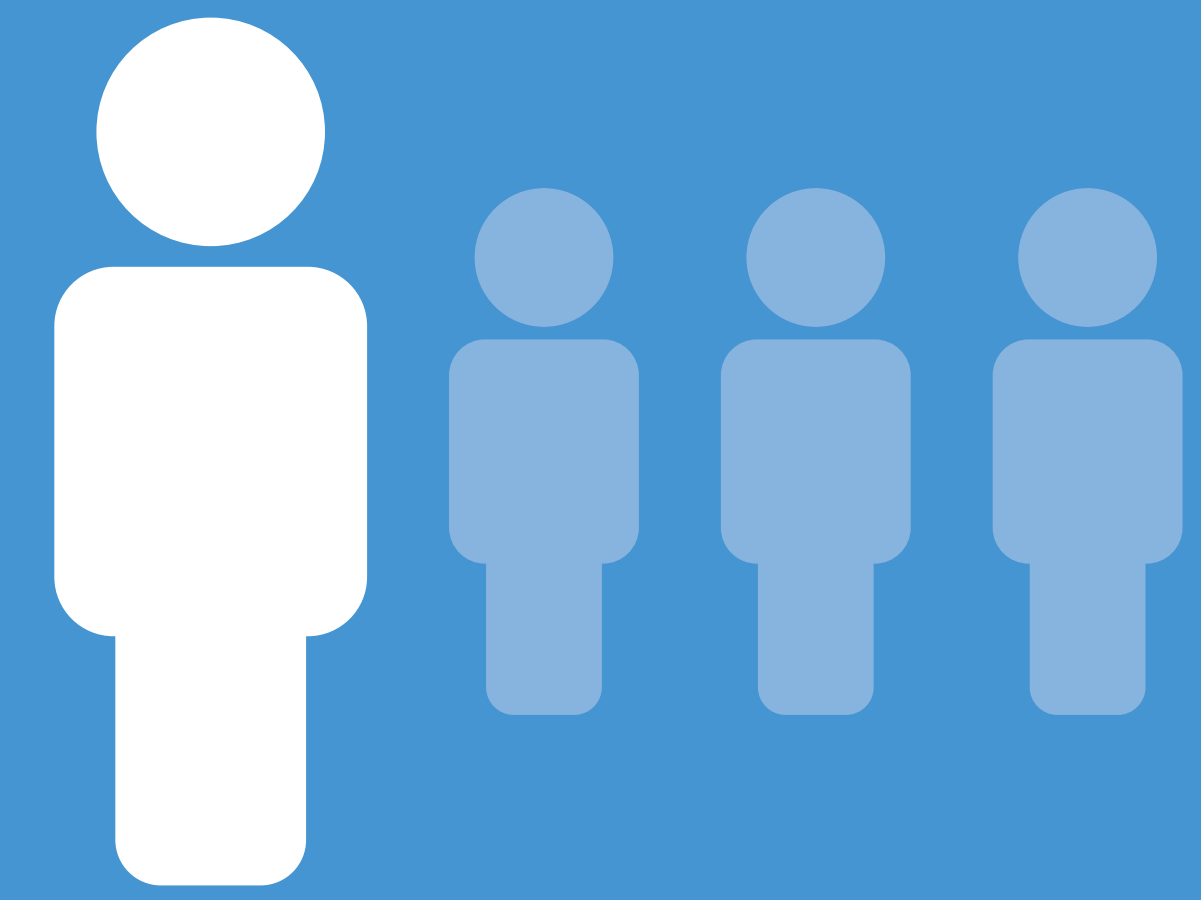
Promoting physical activity can reduce the risk of depression as well as preventing NCDs like CVD, and diabetes

Community-based programmes

Implementing workplace wellness programs can improve mental health in parallel with physical health

Person-centred health care services

Managing physical health conditions in adults with severe mental health conditions in health care settings



1 IN 4

people with cancer have anxiety and/or depression.

2-3x

People with severe mental health conditions are

TWO-TO-THREE TIMES MORE LIKELY

to die prematurely compared to the general population.



Having depression and/or anxiety at least

DOUBLES THE RISK OF NOT RECOVERING

from a stroke or heart attack.