



Centre for Applied Research & Evaluation
International Foundation

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*****PRESS RELEASE*****

Careif to produce a new public mental health resource for health promotion, prevention and early intervention, in partnership with East London NHS Foundation Trust.

Careif is pleased to announce that we will lead the production of a new mental health resource for the public and public services outside the health sector. The aim is to equip teachers, police, rail industry, managers, housing, libraries, local authorities and local government officers, commissioners and members of the public with knowledge about health promotion, prevention and early intervention.

Training for Mental Health will gather and map best population mental health practice, drawing its examples from dementia-friendly towns, local suicide prevention initiatives involving local government and public services, school-based interventions to prevent poor mental health going unrecognised and untreated.

The purpose is to improve health by understanding preventive interventions in populations, including early recognition, referral procedures and ensuring the protection of good health and its promotion.

Careif will be working with the East London Foundation Trust, NHS England, Queen Mary University of London and many leading organisations and inspirational leaders to create this resource for maximum impact

"This resource has the potential to transform the understanding and response to mental health. This is the start of a unique, exciting journey that will bring benefits for the public service and for society at large." [Professor Kam Bhui:Careif Co-Founder & Director; Professor of Cultural Psychiatry and Epidemiology; President World Association of Cultural Psychiatry](#)

Some top statistics on mental health:

- 2.3 million people with a mental health condition are out of work and mental illnesses are the primary reason for claiming health related benefits.
- Only a quarter of people with a common mental health illness receive treatment, mostly in the form of medication.
- The most common mental health illness is depression which is experienced by 8% to 12% of the population
- 75% of lifetime mental ill health occurs before the age of 24.
- OECD estimated that mental ill-health costs the economy an estimated GBP 70 billion a year, equivalent to 4.5% of GDP, through lost productivity, social benefits and health care.

Background Notes for editors & press:

The Centre for Applied Research and Evaluation-International Foundation (Careif)

Careif is a charity registered with the Charity Commission for England and Wales (registered number 1121374) and a company limited by guarantee registered at Companies House (registered number: 06231733). Careif is an international charity based at the Barts & The London School of Medicine and Dentistry, Wolfson Institute of Preventive Medicine, London, England (QMUL). Careif has a number of relationships and interests in the UK, Asia, Middle- East, Europe, Africa, New Zealand, the Americas and the Caribbean. We work to preserve and protect good mental health (www.careif.org)

The main aim of Careif is to share knowledge about mental health in order to improve people's wellbeing. This includes how to live healthily and ensure that working practices and services are suited to different cultures and societies across the world. It delivers its work through four distinctive building blocks, which are

- High quality learning and teaching locally, nationally and internationally.
- Research, evaluation and practice development into culture and wellbeing.
- Provide international volunteering, exchange and twinning schemes.
- Promote and develop positive practice on sports, young people and wellbeing of individuals and communities.

Careif gathers support from a number of like-minded people and organisations throughout the world. Over the years, Careif has focused on work that its trustees can have greatest impact on: establishing better access to education and qualifications in transcultural psychiatry; sharing knowledge on wellbeing through a series of high-impact events; and fostering strategic links, nationally and internationally, with like-minded organisations.

For further information, including press interviews and comments

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