



Centre for Applied Research & Evaluation
International Foundation

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PRESS RELEASE

CAREIF/WPA INTERNATIONAL SURVEY OF WELLBEING.

In 1946, the World Health Organisation defined health as "a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity." Today, we might more realistically aim for 'optimal' physical, mental and social wellbeing.

Personal wellbeing has risen up the political agenda for a complex mix of philosophical and economic factors as the world experiences unprecedented social, political and demographic change. Personal security, income inequality and gender inequality, migration, trust in elections, daily stress, technology, sciences are all altering the nature of our work, our leisure activities and our life expectancies. How can we maximise individual wellbeing in this changing, uncertain world?

Building on the WHO objective of holistic wellbeing, various initiatives has been attempted, in 2011, the British government launched its strategy, *No Health without Mental Health*, which aimed not only to provide support for those with mental illness but to promote mental health in a preventative manner. One means of addressing this was the subsequent development 5 Ways to Wellbeing by the New Economics Foundation. The perceived elements of a balanced state of wellbeing implicitly remind us that personal wellbeing is not the same as happiness, and is not synonymous with wealth.

We at Careif and the WPA are more interested in the individual experience and perception, and how the notion of wellbeing varies globally. Careif and the WPA are now launching an ambitious on-line survey of international wellbeing. <https://www.surveymonkey.co.uk/r/careifwellbeing> Using our extensive network of contacts in mental health, politics, business, NGOs, researchers and many other disciplines, we are inviting people worldwide to complete a brief questionnaire. Findings will be analysed by an experienced group that includes academics and mental health experts. Our report will be published in October 2016 and will enable us to identify issues for policy, practice and research.

Professor Dinesh Bhugra, CBE

Professor of Mental Health and Cultural Diversity,

Trustee of Careif: President of the World Psychiatric Association

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Background Notes for editors & press

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

www.careif.org

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.

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.

Some of careif state of the art initiatives include, The Mental Health 4 Life project, a study into UK Railway Suicides, Compassion and Care Series, funding a yearly Global Essay Competition: and with WPA, the PS on EUROPE Migrant Crisis and PS on social justice for people with mental illness:

The World Psychiatric Association (WPA)

<http://www.wpanet.org/>

The WPA is an association of national psychiatric societies aimed to increase knowledge and skills necessary for work in the field of mental health and the care for the mentally ill. Its member societies are presently 138, spanning 118 different countries and representing more than 200,000 psychiatrists. aims to increase knowledge and skills about mental disorders and how they can be treated and prevented and promotion of mental health. By encouraging highest possible standards of clinical practice, WPA aims to promote highest ethical standards in psychiatric practice and to disseminate knowledge about evidence based practice. WPA aims to be a voice for the dignity and human rights of the patients and their families and to facilitate communication and assistance to societies. The mission of the WPA is to promote the advancement of psychiatry and mental health for all people of the world.

Further information:

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