




# Poverty and Mental Health

## The connection



# What is Mental Health?



“ A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community ”

The World Health Organisation (WHO)

# MENTAL health issues are very common.....

- 1 in 4 people will experience some form of mental health illness in any one year.
- Mental illness is the largest single source of burden of disease in the UK. No other health condition matches mental illness in the combined extent of prevalence, persistence and breadth of impact.





# The continuum

WE ALL HAVE A PLACE ON IT

No absolutes

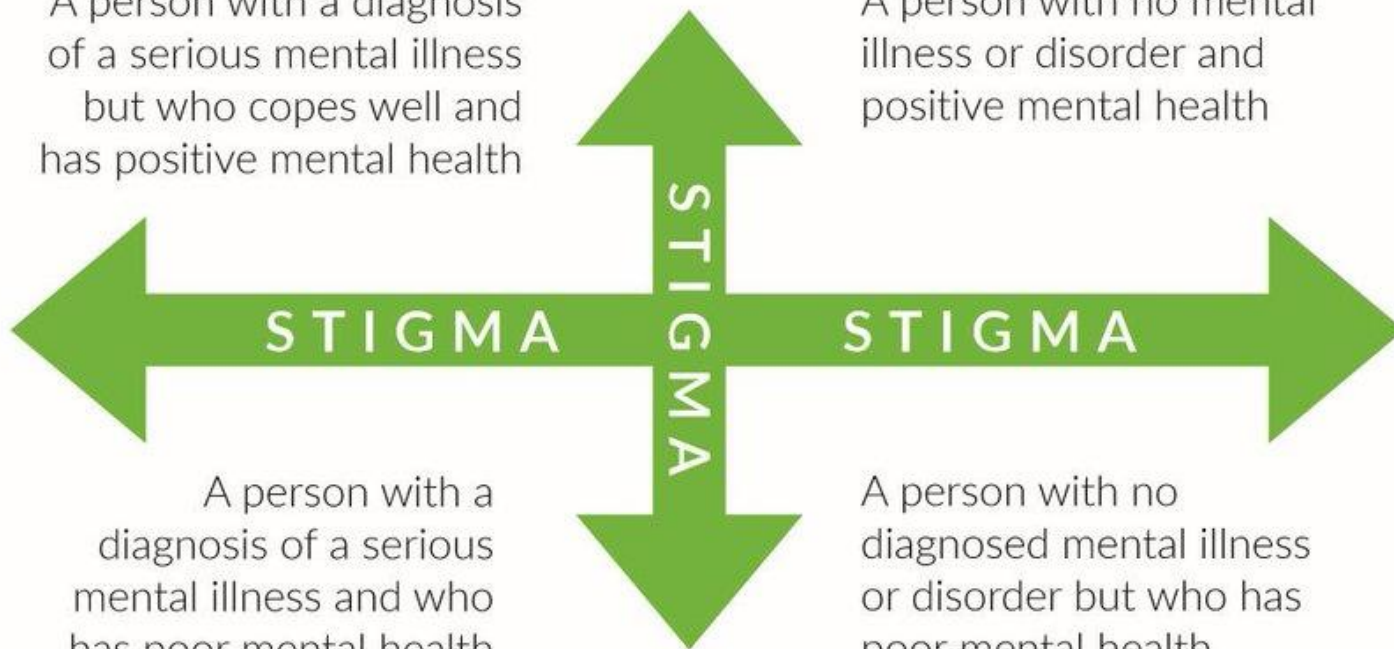
Maximum mental wellbeing/fitness

The continuum . . .

A person with a diagnosis of a serious mental illness but who copes well and has positive mental health

A person with no mental illness or disorder and positive mental health

Severe diagnosis



No diagnosis

A person with a diagnosis of a serious mental illness and who has poor mental health

A person with no diagnosed mental illness or disorder but who has poor mental health

Minimum mental wellbeing/fitness



MHFA England



# RESILIANCE AND MENTAL HEALTH

## ACTIVITY 2

RISK FACTORS  
THAT INFLUENCE  
MENTAL HEALTH

PROTECTIVE  
FACTORS THAT  
INFLUENCE  
MENTAL HEALTH



What is poverty?



# What is the definition of poverty?

## 1. The state of being extremely poor.


“Thousands of families are living in abject poverty”

Similar: *Penury* *Destitution* *Indigence*

## 2. The state of being inferior in quality or insufficient in amount

“The poverty of her imagination”

Similar: *Scarcity* *Deficiency* *Shortage*



“Poverty increases the risk of mental health problems and can be both a causal factor and a consequence of mental ill health. Mental health is shaped by the wide-ranging characteristics (including inequalities) of the social, economic and physical environments in which people live”

Poverty and mental health. A review to inform the Joseph Rowntree Foundation's Anti-Poverty Strategy

# Money and Resources – Mental Health – True or False

1. 1 in 10 of the UK population live in poverty
2. 48% of 21 – 24 year olds earn less than the living wage.
3. It is twice as more expensive to get the energy we need from healthy foods than unhealthy foods
4. The government's department of work and pensions defines **low** pay as any family earning less than 60% of the national median pay. On this basis, there are more than 13 million people in the **UK** living in **low-income** households. ... By their calculations, anything less than £15,000 a year, before tax, **counts as low** pay.

# True or False Quiz – Answers

1. 1 in 10 of the UK population live in poverty.

False – its 1 in 5. 14 Million People and over half of these people live in working households.

2. 48% of 21 – 24 year olds earn less than the living wage.

True – Money can allow people to access the basics they need to participate in society.

3. It is twice as more expensive to get the energy we need from healthy foods than unhealthy foods

False – its 3 times more expensive

4. The government's department of work and pensions defines **low** pay as any family earning less than 60% of the national median pay. On this basis, there are more than 13 million people in the **UK** living in **low-income** households. ... By their calculations, anything less than £15,000 a year, before tax, **counts as low** pay.

True.

# A Sausage – Case Study – Activity 1





LEARN TO LISTEN AND COMMUNICATE.....NON JUDGEMENTALLY

RSA  
SHORT



Mental health – We all have it but  
we haven't all lived in poverty....

Now that you know this, **EMPATHY** can  
help you become a better listener and  
help you communicate better.....





## **EMPLOYED AND POOR: WHEN WORK DOESN'T PAY**

# The Video – What do you think?

EMPLOYED AND POOR

# What next?

- Sign posting
- Trouble shooting
- Provide valuable information
- Draw a professional line
- Encouraging self help and other supports

TALK ABOUT THE MONEY  
MONEY MATTERS