Mental health is an issue for everybody

About 1 in 4 people each year will have a mental health difficulty of some sort.

At least 1 in 4 people will be diagnosed as having a mental illness at some stage of their lives.

About 1.5 million people in Britain are currently caring for a family member, partner or friend with a mental health illness.

The economic and social cost of mental health problems is greater than that of crime and larger than the total amount spent on all NHS and social services in the UK.

Stress, anxiety and depression accounted for a third of the 168 million working days lost in the UK for health and related reasons in 2004 translating to a cost of sickness absence of about £4.1 billion.

(The World Health Report 2001)
(Mental health first aid 2004)

For further information please visit http://www.sunderland.nhs.uk/TPCT/working_with/delivering_race_equality.asp or contact the local team.

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Sunderland Teaching Primary Care Trust is committed to raising the standard of written information to patients, their carers, people who use the NHS and general public.

This information can be made available in another format or language on request. Please contact the Communications and PR Team Tel: 0191 529 7118 Email: mopil@sotw.nhs.uk
What is the Delivering Race Equality programme?

Delivering Race Equality (DRE) is an action plan for achieving equality and tackling discrimination in mental health services in England for all people of black and minority ethnic (BME) status, including those of Irish or Mediterranean origin, and east European migrants.

The national DRE plan is based on three building blocks:

**Appropriate and responsive services**
- Training & development
- Service change
- Diverse workforce

**Community engagement**
- Using Community Development Workers to improve engagement with communities

**Better information**
- Monitoring of ethnicity
- Translated materials
- Dissemination of good practice

The programme relies on action by all those involved in delivering mental health services, including Mental Health Trusts, Primary Care Trusts and Local Authorities.

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Delivering Race Equality Team in Sunderland

The Community Development Workers (CDW's) work in partnership with communities and services to understand and improve access and capacity, leading to better health. They have four clearly defined keys roles:

**Change Agent**
- Identify community concerns and gaps in services
- Increase channels of communication between community and statutory sector
- Seek out the capabilities of communities to develop innovation practice

**Access facilitator**
- Help people find effective pathways across services
- Direct people to community resources
- Address language barriers and others to services

**Capacity Builder**
- Developing socially inclusive BME communities
- Engaging in establishment of community leadership
- Assist in development of community organisations

**Service Developer**
- Advising on training and education of staff
- Highlight the importance of culture in service systems and practice
- Joint working with statutory and community services