



2020 IMPACT REPORT

Centre for Mental Health is an independent, not for profit thinktank dedicated to eradicating mental health inequalities and injustice by changing policy and practice.



We supported the NHS in England to project **how many more people** will need mental health support because of the pandemic in order to make plans to meet extra demand

We campaigned for fair access to flu and Covid vaccinations for people living with a mental illness.

We've been working on
45 projects



on everything from liaison and diversion to student mental health and suicide bereavement

A six week check-in to support the wellbeing of new mums was announced, following **our work with NCT** which showed this could help GPs ask about new mothers' own mental health.

We called on NHS England to make funding available to Primary Care Networks to employ mental health workers, which is now scheduled to happen from April 2021



Our research on the impact of Covid-19 on mental health has supported charity appeals to get vital funds to frontline services

Shared over



... to analyse new policies, scrutinise decisions and shed light on critical issues

The Equality and Human Rights Commission launched an inquiry into restrictive interventions in schools after **we highlighted the traumatising impact** of such practices

We advised and helped local public health teams to put resources into new and existing mental health support services in communities locally in response to Covid-19

A YEAR IN HIGHLIGHTS

Challenging inequality

- Our **Commission for Equality in Mental Health** launched its final report, setting out a system designed for equality and emphasising that we urgently need action, not words.
- We highlighted the way the pandemic has **exacerbated social inequalities** in mental as well as physical health.



Chief Economist Nick explains health economics using M'n'Ms

Driving change in policy

- We have shown how **primary care services** can better meet the needs of people with mental health problems, including having **psychologists in GP surgeries**.



I picked up the phone to NHS colleagues, just trying to understand what the

Our trustee Poppy Jaman OBE talks to Sarah Hughes about health inequalities

Investigating what matters

- We estimated the **impact of Covid-19** on the nation's mental health and called for more support to meet rising needs.
- We explored the impact of living in **isolated, rural or remote** communities on children's mental health.



Promoting better practice

- We found that investing in local community children's mental health services and hospitals helped to **prevent children being sent far from home** for treatment.
- We've raised awareness about the importance of **trauma** in mental health services, schools and workplaces.
- We've put the physical health of people with severe mental illness at the heart of national policy, through our **Equally Well UK** collaborative.

Amplifying lived experience

- We were delighted to welcome a new Writer in Residence this year! Check out Ramone's fresh, honest and witty writing [here](#).
- We launched A Year in Our Lives, our creative writing project for people to share how the pandemic has impacted their mental health. Read [the stories](#) so far and [get involved](#).

“Centre for Mental Health has produced arguably one of the most important documents in this pandemic. It requires close reading and is essential for public health response and recovery”

Jim McManus, Director of Public Health, Hertfordshire County Council

Thank you to all our funders, supporters and partners who made our work possible.

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