

# MIDLANDS ENGINE HEALTH

## Focus on Health Diversity - Midlands Engine Mental Health & Productivity Pilot

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**Our mental health system is facing unprecedented challenges.** According to the ONS, the proportion of adults showing symptoms of depression has almost doubled since the start of the pandemic.

We know that far too many people do not access the treatment and care they need. According to the most recent figures from the Adult Psychiatric Morbidity Survey, six out of ten people who screened positive for bipolar disorder were not receiving any current medication or treatment (59.2%). The same is true for nearly one in five people with a psychotic disorder (such as schizophrenia). Adding to these concerns during the pandemic, now is the time to focus on actions to improve our collective mental health.

The Mental Health and Productivity Pilot (MHPP) is collaborating across a range of diverse partners to provide an evidence-informed, cost-effective and sustainable resource that supports good mental health at work, reduces stigma and will ultimately increase productivity.

MHPP is supporting employers across the Midlands Engine region to understand the link between mental health and productivity by galvanising their employees' engagement with a package of impactful resources which work towards ensuring that employees are happy, satisfied and able to thrive at work.



**MHPP Co-lead Professor Guy Daly, Deputy Vice Chancellor (Education and Students) at Coventry University**

"We are continuing to provide support to a wide range of businesses via the collaborative efforts of MHPP's partnership as well as in conjunction with Local Enterprise Partnerships, Growth Hubs and Chambers of Commerce in the Midlands Engine region."

