



People with mental health conditions are dying too young

Working towards physical health equity

WHO IS EQUALLY WELL?

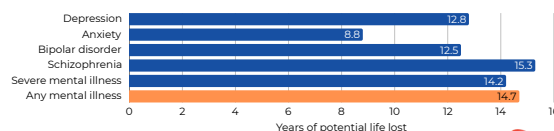
Did you know that people living with mental health conditions die, on average, 15 years earlier than the general population, largely due to **preventable** physical health conditions?

Equally Well International is a collaborative learning network of individuals and organisations who take action to achieve physical health equity for people living with mental health conditions

READ THE RESEARCH



15-YEAR REDUCED LIFE EXPECTANCY



Influenza deaths exceed suicide deaths in people with mental health conditions



6x higher breast cancer death rate in women with mental health conditions



Preventable breast cancer deaths exceed suicide deaths among women over 50 with mental health conditions



Only 1 in 4 people with mental health conditions access bowel screening. Bowel cancer has a 97% cure rate when detected early.

WHY WE MUST ACT NOW

(Australian data)

What can be done?

INTERNATIONAL INITIATIVES DRIVING CHANGE

See examples of excellence in promoting and protecting the physical health of people living with mental health conditions



RESEARCH

UK
The Lancet Blueprint for better mental health



SMOKING CESSATION

QLD, Australia
Saving lives by helping people quit smoking



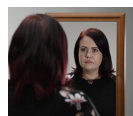
POLICY

Canada
Equally Well Consensus



SHARED CARE

Belgium
The primary care sector driving change



ANTI-DISCRIMINATION

New Zealand
"See Us" Campaign challenging diagnostic overshadowing



HEALTH SCREENING

Australia
Neami Health Prompt



STRATEGY & PLANNING

Ireland
Driving change by implementing national plan priorities



CANCER PREVENTION

UK
Increasing the uptake of cancer screening



VACCINATION

Australia & New Zealand
Focused support programs to increase flu vaccine uptake

Are you an Equally Well country?

INTERNATIONAL SCORECARD SNAPSHOT

How is your country going?

in addressing the physical health of people with mental health conditions in mental health and general health policies (preliminary results)



AUSTRALIA
Overall Score: **Good**



NEW ZEALAND
Overall Score: **Moderate**



CANADA
Overall Score: **Moderate**



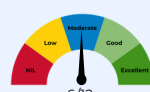
IRELAND
Overall Score: **Moderate**



SCOTLAND
Overall Score: **Good**



ENGLAND
Overall Score: **Poor**



WALES
Overall Score: **Moderate**

SEE THE FULL INTERNATIONAL SCORECARD



EXCELLENCE IN STRATEGY AND POLICY

Countries leading action for better physical health equity



Ireland
Excellence in policy implementation (physical & mental health)



Australia
People with mental ill-health as a priority population in National Cancer Plan



Scotland
Excellence in health policy



New Zealand
Practice guidelines for Opioid Substitution Treatment

Learn more...

About the Equally Well International Collaborative Learning Network and let's work together to protect and improve the physical health of people living with mental health conditions.



THIS INEQUITY IS NOT INEVITABLE

TOGETHER WE CAN CHANGE IT



UNITED NATIONS DECLARATION ON THE RIGHTS OF PEOPLE WITH DISABILITIES

People living with mental health conditions have the **right to the same access** to free and affordable health care as the rest of the population. **This right is currently being denied to 20% of the population.**

"Do what you can, where you can, when you can..."