

Authors  
Chris Naylor  
Michael Parsonage  
David McDaid  
Martin Knapp  
Matt Fossey  
Amy Galea

## Long-term conditions and mental health

### The cost of co-morbidities

February 2012



#### Key messages

- Many people with long-term physical health conditions also have mental health problems. These can lead to significantly poorer health outcomes and reduced quality of life.
- Costs to the health care system are also significant – by interacting with and exacerbating physical illness, co-morbid mental health problems raise total health care costs by at least 45 per cent for each person with a long-term condition and co-morbid mental health problem.
- This suggests that between 12 per cent and 18 per cent of all NHS expenditure on long-term conditions is linked to poor mental health and wellbeing – between £4 billion and £13 billion in England each year. The more conservative of these figures equates to around £1 in every £8 spent on long-term conditions.
- People with long-term conditions and co-morbid mental health problems disproportionately live in deprived areas and have access to fewer resources of all kinds. The interaction between co-morbidities and deprivation makes a significant contribution to generating and maintaining inequalities.
- Care for large numbers of people with long-term conditions could be improved by better integrating mental health support with primary care and chronic disease management programmes, with closer working between mental health specialists and other professionals.
- Collaborative care arrangements between primary care and mental health specialists can improve outcomes with no or limited additional net costs.
- Innovative forms of liaison psychiatry demonstrate that providing better support for co-morbid mental health needs can reduce physical health care costs in acute hospitals.
- Clinical commissioning groups should prioritise integrating mental and physical health care more closely as a key part of their strategies to improve quality and productivity in health care.
- Improved support for the emotional, behavioural and mental health aspects of physical illness could play an important role in helping the NHS to meet the Quality, Innovation, Productivity and Prevention (QIPP) challenge. This will require removal of policy barriers to integration, for example, through redesign of payment mechanisms.

# Bringing together physical and mental health

## A new frontier for integrated care

Authors  
Chris Naylor  
Preety Das  
Shilpa Ross  
Matthew Honeyman  
James Thompson  
Helen Gilbert

March 2016



# Mental health and new models of care

## Lessons from the vanguards

Authors  
Chris Naylor  
Holly Taggart  
Anna Charles

May 2017



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# Integrating physical and mental health care learning network

The King's Fund is launching a new learning network to bring together senior clinicians and managers from across the country to help them work collectively to overcome common challenges to, and learn from best practice on, integrated approaches to physical and mental health.

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## About the learning network

The King's Fund learning networks provide an opportunity for peer-to-peer learning, challenge and information-sharing. Network members have the opportunity to work through local issues with colleagues facing similar challenges. External speakers will share insights on relevant topics, and the group will also draw on expertise from staff at the Fund, as well as our latest research and publications.