Integrating services to better care for people living with depression

Navigating the health system can pose a huge challenge for people living with depression.

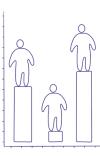
By integrating programmes for mental health into wider health and social care services, we can ensure more people with depression receive appropriate care, reduce overall costs and support people to find the help they need to get better.1

Let people self-refer and choose their own treatment

This can help them seek the right care, which is crucial for those who may 'slip through the net' in traditional primary care settings.



This can help to reach people at high risk of depression, including older people, young people and vulnerable groups.23



Collect better data to define gaps

Better data are urgently needed to identify gaps in diagnosis and treatment, and improve the provision and integration of mental health services.

Train healthcare professionals to recognise the physical signs of depression

Depression can present as physical symptoms.⁴ Healthcare professionals should be mindful of this connection and recognise the intrinsic links.

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- Beezhold J, Destrebecq F, Fresu M, et al. 2018. A sustainable approach to depression: moving from words to actions. London: The Health Policy Partnership White J. 2018. Interview with Sandra Evans at The Health Policy Partnership [Telephone]. 7/6/18 Smith H, Quigley A. 2018. Interview with Sandra Evans at The Health Policy Partnership [Telephone]. 13/6/18 National Health Service. Symptoms: Clinical depression. [Updated 05/10/16]. Available from: https://www.nhs.uk/conditions/clinical-depression/symptoms/ [Accessed 05/08/20]

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