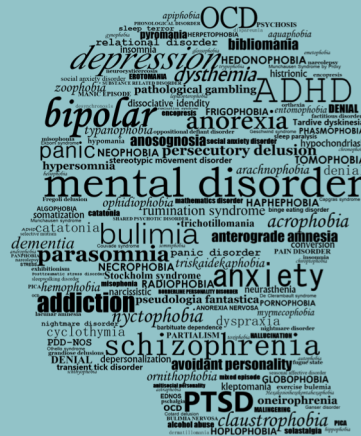




# WORLD MENTAL HEALTH DAY 10<sup>TH</sup> OCTOBER 2023



## INTERESTING FACTS ABOUT MENTAL HEALTH:

- The World Health Organisation estimates that 1 in every 8 people live with a mental illness. This equates to 1 in 3 people in Europe.
- Rates of some mental illnesses are increasing. Following the Covid 19 pandemic the prevalence of anxiety disorders and depression has been estimated to have increased by 26% and 28% respectively.
- Mental illness is associated with significant personal, social and economic costs. For example, those living with schizophrenia have a life expectancy 10-20 years below that of the general population, thought largely attributable to a significant burden of physical health illnesses.
- Patient access to treatments is a barrier to effective treatment of mental illnesses. Within the EU, less than 33% of the population have access to effective treatments.
- Non-adherence is also a barrier to effective treatment. It is estimated that 50% of those with a mental illnesses do not adhere to their medication regimen as prescribed.

The benefit of psychiatric clinical pharmacists in improving patient-reported and clinical outcomes has been demonstrated repeatedly in empirical research.



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## ESCP SPECIAL INTEREST GROUP MENTAL HEALTH:

### WHO ARE WE?

- Members of ESCP.
- Group of healthcare professionals working within a range of mental health specialities.
- Members are composed of clinical pharmacists, academics and pharmacy students from ranging EU countries.

### OUR AIMS?

- Establish an international network of psychiatric clinical pharmacists.
- Support the development of specialist and standardised psychiatric pharmacy roles.
- Contribute towards the reduction of stigma experienced by those living with a mental illnesses, particularly during interactions with healthcare professionals.
- Increase knowledge and awareness amongst clinicians regarding the safe, effective and evidence-based use of psychotropic medications in treating a range of mental illnesses.
- Support undergraduate and newly graduated pharmacists in pursuing a career in psychiatry pharmacy.
- Participate in, produce and publish research in psychiatric clinical pharmacy practice.
- Contribute to educational events for colleagues interested in psychopharmacology.

**INTERESTED IN JOINING?**  
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only possible for ESCP members

