

QUESTION 12

Do you think people's physical and mental health should be treated together?

Because holistic care is best - you cannot separate the two - we are one whole person
They can impact on each other. Holistic approach should look at symptoms and causes to promote overall health, well-being and coping skills.
Things like healthy eating, avoiding alcohol, exercising etc all help the mind, as many of us know
They work in tandem
not sure

QUESTION 12

From personal experience waiting times are too long and needs help now

my partner has benefited greatly from support to help him get out and about , i couldnt do this... support is needed CPN was great and introduced him to people like him.

my physical health affects my mental health . if i had support for both things together ,i might feel better quicker

yes , therapy and support to get out and about and interact with people

Lots of crossover e.g. migraines, IBS, psoriasis, asthma caused by stress, plus worsening of chronic pain. Would be great if doctors recognised this and helped holistic treatment

QUESTION 12

Mental well being has a knock on effect on physical health & visa versa
Having young children I feel unsafe when around unstable people
physical issues can impact on a persons mental wellbeing and should be a priority to resolve and could benefit there situation
treatment of one can help in the treatment of the other
Equally important and connected.
They are interdependent !
Pain clinic experiance was ridiculous use of NHS funding. As a previous patient of the ME Clinic I had already looked at CBT methods of dealing with my as yet not adequately researched biomedical condition. I didn't need a private company to give me CBT for dummies. Condescending programs do not help patients
They are different. A physical problem is more likely to be seen and understood whereas a mental health problem is more likely to be a hidden disability
A person comes as a whole package. If for example you are diagnosed as losing your sight this is life changing and can affect your mental health as well as the physical implications such as daily living, getting out and about. Causing stress anxiety depression this is just an example of my experiance xx

QUESTION 12

If you have a physical and mental health need in most circumstances you will require specialist intervention unless you are in a bed based facility.
As long as the GP has the expertise and is able to spend sufficient time on both health aspects.
They go hand in hand
One goes with the other.
only if condition directly affects each other
They are linked so why not treat both together of course physical health has an effect on mental health and vice versa even stress brings on physical symptoms how can anyone say they are not linked
NHS duty to see that all needs are seen to
treat people at the same time with multiple issues
Shortcomings in both areas arise, are not uncommon and commonly will be connected, therefore can be beneficially addressed together and separation or turning blind eye will result in an incomplete response.
They both are important to people and they both are inter-related
No comment

QUESTION 12

No comment
They are inter-related. Sometimes the proceed of the treatment needs to be synchronised.
They are inter-related. To ensure people can effectively quit smoking habit, the smoking cessation team always look at people's physical and emotional reaction, in which both reactions are needed to manage well in order to achieve the goal of quit smoking .
Help to promote the effectiveness of the treatment
No comment
No comment
They are inter-related, therefore should be treated together to promote the effectiveness of recovery process.
They are inter-related. People who have healthy mind will lead to healthy body or vice versa.
They inter-related. To save transportation time cost; less waiting time for appointment; treatment can be more integrated
some mental health problems raise from poor self image, poor health.
They both are inter-related. Physical issues can be treated more effectively if patient's emotional and well-being is considered during the treatment
Many types of physical illness can cause depression and anxiety even memory problems; on the other hand, mental health issues can cause physical problems can cause physical issues. Such as medication side effects; development of unhealthy habits e.g. drug abuse, smoking and alcohol drinking
This question is too closed. Mental illness is largely a function of factors which are not treatable and is best understood in the context of society and community. Clearly there is an important role for GPs etc. but the question is misleading given what we know about how to encourage mental health.

QUESTION 12

not sure
they are related
both are linked
two seperate issues,mat need totally different needs and /or support
Only if there is clearly a direct causal link between one and the other.
motivation comes from the mind
to help someone with their physical health helps with their mental health
They are inter-related
Mental health plays a key role to a person's mind and body
They are interact
No comment

QUESTION 12

Personal experience
a lot of mental health problem are caused by physical health problems, so they should be treated at the same time.
they are generally related
Assesses holistically and referred on to appropriate services timely and smoothly without the person having to chase all the time
They both are inter-related
People with health issue especially those with mental health might be very conscious of their illness. They might refuse to get support if they feel not comfortable with other people unless the patients are willing to be treated with others
because physical health and mental health could interact with each other
causes confusions
People will take longer time to recover if they have physical and mental related health issues and being treated separately. Being treated together can promote faster recovery.
physical and mental health are both important.
mental illness is a different ball game altogether and beyond many GPs knowledge
Treatment will be more effective and people can have better quality of life
physical or mental health problems are generally related. they should be treated together

QUESTION 12

Patient can be treated in a holistic approach and this will help the patient have a confident and positive attitude to manage their health conditions.
They are inter-related
It is all linked
Can help diagnosing and help medical professional understand the patient's health issues more in depth.
I think it goes hand in hand as medical conditions can become depressing depending on the severity leading to stress, anxiety and depression
The 'correct' answer is yes but this would require a complete change to how GP's are trained and a lot more recruitment as the current 10 minutes per patient is insufficient time. Better concentrate on diagnostic aids to reduce time spent diagnosing illness
No comment
if appropriate
they may be limited
They are inter-related. And both must be treated immediately to minimise development of related long-term problems.

QUESTION 12

often one affects the other or can influence the other sometimes its hare to tell if a problem if physical or mental

they go hand in hand

they go together

as some people could be violent to other patients

Some physical health conditions will lead to mental health issues, it is important to be treated together.

unless they go hand in hand - emotional stress should be focused on as a priority

because they need help

one must impact on the other

Mental ill health can produce physical health conditions

Some mental health issues can be closely related to physical problems that people experience although not always

The both can affect the quality of life

They both important for people to maintain a good quality of life

They are inter-related. Both have impact on each other

They are interactive

QUESTION 12

They both are important to a person.
No comment
No comment
No comment
No comment
Mind and the body should be treated together. Depression can make physical health worse because the patient is lack of courage to live, which will lead to the recovery process prolonged and lead to NHS cost more money on the treatment.
Can reduce public expense
They both are interacted. Poor mental health is associated with lots of unhealthy habits; such as drinking, drug abuse and smoking which will prone to develop long term physical health issues. People who have mental health issues will prone to have high risk of physical ill health as a result of medication side effects, lifestyle-related risk factors because of the social exclusion and discrimination. People with dementia, perinatal depression, pain conditions should be treated together. Midwives, health visitors, residential home care worker, community workers, GP should upgrade the knowledge of the physical and mental health interrelationship.
To treat physical and mental health together can save the NHS resources
not sure
Because physical is body and mental is brain, they shouldn't be mixed.
They are both interlinked. A holistic approach would be ideal.
No comment

QUESTION 12

No comment

No comment

should be treated together to save waiting time and avoid chance of ignorance

No comment

It is equally important to treat people's health physically and mentally.

Physical health issues is easier to treat

mental health treatment is also important

QUESTION 12

depends on what level or how high
better physical care and mental health should be part of it but not treated together
see above
because they both Interrelated
So we can share whatever problems to make less stress
sorry
Not everyone who has mental health issues is unfit! they should be set apart
They don't function in isolation
Treatments are needed to be combined to accelerate the recovery and to reduce time and cost
To reduce cost, time and promote efficiency and effectiveness of treatment.
They are interact and inter-related
The both affect each other.

QUESTION 12

They both are inter-related and can reduce treatment cost and accelerate the effectiveness of treatment.

They both are interact. Poor physical health can lead to an increased risk of developing mental health problems. On the other hands, poor mental health can have bad impact on physical health, leading to an increased risk of some physical conditions e.g. bowel syndrome, gastric ulcer and skin conditions.

To promote recovery in both.

To promote the recovery

They are inter-related.

No comment

save time to be referred to a different department

two separate problems

more efficient, save waiting time

Absolutely!! Health is health, whether that's physical or mental.

One compliments the other

QUESTION 12

They are connected
To look at the mental health issue first, then you can deal with the other issues after some issue can run deeper than what is first thought.
yeah
Often one comes with the other people aren't straight forward
Holistic care. One stop shop needed. Saves appointments on different days
a person is a person so the holistic approach is needed. all of a person should be considered.
Inter-related
Long term health conditions and critical illnesses can induce mental health issues.
If they both are inter-related, they should be treated together
Especially for people who have long term incurable diseases will affect their well being
No comment
No comment

QUESTION 12

If people have physical health issues or conditions, the quality of well-being will be low, if mental health well-being does not improved or get worse, the recovery progress of physical health will be affected badly.
They both are very important to everyone.
I agree as it can help people to get better, faster and they can then carry onto achieving what they want and have better impact on the world around us.
They are interdependent, exist together, and affect each other.
They both are very important to everyone else.
Physical health problems exist alongside mental health problems and vice versa
They both are very important and inter-related.
To keep the cost down for NHS and patient themselves, patients do not need take more time off from work for accessing different treatments at different venues.
holistic care and self managment
Don't know
If the people's physical and mental health is inter-related, then it should be treated together, in result of saving the NHS cost, waiting time, and the treatment can be more effective. Patient can be recovered more quickly and thoroughly.
No comment.
Only if their problems are related to each other.
Should be treated as as whole person.
More resources is needed if not treated together.
They are inter-related as mentioned above at question 11.

QUESTION 12

People's physical and mental health should be treated as a whole, which can save time; save money and more convenient for patient.
Both effect each other
The two go together to some extent
should prioritise what most importance first to ensure they don't conflict
because alot of chronic conditions can create mental health problems which flares a situation into further degradation
In my case they are inextricably linked so I think it's essential
They impact on one another
Could both be connected
addressing issues together may reduce mental health problems.

QUESTION 12

in some cases yes
go hand in hand
They both affect each other
they work hand in hand
if they are appropriate
no some are purely physical and some are mental
?

QUESTION 12

Healthy body healthy mind
in many cases they are related . it is important that GP and consultant interviews allow patients time to explain their problems fully . people may well not understand all the reasons for a physical or mental health appointment.
both as important
if they feel well in themselves in may help them with their depression
Its the same
because they have an effect on each other
because they effect each other

QUESTION 12

the two go hand in hand just because you cannot see mental health it doesnt mean its not there
1. Serious physical problems after ability to cope & maintain regular activities. 2. Depression makes it very difficult to cope with extra problems with physical health.
They impact on each other, if I am unwell mentally - I don't take care of myself physically either
I think we should be treated as individuals and whatever problems we have physical or mental should be taken into account.
They are connected
Because both illnesses need attention
You can't treat one without the other
They must be connected somehow
because they are both happening to one person at the same time
Just because you cannot see a mental health problem doesn't mean that it is not there and needs treating.
Why shouldn't they?

QUESTION 12

they are connected.
Are they seperate? is your head connected to your body?
Because, where appropriate it can be effective. But it's also expensive and initially will require a lot of professional one to one.
Obviously - why not?
You wouldn't treat a collapsed lung and leave a broken leg would you?
Makes sense
because they are linked.
It often goes hand in hand.for example, If you feel insecure about your physical being it impacts upon your mental health with feelings of low self esteem and depression. Which then can lead to more over eating. It should be an holistic approach.
Because one condition can cause the other. I have physical mobility health issues and mental health but was only told recently that they could only help me with my M.E and Fibromyaligia when in actual fact frustration from these and various other conditions affect my mental health on a daily basis also because of challenges and frustrations.

QUESTION 12

Both contribute to a persons wellbeing.
They can easily be linked, e.g. someone who is overweight (physical) and easily have mental health issues relating to their appearance, etc
Human being
interlinked - can't have one without other...
But it depends on how these '2 parts' come together in practice and carried out to help and assist patients with Mental Health problems. It's important to get this right.
They can sometimes be in connection
They relate to one another. I spend so much time and effort justifying why I need time off when facing anxiety and depression but I did not need to do that after my knee replacement or when the office is riddled with cold. The truth is any recurring infection and illness makes me more emotionally vulnerable and affect my self esteem and professional confidence.
working on joint issues is more helpful, rather than being pasted pillar to post and not finding a service that is suitable for you.
It makes sense. The two function together.
the two overlap in many ways

QUESTION 12

These are two separate health issues, they need to be treated separately.

yes all needs should be treated together

treat the whole person, not just systems of life

totally different

no separate issues

not sure ,depends what they are treating

This is pretty self explanatory. The SNS and PNS work together I'm very close quarters and any physical stress can have serious implications for mental health and vice-versa. There also needs to be more help for parents with or of children with additional needs. The stress of parenting under these conditions can be dramatic and it's an area that is drastically underfunded and under-researched.

Put question mark for each. Mental and physical health are connected. Patients should have access to appropriate services - according to their needs.

QUESTION 12

Holistic approach to healthcare is vital because physical and mental health are both interconnected.

Linked

There's already plenty of information about this. For example, little or no exercise due to mental health issues can lead to physical health problems.

Because each affects the other.

everyone should be treated the same and depending on the complicated circumstances of their health there is different tiers to if they can be treated together.

People always recognise and help more readily when people have physical health problems - do not react in same way to mental health issues

Why not ?

In my opinion are two seperate issues

If you do physical activities it makes you feel mentally happier

QUESTION 12

You need to treat the whole person. Mental health can have a knock on effect to physical health and vice versa.
WE need to see the whole person
Look at the whole person. Body and mind are inter related
Physical and mental health are often linked and a holistic approach is bound to benefit sufferers where this is the case. With people in whom there is not this link it will not detract from their overall treatment
If one is ill it often the pain and trying to sort out problems with health providers which tends to get people depressed
They are often different! Physical health may not be affected but mental health may be suffering so much
the two things go together ,each impact one another
since when is physical health independent from mental health ,or vice versa
no reason why not ! addressing physical health can very often improve mental health

QUESTION 12

if you are happy mentally ,then your more likely to be in better physical health.		
in my opinion physical and mental health are different		
physical problems can lead to mental health problems and vice versa , treat the person as a whole and not just the symptoms		
Failure to provide good health (and social) care harms mental health. The failure of the broken NHS has driven the explosion of poor mental health. Until the government accepts this fact, appropriate change won't happen. Stop funding the buffers that prevent people getting real healthcare and the mental health problems will shrink in my opinion. That extends to the provision of social care for the elderly. Social care is a nonsense term. If an elderly persons needs someone to make their dinner, then they are sick. A well person can make their own dinner.		
because your mental health has a big impact on your physical health.		
in my opinion one can cause the other and if treated together this will help but not in all circumstances		
at least considered to be treated together ,where appropriate		
surely they're intricately entwined many illnesses are psychosomatic . eg heart disease disease	gastric disease	bowel skin disease
often physical and mental health needs happen at the same time		
Yes, up to a point, because sometimes issues can be interlinked with the other and everyone should be treated as a whole. I don't want to be going from pillar to post initially to visit different clinics and doctors to get something diagnosed. It's fair enough when you may need to see a specialist on something, but you may not know you need to until you've spoken about it in the first place. If someone has finally plucked up the confidence to see someone about a physical health issue, it may be their only chance to talk about things that are affecting their mental health. If left, one issue could escalate if they feel it isn't appropriate to talk about it at that point.		

QUESTION 12

Sometimes. If someone has a bad back, in addition to giving painkillers, are they depressed/ do they need to do exercise/ yoga
Mental health issues affect every aspect of a persons wellbeing and can affect them physically eg joint pains, skin rashes, digestive upsets etc
Treat the person as a whole
I don't think they should be treated together as they are 2 different things, you need to get better mentally before you can get better physically because if your feeling down and anxious your not going to look after your physical health.
To me they are two different groups and should be kept separate
A persons health is made up of both so it makes sense to treat both although I would be worried that there would be a dilution of the effectiveness of the services if one clinician is expected to treat both
good physical health leads to positive mental health
Holistic approach. Evidence shows physical health is linked to mental health

QUESTION 12

Accessing healthcare services and going through each journey can bring different challenges and concerns to varying degrees for each individual. Treating physical and mental health together, not only improves the patient experience, it has the potential to allow for the better use of valuable NHS resources in more cost effective and value for money ways.
Inherently linked - more holistic approach more helpful and effective
Physical well-being can lead to a greater mental wellbeing
It's all interlinked
People are unified beings, both mental and physical
Each is a specialist area with experienced and knowledgeable staff
holistic care would lead to less discrimination against mental health
Because mental health have an issue on physical health

QUESTION 12

low mood is common in diabetes and epilepsy (my own speciality) amongst others and should not be separated- diabetes and practice nurses never mentioned it to me

I think a joint assessment can be beneficial. However, I do think at times it is necessary for individuals to have access to experts in the relevant field be that physical or mental health.

The situation people find themselves in needs tackling to improve mental health. It is not treated it is simply airbrushed over.

My heart condition & my emotional stress were very much related

One stop shop

Holistic

Stress and anxiety have a profound impact on physical health. It should not be see as a separate issue, nor a lesser concern.

QUESTION 12

Often physical problems are related to mental problems.

Duh ! Kinda obvious question isn't it?!

Because quite often interrelated.

Different needs

The correct mind set can positively help physical health.

People's physical and mental health are inextricably linked. Having a physical health condition will have an impact on a person's mental health whether they are aware of it or not. Services should be offered to help deal with these issues. Conversely, mental health can affect how you are feeling physically and may even convince someone that they have something physically wrong with them.

I can imagine that a bad prognosis can cause severe depression

physical health issues can affect mental health

Both are interwoven.

QUESTION 12

because 1 doctor would know all your problems instead of having to explain many times. it would also create a good doctor/patient relationship.
They are all connected, if someone is constantly worried about a physical illness this is bound to effect their mental health causing anxiety and depression
but i think all health care professionals should take an holistic approach anyway as , underlying problems can be found from all health aspects. so with this i think all health professionals should at least ask their patients !!!!!
Mental health issues can manifest themselves as physical symptoms to important treat both together. Addressing mental health has shown to improve recovery from physical illnesses.
mental and physical health effect each other so munch that it seems strange that it isn't treated together more often.
See previous answer
This is obvious. We are one person and the idea of seperate service perpetuates the lack parity between mental health and physical health care.
It's not a binary yes/no - sometimes yes, but mostly you need to be able to go to the gp with stomach pain and have eg endometriosis treated & not dismissed as all in the mind

QUESTION 12

Because often people with mental health issues are reluctant to admit it and if they are treated with others feeling this way it can be a support
People should be treated as a whole, and services put in place at diagnosis, not put on waiting lists.
Both can go hand in hand with the person's issues. To help with one on its own you risk forcing the other to play a part in people's recovery
This is very nuanced. Sometimes your physical health can suffer due to your mental health but working on your mental health first would be the right thing to do to ensure your physical health gets back on track
Science. Physical and mental health can interlock and crossover.
Mental health can be just as important
The two are often intertwined
As they can go hand in hand, sometimes they are separate issues or only have one or other. Improving physical health may not be able to improve mental health.
As they will impact on the whole person

QUESTION 12

I feel seperate services is beneficial as staff require specialised training for each individual area. Although i do believe people undergoing long term and short term physical health conditions should be monitored and assessed for mental health problems too as these issues can be affected by physical health problems and this can sometimes become un noticed.
I think it depends on the individual
Both are linked and saves more appointments and can be responsive at the time/opportunistic . Key issue for example weight gain and psychiatric medications etc could be reviewed together to look at most app way of managing for patient. Physical health can seem like slow priority when depressed so important to try and keep this on the health agenda.
Evidence suggests they are intertwined and are both part of wellbeing.
They are interdependent so where people feel they have both mental and physical health needs then they need to be looked at together
Sometimes but staff cannot be expected to be experts on both areas
They compliment each other
They are intrinsically linked.

QUESTION 12

They can go hand in hand
Because whole body works as a system
They both have effects on each other
One goes with the other if mental health is ok, physical health will follow
A holistic approach is crucial to increasing successful results
Linked
Mental health needs to be looked at before considering physical and once assessed can be treated together
The two can often be interlinked so why try to deal with one on its own.
It should be seen as 'health' a holistic overview
They both require specific treatment. Mental health needs professionals whose focus is on emotional wellbeing
The two affect each other. They aren't separate entities.
Because mental illness can affect people differently.
Integrate both
I think each has an effect on the other... physical pain is very debilitating mentally
I would have selected 'unsure,' as I am unaware of the arguments for and against, and how this will work in practice

QUESTION 12

Separate issues
A lot drink, smoke a lot. No good for them.
Most people with physical problems have some form of mental health issue but do not reach out to anyone
Because both need to be ok for wellbeing
they come hand in hand if a person gets diagnosed with a long term illness it will most definitely affect their mental health
It is one person. We all have complex needs and problems
Mental health is often connected to physical wellbeing and treating them both holistically is very important
I feel like they are 2 completely different subjects and require full focus individually
To find out what helps the individual
Because they are not separate, holistic care seems more sensible and based on available data
Sometimes the both of these go hand in hand. Definitely they should be seen together.
Mental and physical problems usually impact each other
This is obvious if people are experiencing a physical condition it will effect their mental state and wellbeing.
They are connected, and more training should be given to physical healthcare workers about mental health. Connection between weight gain and mental health problems is too strong.

QUESTION 12

Not sure
I think they go side by side
Holistic approaches are best as one thing affects the other
Don't understand enough about mental health to know how it could impact on physical health.
Close link, I was diagnosed with depression together with dementia but the treatment seemed to treat depression with dementia as an after thought until dementia is advanced.
They interact, when I started caring I developed an alcohol problem - eventually BY CHANCE I got help but not via the NHS (or GP!!!)
Because one runs alongside the other
The two are for the most part, inextricably linked.
But I don't think this can happen in my lifetime because the disciplines have been separated for so long and do not understand or work with each other. Separate trust does not help with joined up services.
As the saying goes, "one job at once."
They are two very different health problems i.e. mental health needs psychological help and at times they can be very aggressive

QUESTION 12

People 's actual health is made up of physical & mental aspects.
Yes and no. Mixed feelings as concerns if this will increase the mental health waiting time, especially if someone feels very stressed, unable to cope and suicidal.
Both are entwined
Mental health needs to be seen to first. As without the mind functioning ok the physical health wouldn't work in my opinion.
Because surely can can effect each other? If I have a skin condition that needs treatment but I suffer depression so I don't bathe properly this wouldnt be good
there are plenty of health issues which impact on people physically and mentally
Good physical health can help good mental health
Only if linked. Someone can have either issue without the other
I believe they should be treated together but that a person's mental ill health should not determine the level of care someone should received for their physical health - physical health problems can often by seen as a result of mental ill health and this is not always true
Keep people safe

QUESTION 12

Mental health problems can cause physical health problems, and vice versa. Not to mention the brain is part of the body, so treating it as 'separate' delegitimises the nature of mental illness, leading to stigma. Particularly in people with chronic health problems, mental and physical health are inextricable, and treating them separately is unhelpful.

Frequently one impacts upon the other

Two different things and different experts needed

I feel that people's needs require specialist approaches, overseen by high quality GP support and shared records

with focus on which is most critical

Treat the whole person !

Their needs are too diverse.

because we are humans.

Both intertwined

QUESTION 12

2 separate things but inter-related. Should be addressed by professionals within their own expertise, maybe?
definite link
one can affect the other- is a holistic approach
They are both linked and nurses should be trained to look after patients with understanding that mental health affects physical wellbeing and vice versa.
Healthy mind health person
Again, as an NHS Chaplain (our spiritual care is not confined to religious provision - it is also holistic spiritual care) I am aware that many physical symptoms derive from mental health issues, and vice versa. They are inextricably linked.
physical and mental health walk hand in hand, happy mind feels in good spirit along with physical health. problematic mind set feel unmotivated.. help keep both healthy
Closely linked.
They aren't completely separate issues
They impact on each other a great deal, so a service that only addresses one whilst ignoring the other is never going to be effective.
Because one very much affects the other

QUESTION 12

would be good to link and share information as long as this doesnt involve cuts to either service
Holistic Hubs
They are intrinsically linked
With the appropriate professionals working in partnership.
One should follow the other but dedicated time should be spent for each illness
Goes cap in hand pain affects your mental health
They go hand in hand
Relevant
Poor physical health can cause mental health problems, especially long-term and terminal illnesses. Likewise accidents or illnesses which change someone's life. Similarly poor mental health can create physical problems through a wide variety of causes - but particularly if drug/drinking use causes physical illnesses or lack of or too much exercise. We are "one body"
One effects the other
They are separate issues in most cases and should be treated as such.
A joined up service would serve people both instead of having to see separate health workers
Together in a sense of "seeing the whole person" but acknowledging the differences of needs and support for mental health - wrong to perpetuate myth that mental health is the same as a broken leg.

QUESTION 12

Time factor

Totally different needs

Deal with physical 1st and reduce MH becoming worse or long term

Physical ill health can often cause mental ill health and vice a versa

QUESTION 12

Many people have physical health problems due to the lack of motivation to care for yourself. There is increases in alcohol intake, smoking and eating and nutritional problems. Sometimes, you do not believe you deserve any medical attention for the physical problems that arise from poor mental health.

The person is a whole being not segmented and they can impact each other

they are often related. mental health problems may cause people not to look after themselves properly.

See previous answer

Holistic view of person as a whole changes the way that conditions are approached

Holistic treatment works well

I would need to know what is meant by this before I can make any informed answer

Some illnesses will need some support

These can be very different and need to be treated seperatly

I feel the 2 come hand in hand

QUESTION 12

2 different things. Mental health needs specialist. There should be a balance between the two.
Completely different in some respects based on need. Acute pain + mental health (anxiety) can be hugely linked however.
Yes my consultant is fantastic if he could help organise more of my care I would feel more at ease he knows me inside out having to keep explaining your illnesses is draining
An holistic approach is the best
They're equally important
They are connected and will help deal with the detrimental idea that mental health is not real or important. Your brain is part of your body so it should be treated like any other illness.
Quite often a physical problem can affect your mental well being or mental illness cause physical illness as well.
They are very often interlinked.
Because it is to much for them to deal with and confusing.
Often separate issues
Fundamentally interlinked
These two do not always appear to be the same
And spiritual health. Because we are holistic beings that consist of a body mind and soul. Not a car that needs an MOT!

QUESTION 12

It is extremely important for these services to be easily accessed
Both are intrinsically linked...! Surely?!
GPs are best placed to provide holistic care. They need to have time & funding to manage people with complex needs
Physical help may improve mental health, i.e. outdoor activities where people can socialise and use their minds, work together in team building exercises.
If necessary, both can impact on each other.
Quite often the two can be a knock on effect of each other and both are equally important to remaining healthy
they are different things. Mental health is hidden, physical is not.
Because it's obvious that one impacts on the other, but we also need to help people learn some resilience and self help
Because we are whole human beings and the two are interrelated aspects of health. Anyone with a mental illness can become physically unwell, and vice versa.
These are often linked and needs to be a holistic approach to a person's wellbeing
It's obvious I am a wh e person treat me as such

QUESTION 12

Health issues should be managed as holistically as possible for the individual. Often, physical and mental well-being cannot be separated
Inextricably linked
Holistic treatment is necessary to an extent - the need for greater understanding of how the two are inter linked.
Completely different service, priorities and partnerships. Mental health issues is one of the biggest police demands for South Yorkshire, so needs to be joined up with those sorts of services, physical health problems don't have those links
The brain is part of the body and self. medical conditions interact, and so should service provision. This also applies to various physical co-morbidities.
I don't want to see two or three different people
They are often interwoven causing mixed symptoms
Not necessarily. The trust I have for my excellent GP in seeing the whole person I don't have for MH team. So unreliable in the past, careless with data, care plans etc
I think there is a strong correlation between the 2 and heath behaviours can be linked to mental health e.g I am overweight and over eat I think this is down to a skin condition which over the years has inbuilt this behaviour in me. IAPT were advertising in my local GPs a course around a similar thing, but due to the kind of timings I couldn't complete this
Personally for me its connected if I can sort my mind out I think the physical problems I have will slowly disappear

QUESTION 12

They affect each other; if you need to have a limb amputated, or just break your leg, it greatly impacts your life circumstances. You can't move as much as you would otherwise. That impacts your mental health, so it needs to be considered as being connected, not separate.
Being fit helps mental health. Getting outside helps mental health. It is part of the process. I know having depression might mean that the sufferer doesn't want to get out of bed sometimes. ...I've been there but on the flipside I never felt better than when I had completed a walk or run.
Health should be considered as a whole but each different illness may need looking at separately
Your mental health can impact on your physical health and likewise mental health upon your physical
Sometimes these are connected but we must remember that this is not always the case
They're not always related and often can take away from the seriousness of any mental issues
Because the mental health of a person directly affects the physical, they should be treated together. Why treat them as separate entities, it doesn't make sense. Treat the person as a whole.
A more holistic approach to health should be considered. I am really fed up of going to my surgery and having to explain to a different doctor on each visit what my condition is about.
We are a whole person and each influence each other

QUESTION 12

Holistic
old and young no different if have mental health issues
Where possible. Sometimes the two are connected
the two may be connected
It would be extremely hard to separate them and treat someone well
Poor physical health can lead to depression through isolation, lack of exercise, etc Depression can result in poor physical health through lack of exercise, substance abuse, eating disorders and suicide attempts
Holistic approach - one affects the other quite often
They are both as important as the other and not everyone understands mental health they should be tested by the professional who is trained not just by one person
The two can't always be considered separately as they're often linked, e.g. lots of people develop a mental health condition as a result of a physical condition.

QUESTION 12

Only where relevant to do so.
I believe they are interconnected and improved physical health and wellbeing has a positive impact on mental health
There's a cross over
But with specialist support appropriately and services communicating with each other
They can both directly affect the other so there need to be clear communication to make sure the whole person is treated not just specific things
They cannot be separated, we are holistic beings.
The body works in harmony and should be treated holistically.
They go hand in hand
see above (9)
To treat separately implies that one is more important than the other

QUESTION 12

Joined up but not together in case something is missed
Both are as important some times the physical health is the cause of the mental health problem in such eradication one may treat the other.
Nothing exists in a vacuum. Feeling physically ill affects mental health and makes it more difficult to use strategies to fight MH problems. Mental Health problems also can be used as an "explanation" for symptoms which have a physical cause. All treatment should be holistic.
Either one can have significant impact on the other!
Not sure what you mean by together. They are equally important, but patients may not understand each other and could be cruel to one another depending on their empathy levels
They are interconnected. Eg stress causes mental health issues, people eat drink and get unfit. It used to be that "spiritual " encompassed the whole person. Simple care is healing but everything has become cut to the bone with little or no care or time for another person. Humans are immensely complicated and special and we need each other. Isolation leads to death. Bring back wholesome communities and resources community centres and youth centres.
it wont work, mental health is worlds apart from physical health, and what if they don't need support on both but receive support on both, time cold have been spent better on the support they need
healthy body healthy mind having a focus

QUESTION 12

Yes because one can affect the other. I would like to see a holistic approach to health so the person is treated not a collection of symptoms.

they are inextricably linked and interdependent, one impacts on the other

Yes and no all depend on individual person

Support each other & learn how to intergrate.

Because they are inextricably linked

Saves time and money if both issues can be dealt with at one appointment.

They are very often linked and although you maybe to access one service the other may not be available

QUESTION 12

I feel that group therapy for mental health Needs and one to one for physical needs
A person is both their physical and mental health. Not separate entities and both affect each other
Direct correlation to the ability to cope with a physical condition. And how mental health feels
In some cases physical and mental health issues could be related but once a diagnosis is made of a mental health issue I think it should be managed by a specialist as would a physical condition.
Both pact on the other
The two are closely linked and can impact on each other
often linked so need to treat a person as a whole
To aid their wellbeing

QUESTION 12

They are always connected. a holistic approach is beneficial
Because they clearly impact on each other
Mental health often effects physical health and vise versa.
They are both ill
It is unavoidable that they impact on one another. It must be seen as a whole

QUESTION 12

If the body is good then mental problems could be improved
One without the other achieves nothing
They are completely interlinked and therefore treating together would improve patient outcomes
Many physical and mental health go either hand in hand; or one can be heightened by the other.
It depends on the circumstances of both. In some cases it may be more suitable to treat the physical and mental issues separately and sometimes as a whole, it is circumstantial.
They are linked
One impacts upon the otherEG.physical activity is known to improve people's emotional well being etc
They are different conditions

QUESTION 12

Because they occur together not separately
I think they are connected feeling good about your body is good for you
depends on the individual
I think often people with a particular problem for example repeated trips to the G.P surgery with a variety of symptoms are masking either loneliness or other underlying metal health issues. Surely the way forward is to treat the whole person.
They are totally different
Mental health can often impact on physical health, and further consequences of poormental health such and drinking and smoking can often lead to physical health problems.

QUESTION 12

2 totally different conditions

Treat people holistically

Need to be then mental health would get the resources and research that is required

They often counteract each other.

Sometimes you have mental issues because of pain

the two can impact on one another and I believe it is important that people understand this and view their health holistically

They go hand in hand

They go hand in hand

Its hard to say depending on the giving circumstances

Both are equally important for a good quality of life

Because someone could be really healthy and fit but there mental health could be back

Because they both intertwine

QUESTION 12

Reduces the need for more appointments, for example seeing one health professional about your physical health and a different person about your mental health. They can also often be linked, so there's no point repeating the information and advice.
Holistic approach - and they impact on each other
A case of treating the whole person.
These problems go hand in hand, with one triggered by the other. Over eating can be caused by mental health issues therefore getting to the root of the problem can prevent physical illness in later life.
Physical and mental health go hand in hand.
Physical and mental wellness is equally important as humans we are composed of physical and mental states.
Yes and no. Yes if it's a long-term condition, terminal condition or something quite severe/serious then yes they should be treated together as the mental health problems are likely to stem from the other condition. If it isn't anything like that, I think it should be separate. Although on saying this, exercise is a fantastic way to improve mental wellbeing, so prescribing group activity or fitness classes may be really beneficial to those who can do so.
Depends as sometimes interlinked
Often mental health is seen as an embarrassment to those who have it so needs to be dealt with separately

QUESTION 12

Mental and physical health affect each other.

It goes hand in hand in the majority of cases xx

If you are physically ill it can affect your mental health and vice versa

One affects the other

As when physical health is okay this helps your mental health become better.

Although there are links to both, each issue needs addressing individually. Where appropriate it could be offered

Yes, if needed, many mental health issues can trigger physical symptoms.

They are very connected and by considering them together you are looking at the whole person.

QUESTION 12

People are holistic beings - you cannot treat mental health separately from physical health