



the 1990s, the number of people with a mental health problem has increased in the UK. The prevalence of mental health problems in the UK is estimated to be 16.5% (Mental Health Foundation, 2007).

There is a growing awareness of the need to improve the lives of people with mental health problems. The UK Government has set out a strategy for mental health care (Department of Health, 2005).

The strategy aims to improve the lives of people with mental health problems by providing them with the best possible care and support. It also aims to reduce the stigma and discrimination that people with mental health problems often experience.

One of the key elements of the strategy is to improve the quality of care and support that people with mental health problems receive. This includes ensuring that they have access to the best possible services and that they are treated with respect and dignity.

Another key element of the strategy is to reduce the stigma and discrimination that people with mental health problems often experience. This includes raising awareness of mental health problems and promoting understanding and acceptance of people with mental health problems.

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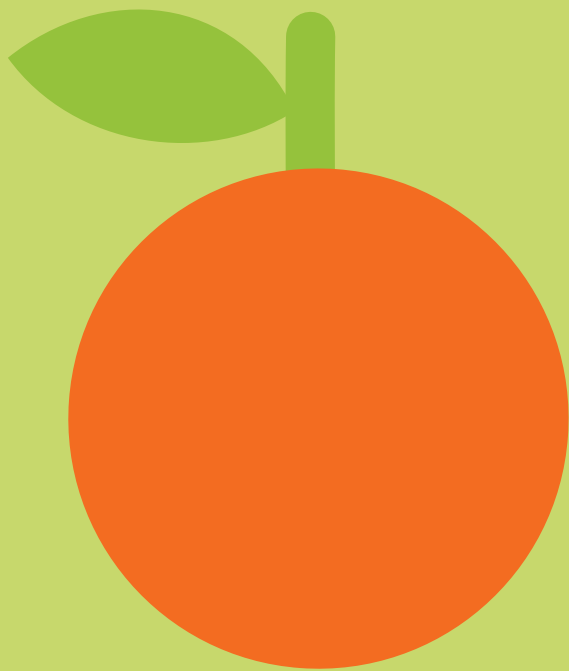












the 1990s, the number of people with a mental health problem has increased in the UK (Mental Health Act 1983, 1990, 1994, 1998, 2003, 2007, 2012, 2017, 2018).

There is a growing awareness of the need to improve the lives of people with mental health problems. This has led to a focus on recovery, which is a process of living a meaningful life, despite the presence of a mental health problem (Recovery Institute 2012).

Recovery is a process, not a destination. It is a journey that is unique to each individual. It is a process of living a meaningful life, despite the presence of a mental health problem (Recovery Institute 2012).

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