

the 1990s, the number of people with a mental health problem has increased in the UK, and this is expected to continue in the future (Mental Health Foundation 2005).

There is a need to improve the lives of people with mental health problems, and this is a key aim of the UK government's *Mental Health Strategy* (Department of Health 2005). The strategy sets out a vision of a society where people with mental health problems are treated as individuals, rather than as a group, and where they are given the opportunity to live their lives to the full.

The *Mental Health Strategy* also sets out a number of key objectives, including: to improve the lives of people with mental health problems; to reduce the stigma and discrimination against people with mental health problems; and to improve the services available to people with mental health problems.

One of the key objectives of the *Mental Health Strategy* is to improve the lives of people with mental health problems. This is a broad objective, and it encompasses a number of different areas, including: housing, employment, education, and social inclusion.

Housing is a key area of concern for people with mental health problems. Many people with mental health problems are homeless, and this can have a serious impact on their lives. The *Mental Health Strategy* sets out a number of objectives related to housing, including: to reduce the number of people who are homeless; to improve the quality of housing for people with mental health problems; and to ensure that people with mental health problems have access to the same housing opportunities as people without mental health problems.

Employment is another key area of concern for people with mental health problems. Many people with mental health problems are unemployed, and this can have a serious impact on their lives. The *Mental Health Strategy* sets out a number of objectives related to employment, including: to reduce the number of people who are unemployed; to improve the quality of employment for people with mental health problems; and to ensure that people with mental health problems have access to the same employment opportunities as people without mental health problems.

Education is another key area of concern for people with mental health problems. Many people with mental health problems are unable to attend school or college, and this can have a serious impact on their lives. The *Mental Health Strategy* sets out a number of objectives related to education, including: to reduce the number of people who are unable to attend school or college; to improve the quality of education for people with mental health problems; and to ensure that people with mental health problems have access to the same education opportunities as people without mental health problems.

Social inclusion is another key area of concern for people with mental health problems. Many people with mental health problems are socially isolated, and this can have a serious impact on their lives. The *Mental Health Strategy* sets out a number of objectives related to social inclusion, including: to reduce the number of people who are socially isolated; to improve the quality of social life for people with mental health problems; and to ensure that people with mental health problems have access to the same social opportunities as people without mental health problems.

Improving the lives of people with mental health problems is a complex task, and it requires a multi-agency approach. The *Mental Health Strategy* sets out a number of key objectives, and it is the responsibility of all those who work in the mental health sector to work together to achieve these objectives.

One of the key challenges in improving the lives of people with mental health problems is to reduce the stigma and discrimination against them. Stigma and discrimination can have a serious impact on the lives of people with mental health problems, and it is important to work to reduce them.

Stigma and discrimination are often based on a lack of understanding of mental health problems. It is important to educate the public about mental health problems, and to ensure that people with mental health problems are treated as individuals, rather than as a group.

Another key challenge in improving the lives of people with mental health problems is to improve the services available to them. Many people with mental health problems do not have access to the services they need, and this can have a serious impact on their lives.

Improving the services available to people with mental health problems is a complex task, and it requires a multi-agency approach. The *Mental Health Strategy* sets out a number of key objectives, and it is the responsibility of all those who work in the mental health sector to work together to achieve these objectives.

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