

Easy read summary

Adult mental health services





More than a billion pounds is spent on adult mental health services every year.



There is not enough information to see if this money is making a difference.



Getting mental health treatment can take a long time and is difficult for many people.

It is even harder for some groups, like people from ethnic minorities and people who live in the countryside.



Many people who live in **deprived** areas are more likely to have poor mental health.

A **deprived** area is one where people have more difficulties in different parts of their life.



For example, many of the people who live in deprived areas do not have:

- enough money
- choices and chances
- resources – there might not be as many public services.



This unfairness has been there for a long time.

It is taking a long time for work to be done on it.



Mental health services cannot do this work on their own.

They need to work more closely with other organisations on what causes poor mental health.



The Scottish Government does not have enough information to know if mental health services are working well.



The Scottish Government only checks on **waiting times** for talking therapies like counselling.

This means how long it takes people to start this treatment.

The Scottish Government does not check if any mental health services are helping people.



Waiting times have got better over the last 5 years but NHS services are still struggling to meet waiting time **standards**.

These **standards** explain how long people may need to wait for treatment.



People who work in mental health services are under a lot of pressure.



There are not enough staff and it is difficult to fill jobs.



The Scottish Government wants to:

- give more money to mental health services



- give all GP practices access to mental health and **wellbeing** services in their local areas.



Wellbeing means feeling comfortable, healthy and happy.



These plans are not going well.