**READINGS OF BARRIERS TO ASSESSING SOCIAL CARE SERVICES AND HEALTH IN PEOPLE WITH MENTAL HEALTH ISSUES**

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# Introduction

Mental health issues among people are a rapid issue faced globally and need to entertain such practices that can decrease the issues for better healthcare support to the people. The below topic aims to provide information regarding the barriers of assessing social care services and healthcare in people dealing with mental health issues. The key aspect that reflects the barriers in healthcare of mental health people in the UK will be instructed in the below topics. The essay has also provided a significant solution for issues that involved removing the issues of mental healthcare and with that improve in the various economic aspect of the UK.

# Key Terms

Key terms are, mental health stigma, National Health Service, increasing pollution, rising cost and worker shortage, lack of awareness and understanding, issues facing financial difficulties, Complex and fragmented. Also have Genetics and biological factors, Environmental factors, Psychological factors, Social factors, Development factors, Substance reviews, Improvements in technologies and various social reforms, comprehensive Healthcare services for mental healthcare issues, government-free agencies, free medical support to mental health people.

# Discussion

Social care services and health in the UK are political components of the country's welfare system. Social care services compass a range of support provided to individuals who require assistance with activities of daily living such as personal care means and companionship due to various disabilities or illnesses. These services are often provided by local authorities and aimed at promoting Independence and improving the quality of life for those who are in need.

Healthcare in the UK is provided through the National Health Service of publicly funded and publicly provided healthcare systems. The NHS officers provide comprehensive Healthcare services for mental healthcare issues including primary care, secondary care and emergency care to all UK residents regardless of their ability to pay (NHS, 2023). It is through general taxation and provided health care service based on clinical need rather than an individual ability to care service and healthcare in the UK faces various challenges including increased demand due to increasing pollution, rising cost and worker shortage. Mental healthcare issues lead to having integration of social care services with Healthcare is a significant focus to ensure that individuals receive Holistic care that addresses their physical, mental and social well-being. In recent years there have been ongoing discussions about funding and the Organisation of social care and Service in the Healthcare of the UK with calls for increased funding, improved coordination between different services and better support for caregivers. The aim is to ensure that social care services and health care are reachable and equitable and high quality for all individuals is needed to promote the overall health and well-being of the population (Satinsky *et al.,* 2019).

There are several Bahria to accessing social care services and healthcare for people with mental health issues in the UK:

***Mental health stigma*** remains a significant barrier leading to discrimination and social exclusion. People with mental health issues are negative and believed by society including in the workplace community and even within families which can prevent them from seeking social care and health service due to fear of being judged or rejected (Armstrong and Brandon, 2020).

Many individuals with mental health issues as well as their families and community ***lack awareness and understanding*** about available social care services and Healthcare options. This can result in a lack of knowledge about where to see help, how to access service and what type of support is available in the leading market to underutilization of service.

Mental Health Care in the UK can be expensive and people with mental health issues face ***financial difficulties*** such as the high cost of medication therapy or hospitalization. Some individuals may not have the financial resources of insurance coverage to afford necessary Mental Health Care resulting in invited access to the social care service and Healthcare.

The mental health care system in the UK can be ***Complex and fragmented*** with various Agencies and organisations involved. This can result in long waiting times for assessment treatment and services which can be a barrier for people with mental health issues Who need emergency timely care and support (Sheridan Rains *et al.,* 2021).

Mental health in people can arise from various causes and it of a Complex interplay of multiple factors. Here are some common causes of Mental Health issues:

***Genetics and biological factors*** play a significant role in mental health. From individuals, they have a great genetic radius position to certain mental health disorders that can be passed down through family members. Additionally, an imbalance in brain chemicals can impact mental health conditions such as depression anxiety and schizophrenia.

***Environmental factors*** such as dramatically experienced abuse, neglect loss or significant life changes can lead to the development of Mental Health issues. Exploring chronic stress violence or adverse childhood experience can increase the risk of Mental Health disorders (World Health Organization, 2022).

***Psychological factors*** including personality traits copying scale and learned behaviour can affect mental health. Certain personality disorder email addresses for patterns and copy mechanisms can contribute to the development of Mental Health issues.

***Social factors*** such as social isolation, lack of social support and poor social or interpersonal relations can impact mental health. Social determinants of health such as poverty destination and inequality can also contribute to the development of Mental Health issues (Donovan and Blazer, 2020).

***Development factors*** including childhood development challenges and transitional life stages can impact mental health. Early life experience and description of the normal development process can have long-term effects on mental health outcomes.

***Substance reviews*** including alcohol and drugs can significantly impact the mental health of a person. Substances absent abuse can Trigger or celebrate mental health issues and individuals with mental health disorders to a substance as a norm of self-meditation, leading to a cycle of concurring Mental Health and substance use disorders.

Improvements in ***technologies*** and various social reforms can lead to removing mental health barriers from people in the UK. improving the technologies leads to removing the problem of fewer vacancies of medical support to the mental health involved people (Kretzschmar *et al.,* 2020). Technology development leads to improving the finances of the people and all the people can get their treatment at a less estimated cost. More technological development leads to improving people's social welfare and the healthcare sector. Improvements in the technologies lead to increase healthcare productivity in the UK and can lead to encouraging people suffering from mental health and can lead to solving their estimated problems with a significant improvement process. Making people aware of mental health issues through social campaigns can lead them to have the knowledge and lower the number of mental health patients. More government-free agencies that provide free medical support to mental health people should be promoted and an increase in people's awareness should also be included for better future intentions.

# Conclusion

From the above topic, it can be concluded that mental health in people of the UK has immensely increased and which needs proper solutions and intentions that include improving the economic challenges. Better technologies leads to improving the economy for better patient acquisition and improving the mental health issues in them leads to providing better sustainability and improving the workforce of the UK.

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