



Health Care and its New Interventions in Mental Health

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DESCRIPTION

Mental health is a crucial aspect of an individual's overall well-being and it is critical that people with mental health conditions are provided with adequate social support to help them cope with their condition. Mental health conditions can have a significant impact on an individual's social circumstances and people with mental health conditions are often more vulnerable to social isolation, unemployment, poverty and homelessness. Health care professionals play a critical role in improving the social circumstances of people with mental health conditions and there are several interventions that can be implemented. It will explore some of the interventions that can be used to improve the social circumstances of people with mental health conditions in health care. Social prescribing involves the use of non-medical interventions to help people with mental health conditions improve their social circumstances. This can include activities such as exercise, arts and crafts, volunteering and community engagement. Social prescribing can help people with mental health conditions to develop new social connections increase their self-esteem and reduce their feelings of isolation. Social prescribing has been found to be an effective intervention for people with mental health conditions and it is increasingly being used in health care settings.

Cognitive-Behavioral Therapy (CBT) is a type of psychological therapy that focuses on changing negative thoughts and behaviors. CBT can be used to help people with mental health conditions improve their social circumstances by addressing their negative thoughts and behaviors related to social situations. CBT can help people with mental health conditions to develop new coping skills, reduce their anxiety and improve their social skills. CBT has been found to be effective for people with a range of mental health conditions including depression, anxiety and schizophrenia.

Family therapy can be an effective intervention for people with mental health conditions who are experiencing social difficulties. Family therapy involves working with the individual's

family members to help them understand the individual's condition and provide them with the support they need. Family therapy can help to improve communication between family members reduce conflict and increase social support for the individual with mental health conditions. Family therapy has been found to be effective for people with a range of mental health conditions, including bipolar disorder and schizophrenia. Supported employment is a type of intervention that involves providing job coaching and support to people with mental health conditions to help them find and maintain employment. Supported employment can help people with mental health conditions to improve their social circumstances by providing them with a sense of purpose increasing their income and improving their self-esteem. Supported employment has been found to be an effective intervention for people with a range of mental health conditions, including schizophrenia and depression.

In conclusion there are several interventions that can be used to improve the social circumstances of people with mental health conditions in health care. Social prescribing cognitive-behavioral therapy, family therapy, supported employment, Housing First and peer support are just some of the interventions that can be used to help people with mental health conditions improve their social circumstances. These interventions can be used in a variety of settings, including primary care, mental health clinics and community organizations. It is important to note that the effectiveness of these interventions. Therefore, it is crucial that healthcare professionals work with individuals to develop personalized treatment plans that address their unique needs and circumstances. Furthermore, while these interventions can help to improve the social circumstances of people with mental health conditions they should be used in conjunction with other interventions that address the underlying mental health condition itself. This may include medication management, individual therapy and group therapy. It is also important to address the systemic issues that contribute to the social circumstances of people with mental health conditions. This includes addressing issues such as poverty, homelessness and

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unemployment which can exacerbate mental health conditions and make it more challenging for individuals to access the care and support they need. Overall improving the social circumstances of people with mental health conditions is a critical aspect of providing comprehensive and effective care. By implementing interventions such as social prescribing, cognitive-

behavioral therapy, family therapy, supported employment, housing for healthcare professionals can help people with mental health conditions improve their social connections, reduce feelings of isolation, and ultimately improve their overall well-being.