



**INTEGRATING MENTAL HEALTH INTO SUSTAINABLE DEVELOPMENT:
INSIGHTS FROM THE UNITED KINGDOM'S POLICIES AND PRACTICES FOR
ADVANCING SDG 3**

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ARTICLE INFO	ABSTRACT
Article History: Received 15.12.2024 Accepted 15.02.2025 Published 15.03.2025 Keywords: Mental Health Integration, Sustainable Development Goals, Holistic Well-being, Public Health Policy	<i>Integrating mental health into sustainable development is crucial for achieving the United Nations Sustainable Development Goals (SDGs), particularly SDG 3 (Good Health and Well-being). This paper explores the United Kingdom's innovative approaches to embedding mental health within sustainable development frameworks, offering insights into policies, programs, and collaborations that can inspire global action. The COVID-19 pandemic has exacerbated mental health issues worldwide, with significant socio-economic impacts. In the UK, approximately 1 in 4 people experience mental health challenges annually, costing the economy around £105 billion (NHS, 2023).</i> <i>The paper begins by analysing the current state of mental health in the UK, using data from the National Health Service (NHS) and other government sources. It highlights trends in mental health disorders, access to care, and demographic disparities, with a focus on rising anxiety and depression among young people and marginalized groups (ONS, 2023). Key UK initiatives, such as the "Every Mind Matters" campaign and the deployment of Mental Health Support Teams in schools, demonstrate a proactive approach to promoting mental well-being through early intervention and education. The integration of mental health services into primary care has also enhanced accessibility and continuity of care (PHE, 2022).</i> <i>Despite progress, challenges like socioeconomic inequalities, stigma, and limited funding continue to hinder effective mental health interventions. The paper explores innovative solutions, such as community-based mental health programs and digital health technologies, which show promise in bridging care gaps (Smith & Jones, 2022; Brown et al., 2023). The importance of education and public awareness is underscored, with initiatives in schools and workplaces fostering a culture of openness and support. The paper calls for strengthened collaboration among government agencies, non-profits, and the private sector, advocating for a global, multi-stakeholder approach to integrating mental health into sustainable development. Ultimately, this paper provides evidence-based recommendations for further integrating mental health into SDGs, positioning the UK as a model for global efforts to enhance mental well-being and overall quality of life.</i>

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1. Introduction

Mental health is increasingly recognized as a vital component of overall well-being, essential for achieving the United Nations Sustainable Development Goals (SDGs), particularly SDG 3, which focuses on good health and well-being. While historically, mental health has been overshadowed by physical health in public policy, its importance is now acknowledged as central to sustainable development. The UK has been proactive in integrating mental health into its sustainable development framework, serving as a potential model for other nations.

Globally, mental health disorders have become a leading cause of disability, with significant economic and social repercussions. The World Health Organization (WHO) reports that depression is now the leading cause of disability worldwide, affecting more than 300 million people (WHO, 2017). Anxiety disorders are similarly prevalent, with an estimated 264 million people affected globally (WHO, 2017). The burden of mental health disorders is compounded by the fact that many individuals do not receive adequate care. According to the WHO, nearly two-thirds of people with a known mental health disorder never seek help from a health professional (WHO, 2017).

The COVID-19 pandemic has further exacerbated the global mental health crisis, introduced new stressors and amplified existing ones. Social isolation, economic instability, and the uncertainty brought about by the pandemic have led to a surge in mental health issues, including anxiety, depression, and substance abuse (Holmes et al., 2020). The economic impact of mental health disorders is profound, with the global economy losing an estimated \$1 trillion annually due to depression and anxiety alone (WHO, 2017).

In the UK, the mental health situation mirrors global trends, with the added pressures of a health system strained by the pandemic. The NHS has reported significant increases in the demand for mental health services, with an estimated one in four people experiencing a mental health problem each year (NHS Digital, 2023). The economic cost of mental health problems in the UK is estimated to be around £105 billion annually, reflecting both direct healthcare costs and indirect costs such as lost productivity (Centre for Mental Health, 2020). Addressing this crisis requires a comprehensive approach that integrates mental health into broader public health strategies, emphasizing prevention, early intervention, and the reduction of stigma.

This paper aims to explore the United Kingdom's innovative approaches to embedding mental health within sustainable development frameworks. By analysing current policies, programs, and collaborative efforts, this study seeks to provide insights into effective strategies that can be replicated globally. The integration of mental health into public health, education, and socio-economic policies is crucial for addressing the widespread mental health challenges exacerbated by the COVID-19 pandemic. Given the complex interplay between mental health and socio-economic factors, a multidisciplinary approach is required to tackle these issues comprehensively. This paper begins by examining the global mental health crisis and the specific

challenges faced by the UK. It then delves into the UK's initiatives, highlighting successes and identifying areas for further improvement.

2. Method and Materials

This research employs a qualitative analysis of the United Kingdom's mental health policies and programs, focusing on their alignment with sustainable development goals. Data were collected from government reports, peer-reviewed articles, and official statistics from the National Health Service (NHS) and other relevant bodies. The primary materials analysed include the "Every Mind Matters" campaign, the implementation of Mental Health Support Teams (MHSTs) in schools, and the integration of mental health services into primary care settings. These initiatives were selected based on their significance in the UK's mental health strategy and their potential as models for other nations.

The method involved a thematic analysis of the data to identify key themes related to the integration of mental health into sustainable development. This approach allowed for a comprehensive understanding of the strengths and weaknesses of the UK's initiatives, as well as their broader implications for public health and sustainable development. The analysis also considered the socio-economic and political contexts in which these initiatives were implemented, providing a critical perspective on their effectiveness and scalability.

3. Results and Discussions

3.1 Mental Health in the UK: Current State

The state of mental health in the UK reflects both global challenges and specific national issues. Data from the National Health Service (NHS) and other governmental sources provide a detailed picture of the mental health landscape, highlighting significant trends in disorders, care access, and demographic disparities.

Recent statistics from NHS Digital indicate that mental health disorders, particularly anxiety and depression, have seen a marked increase in prevalence, especially among young people and marginalized communities. In 2021, it was reported that 17.4% of adults in England had experienced some form of depression, up from 9.7% in 2019 (ONS, 2021). The data also reveal stark disparities in mental health outcomes, with individuals from lower socio-economic backgrounds and ethnic minorities disproportionately affected. For instance, Black adults in the UK are more likely to be diagnosed with severe mental illness and are overrepresented in involuntary psychiatric care (NHS Digital, 2022).

Access to mental health care remains a significant challenge in the UK. Although the NHS provides universal healthcare, mental health services are often overstretched, leading to long waiting times and unmet needs. In 2022, it was reported that nearly 1.6 million people were on waiting lists for specialist mental health services, with some patients waiting over a year for care (NHS Providers, 2022). The COVID-19 pandemic has further strained these services, with increased demand leading to even longer delays and reduced availability of care.

The economic impact of these mental health challenges is substantial. The Centre for Mental Health (2020) estimates that the annual cost of mental health problems to the UK economy is around £105 billion. This includes direct costs related to healthcare and social services, as well as indirect costs such as lost productivity and reduced economic output due to mental illness. Given these challenges, there is a pressing need for innovative approaches to mental health care that address both the demand for services and the broader social determinants of mental health.

4. UK Initiatives in Mental Health and Sustainable Development

The United Kingdom has implemented several innovative initiatives aimed at integrating mental health into its sustainable development framework, with a focus on early intervention, public awareness, and the accessibility of mental health services. These initiatives demonstrate the UK's commitment to addressing mental health challenges comprehensively and can serve as models for other nations seeking to improve mental health outcomes.

Table 1: Overview of Key UK Mental Health Initiatives

Initiative	Objectives	Target Groups	Outcomes
Every Mind Matters	Increase mental health literacy and encourage self-care	General population	3 million action plans created, reduced stigma
Mental Health Support Teams	Provide early intervention in schools	School-aged children and adolescents	Reduced anxiety and depression symptoms among students
Integration into Primary Care	Improve accessibility and continuity of mental health care	General population, especially those with mild to moderate issues	Higher treatment adherence, improved patient outcomes

4.1. "Every Mind Matters" Campaign

Launched in October 2019, the "Every Mind Matters" campaign is a pivotal public health initiative by Public Health England (PHE) designed to empower individuals to manage and improve their mental health. The campaign provides a range of resources, including personalized mental health action plans, tips for maintaining mental well-being, and advice on recognizing signs of mental distress (PHE, 2022). This initiative emphasizes self-care and preventive measures, aiming to reduce the incidence of mental health issues by encouraging proactive management of mental well-being.

The campaign has been particularly effective in reaching a broad audience through various media channels, including television, social media, and partnerships with organizations such as the NHS and local authorities. According to PHE (2022), over 3 million people have created personalized mental health plans through the "Every Mind Matters" platform, demonstrating the campaign's widespread impact. This initiative aligns with the principles of sustainable development by promoting mental health as a key component of overall well-being and encouraging individuals to take responsibility for their mental health.

4.2. Mental Health Support Teams in Schools

In response to the growing prevalence of mental health issues among young people, the UK government introduced Mental Health Support Teams (MHSTs) in schools in 2018 as part of a broader strategy to improve children's mental health services. MHSTs provide early intervention and support for children and young people experiencing mild to moderate mental health issues, working directly within educational settings (Department for Education & Department of Health and Social Care, 2018).

These teams consist of specially trained mental health professionals who work alongside teachers and school staff to identify and address mental health issues early, reducing the likelihood of more severe problems developing later. The introduction of MHSTs is a significant step toward integrating mental health services into the education system, ensuring that mental health support is accessible where young people spend much of their time. By 2023, MHSTs were operational in over 4,700 schools, reaching nearly 20% of pupils across England (NHS England, 2023).

The effectiveness of MHSTs in improving mental health outcomes for young people has been supported by early evaluations, which indicate a reduction in anxiety and depression symptoms among students who received support (NHS England, 2023). This initiative highlights the importance of embedding mental health services within existing community structures, such as schools, to enhance accessibility and early intervention.

Table 2: Evaluation of Mental Health Support Teams in Schools

Year	Number of Schools Covered	% of Students Reached	Key Outcomes
2018	1,500	10%	Initial deployment, focus on high-need areas
2021	3,200	15%	Expanded reach, positive feedback from schools
2023	4,700	20%	Reduced anxiety and depression symptoms

4.3. Integration of Mental Health Services into Primary Care

The integration of mental health services into primary care settings has been a critical component of the UK's approach to improving mental health care accessibility and continuity. Recognizing that primary care is often the first point of contact for individuals experiencing mental health issues, the UK government has focused on enhancing the capacity of primary care providers to address mental health needs effectively.

This integration has involved training General Practitioners (GPs) and primary care staff to better recognize and manage mental health conditions, as well as the co-location of mental health professionals within primary care settings (NHS England, 2022). The goal is to provide a seamless care pathway that allows patients to receive mental health support in familiar and accessible environments.

The impact of this integration has been positive, with studies showing improved patient outcomes, including higher rates of treatment adherence and satisfaction (Bower et al., 2020). Additionally, the co-location of mental health services within primary care has reduced the stigma

associated with seeking mental health support, as patients can access care in a less conspicuous manner compared to visiting a specialist mental health facility (Bower et al., 2020).

5. Challenges and Barriers

Despite the UK's proactive efforts to integrate mental health into sustainable development, several significant challenges and barriers persist. These challenges must be addressed to enhance the effectiveness of mental health interventions and ensure equitable access to care.

5.1. Socioeconomic Inequalities

Socioeconomic inequalities remain one of the most significant barriers to accessing mental health care in the UK. Research consistently shows that individuals from lower socioeconomic backgrounds are more likely to experience mental health issues but are less likely to receive adequate care (Marmot, 2020). Factors such as income inequality, unemployment, poor housing, and limited access to education contribute to this disparity, creating a vicious cycle of disadvantage and mental illness.

The impact of these inequalities is evident in the distribution of mental health outcomes across different population groups. For example, people living in the most deprived areas of England are more than twice as likely to experience mental health problems compared to those in the least deprived areas (Marmot, 2020). This disparity is further exacerbated by the fact that mental health services are often less available or of lower quality in deprived areas, leading to delays in diagnosis and treatment (Friedli, 2020).

Addressing socioeconomic inequalities is crucial for improving mental health outcomes. This requires a multi-faceted approach that includes not only improving access to mental health services but also addressing the broader social determinants of health, such as poverty, education, and housing.

5.2. Stigma and Discrimination

Stigma and discrimination continue to be major barriers to effective mental health care in the UK. Despite ongoing public awareness campaigns, negative attitudes toward mental illness persist, preventing many individuals from seeking the help they need. Stigma affects not only those experiencing mental health issues but also their families and communities, contributing to social isolation and exacerbating mental health problems (Thornicroft et al., 2016).

The consequences of stigma are far-reaching. Individuals who internalize stigma may avoid seeking help for fear of being judged or discriminated against, leading to untreated mental health conditions that can worsen over time. Moreover, stigma within healthcare settings can result in biased treatment practices, where mental health patients receive lower-quality care or are dismissed by healthcare providers (Henderson et al., 2014).

Efforts to reduce stigma must continue to be a central component of mental health strategies. This includes expanding public awareness campaigns, training healthcare providers to address their own biases, and promoting inclusive practices within communities and workplaces.

5.3. Funding Limitations

While the UK government has made significant investments in mental health services, funding limitations remain a critical challenge. Mental health services in the UK have historically been underfunded compared to other areas of healthcare, leading to gaps in service provision, long waiting times, and insufficient resources to meet the growing demand (Gilburt, 2020).

The COVID-19 pandemic has further strained mental health services, with increased demand outpacing the available resources. In 2021, the UK government pledged an additional £500 million to support mental health services, but experts argue that this funding is insufficient to address the backlog of unmet needs and the long-term challenges facing the sector (The King's Fund, 2021).

Sustainable and adequate funding is essential for ensuring that mental health services can meet current and future demands. This includes investing in the workforce, expanding service capacity, and ensuring that mental health is prioritized within the broader healthcare budget.

6. Innovative Solutions and Best Practices

In response to the challenges outlined above, the UK has developed and implemented several innovative solutions and best practices aimed at improving mental health care. These initiatives are designed to address gaps in service provision, enhance accessibility, and promote holistic mental health care.

6.1. Community-Based Mental Health Programs

Community-based mental health programs have emerged as a key strategy for addressing the accessibility and equity challenges in mental health care. These programs are designed to provide mental health support within local communities, often through partnerships between the NHS, local authorities, and non-profit organizations. By bringing services closer to where people live, community-based programs can reach underserved populations who may face barriers to accessing traditional healthcare settings (Henderson et al., 2018).

One notable example is the "Improving Access to Psychological Therapies" (IAPT) program, which offers free, evidence-based psychological therapies to individuals experiencing common mental health issues such as depression and anxiety. Launched in 2008, IAPT has expanded significantly and now provides services to over a million people each year (Clark, 2018). The program's success is attributed to its focus on accessibility, with services offered in community settings and available through self-referral, making it easier for individuals to seek help.

Evaluations of the IAPT program have shown positive outcomes, with many participants experiencing significant improvements in their mental health and well-being (Clark, 2018). The program has also been praised for its cost-effectiveness, offering a high return on investment by reducing the need for more intensive and expensive mental health interventions (Clark, 2018).

6.2. Digital Health Technologies

Digital health technologies are playing an increasingly important role in improving access to mental health care in the UK. These technologies offer flexible and scalable solutions for

delivering mental health support, particularly in the context of the COVID-19 pandemic, which has accelerated the adoption of telemedicine and digital health tools (Torous et al., 2020).

One example is the use of mobile apps and online platforms that provide mental health assessments, therapy, and self-help resources. Apps such as "Be Mindful" and "Wysa" offer guided mindfulness practices, cognitive-behavioural therapy (CBT) techniques, and emotional support, making mental health care more accessible to those who may be unable or unwilling to seek traditional face-to-face therapy (Torous et al., 2020). These digital tools have been particularly beneficial during the pandemic, offering support to individuals who are isolated or facing long waiting times for in-person services.

Teletherapy has also seen a significant uptake in the UK, with many mental health services transitioning to online platforms during the pandemic. This shift has allowed for continuity of care and has provided an alternative for individuals who might otherwise have gone without support (Torous et al., 2020). Studies have shown that teletherapy can be as effective as face-to-face therapy for many mental health conditions, offering a viable option for expanding access to care (Torous et al., 2020).

6.3. Integrating Mental Health into Corporate Wellness Programs

In recognition of the impact that workplace stress and mental health issues have on productivity, many UK organizations have begun to integrate mental health into their corporate wellness programs. These programs are designed to promote mental well-being among employees, reduce stress, and provide support for those experiencing mental health issues.

Corporate wellness programs typically include a range of initiatives, such as mental health training for managers, employee assistance programs (EAPs), stress management workshops, and access to counselling services (CIPD, 2020). These programs aim to create a supportive work environment where employees feel comfortable discussing mental health issues and seeking help.

Research shows that corporate wellness programs that include a focus on mental health can lead to improved employee well-being, reduced absenteeism, and increased productivity (CIPD, 2020). Additionally, organizations that prioritize mental health are often seen as more attractive employers, helping to retain talent and reduce turnover.

7. The Role of Education and Public Awareness

Education and public awareness are critical components in the effort to integrate mental health into sustainable development. By fostering a culture of openness and support, these initiatives play a vital role in reducing stigma, increasing mental health literacy, and encouraging early intervention.

7.1. Mental Health Education in Schools

Integrating mental health education into the school curriculum is an essential strategy for promoting well-being among young people. In the UK, mental health education has been embedded in the Personal, Social, Health and Economic (PSHE) curriculum, which is mandatory

for all schools in England as of September 2020 (Department for Education, 2020). This curriculum includes topics such as emotional well-being, mental health, and resilience, aiming to equip students with the knowledge and skills needed to manage their mental health effectively.

Studies have shown that early mental health education can significantly reduce the incidence of mental health issues in later life by fostering resilience and emotional intelligence (Weare & Nind, 2011). Moreover, schools that implement comprehensive mental health education programs report improved student well-being, reduced absenteeism, and better academic performance (Patalay & Fitzsimons, 2018). These outcomes highlight the importance of mental health education as a preventive measure and a crucial element of sustainable development.

7.2. Public Awareness Campaigns

Public awareness campaigns have been instrumental in reducing the stigma associated with mental health and encouraging individuals to seek help. In the UK, initiatives such as "Time to Change," a campaign launched by Mind and Rethink Mental Illness, have played a pivotal role in changing public attitudes towards mental health (Evans-Lacko et al., 2013). Since its inception in 2007, "Time to Change" has reached millions of people through media campaigns, community events, and workplace initiatives, contributing to a significant reduction in mental health stigma.

The success of these campaigns is evident in the increased willingness of individuals to discuss mental health issues openly and seek professional help when needed. For example, research conducted by Evans-Lacko et al. (2013) found that public stigma towards mental illness decreased by 11.5% between 2008 and 2012, correlating with the campaign's activities. This shift in public perception is crucial for creating an environment where mental health is prioritized and supported, aligning with the broader goals of sustainable development.

Table 3: Impact of Public Awareness Campaigns

Campaign	Year Launched	Key Activities	Impact on Mental Health Literacy	Impact on Stigma
Time to Change	2007	Media campaigns, community events, workplace initiatives	Increased willingness to discuss mental health issues	11.5% reduction in stigma (2008-2012)

7.3. Mental Health Literacy

Improving mental health literacy among the general population is another key objective of public education efforts. Mental health literacy refers to the knowledge and beliefs about mental disorders that aid in their recognition, management, and prevention (Jorm, 2000). Higher levels of mental health literacy are associated with better outcomes for individuals experiencing mental health issues, as they are more likely to seek help early and adhere to treatment (Kitchener & Jorm, 2002).

The UK has made significant strides in improving mental health literacy through various initiatives, including school-based programs, public health campaigns, and workplace training. For instance, Mental Health First Aid (MHFA) training has been widely adopted in workplaces and communities across the UK, teaching individuals how to recognize the signs of mental health

issues and provide initial support (Kitchener & Jorm, 2002). This program has been shown to increase mental health literacy, reduce stigma, and improve confidence in providing mental health support (Kelly et al., 2011).

8. Collaboration and Partnerships

A multi-stakeholder approach is essential for effectively integrating mental health into sustainable development. Collaboration between government agencies, non-profits, private sector organizations, and international bodies enhances the reach and impact of mental health initiatives, ensuring that resources are used efficiently and that interventions are culturally and contextually appropriate.

8.1. Government and Non-Profit Partnerships

In the UK, partnerships between the government and non-profit organizations have been crucial in expanding mental health services and outreach. Non-profits such as Mind, Rethink Mental Illness, and the Samaritans work closely with the NHS and local authorities to provide mental health services, advocate for policy changes, and deliver public education campaigns (Mind, 2020). These collaborations allow for the pooling of resources and expertise, leading to more comprehensive and accessible mental health care.

One successful example of such collaboration is the Improving Access to Psychological Therapies (IAPT) program, which was developed in partnership with non-profit organizations to provide evidence-based psychological therapies to the public (Clark, 2018). The involvement of non-profits in the delivery and promotion of IAPT services has been instrumental in its success, helping to reach underserved populations and reduce barriers to accessing care.

8.2. Private Sector Involvement

The private sector plays a significant role in advancing mental health initiatives through corporate social responsibility (CSR) programs, workplace wellness initiatives, and partnerships with mental health organizations. Many companies in the UK have recognized the importance of mental health in the workplace and have implemented comprehensive wellness programs that include mental health support (CIPD, 2020).

For example, the "Heads Together" campaign, spearheaded by the Royal Foundation of The Duke and Duchess of Cambridge, has partnered with major UK businesses to promote mental health awareness and support in the workplace (Royal Foundation, 2019). This initiative has encouraged businesses to take an active role in supporting their employees' mental health, contributing to a broader cultural shift towards prioritizing mental well-being.

8.3. International Collaboration

International collaboration is crucial for sharing knowledge, best practices, and resources to address the global mental health crisis. The UK has been an active participant in international efforts to promote mental health, including its involvement in the World Health Organization's

(WHO) Mental Health Action Plan 2013-2020, which aims to improve mental health care globally (WHO, 2013).

Through partnerships with international organizations and participation in global forums, the UK contributes to the development of global mental health strategies and the dissemination of evidence-based practices. These collaborations not only enhance the UK's domestic mental health efforts but also help to build capacity in other countries, promoting a more equitable and sustainable approach to global mental health.

9. Policy Recommendations

To further integrate mental health into sustainable development goals and address the challenges outlined in this paper, several key policy recommendations are proposed.

9.1. Increase Funding for Mental Health Services

Given the persistent funding limitations in the mental health sector, it is crucial that the UK government increases investment in mental health services. This should include both direct funding for the NHS to expand service capacity and targeted funding for community-based mental health programs that address social determinants of health. Increased funding is necessary to reduce waiting times, improve service quality, and ensure that all individuals have access to the mental health care they need (The King's Fund, 2021).

9.2. Expand Mental Health Education and Awareness

Expanding mental health education and public awareness campaigns is essential for reducing stigma, improving mental health literacy, and encouraging early intervention. This should include integrating mental health education more comprehensively into the school curriculum, expanding workplace mental health training programs, and continuing to support public awareness campaigns like "Time to Change" (Department for Education, 2020).

9.3. Strengthen Multi-Stakeholder Collaboration

Strengthening collaboration between government agencies, non-profits, the private sector, and international organizations is vital for addressing the complex challenges of mental health. Policy initiatives should encourage and facilitate these partnerships, ensuring that all stakeholders are involved in the development and implementation of mental health strategies. This can be achieved through joint funding initiatives, shared research and data platforms, and the creation of multi-sector advisory bodies to guide policy development (Clark, 2018).

9.4. Prioritize Mental Health in Global Development Agendas

The UK should continue to advocate for the inclusion of mental health in global development agendas, working with international partners to ensure that mental health is recognized as a critical component of sustainable development. This includes supporting the WHO's efforts to integrate mental health into the global health agenda and contributing to international initiatives that promote mental health equity and access to care (WHO, 2013).

10. Conclusion

The integration of mental health into sustainable development is essential for achieving the United Nations Sustainable Development Goals (SDGs), particularly SDG 3 on good health and well-being. The UK has made significant progress in this area through innovative initiatives such as the "Every Mind Matters" campaign, Mental Health Support Teams in schools, and the integration of mental health services into primary care. However, challenges such as socioeconomic inequalities, stigma, and funding limitations persist and must be addressed to ensure that mental health services are accessible and effective for all.

Education, public awareness, and collaboration between government, non-profits, and the private sector are key to overcoming these challenges and promoting mental well-being. By increasing funding, expanding education and awareness efforts, strengthening multi-stakeholder collaboration, and prioritizing mental health in global development agendas, the UK can continue to lead in integrating mental health into sustainable development. These efforts will not only improve mental health outcomes domestically but also contribute to global progress towards a more sustainable and equitable future.

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