

AIM PROJECT RATIONALE DOCUMENT

Prevalence of Mental Health

Lanarkshire has an above-average level of Mental Health Prevalence in Scotland. Mental health problems affect approximately one in four people, equating to over 140,000 people in Lanarkshire. According to the SIMD North and South Lanarkshire are one of the most deprived areas with employment and income deprivation well above national average. They represent 10.5% of the national share of the most deprived datazones. There is a strong link between low income and the mental health problems. It is also widely evidenced that access to accessible, effective, empowering advice services and appropriate support are key to improving mental health and improving income, building financial capability and preventing debt problems