

WHEN INJUSTICE  
BECOMES LAW  
RESISTANCE  
BECOMES A DUTY



PSYCHOLOGISTS  
*for*  
SOCIAL CHANGE

# The Psychological Impact of Austerity

*A Briefing Paper*



PSYCHOLOGISTS  
AGAINST AUSTERITY



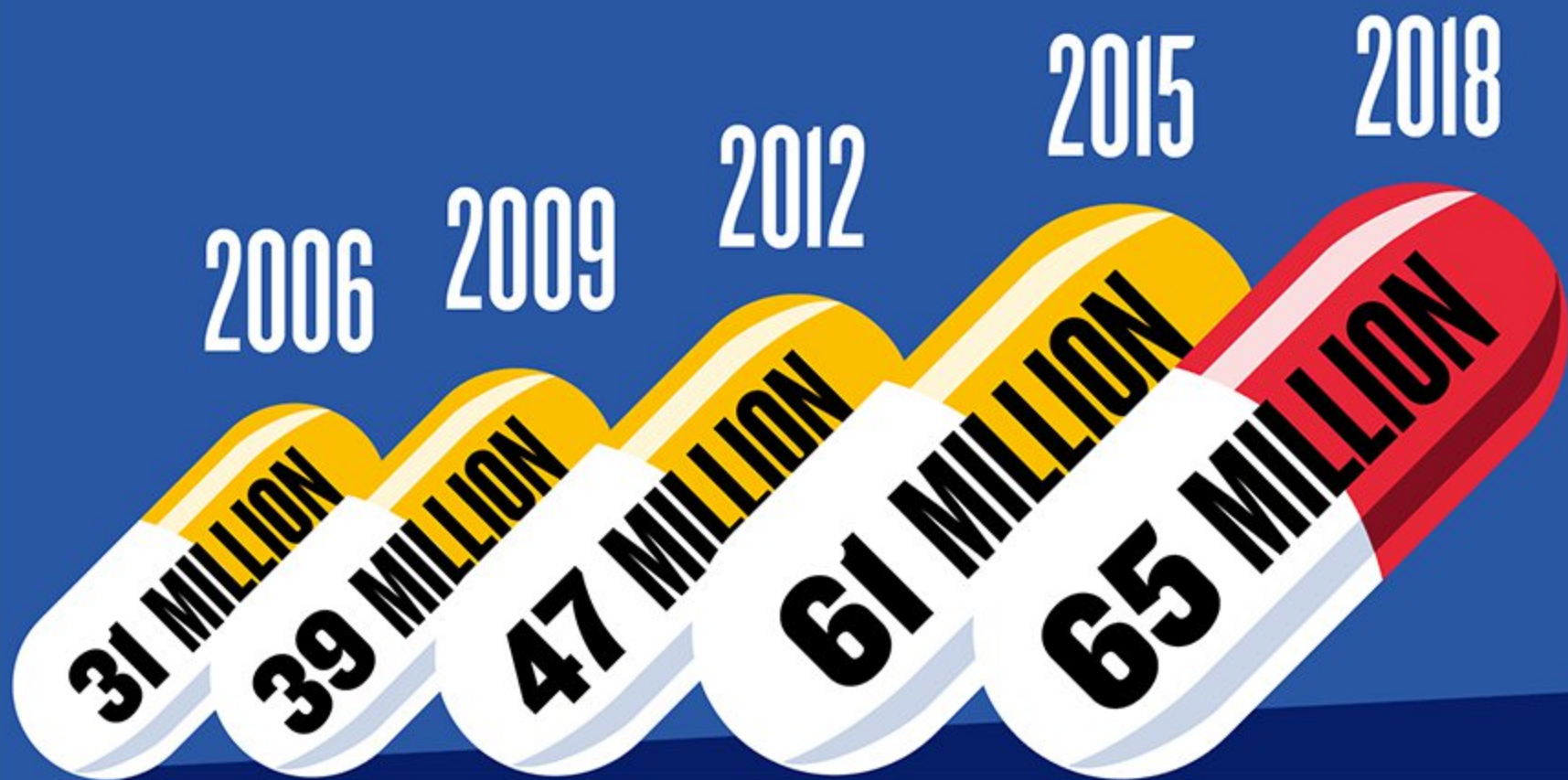
## ***Five 'Austerity Ailments'***

- Humiliation and shame
- Fear and distrust
- Instability and insecurity
- Isolation and loneliness
- Being trapped and powerless.

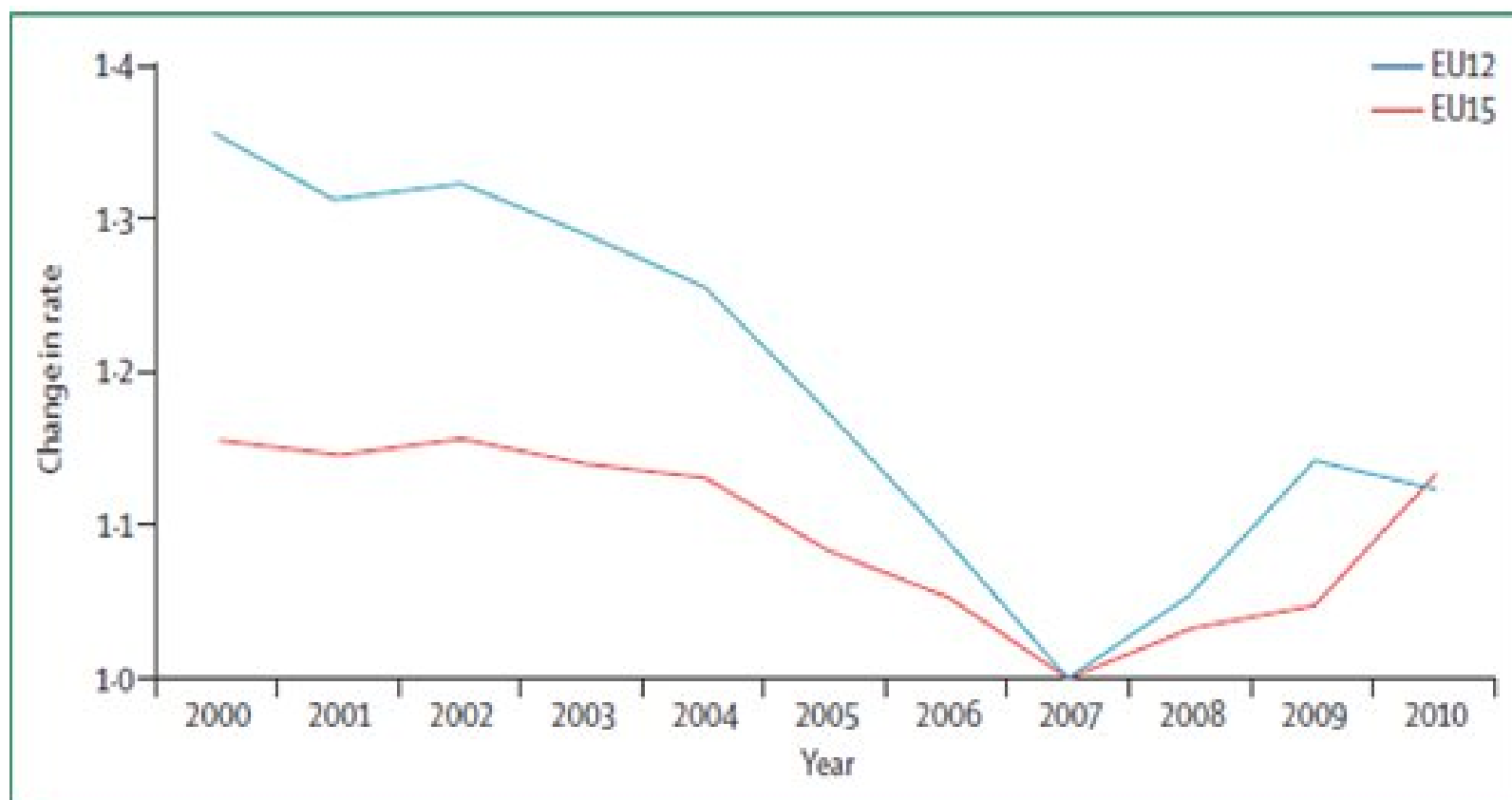
## ***Five indicators of a psychologically 'healthy' society***

- Agency
- Security
- Connection
- Meaning/purpose
- Trust.

# ANTIDEPRESSANT PRESCRIPTIONS IN THE UK



SOURCE: NHS



**Figure 2: Suicide rates before and after 2007 in the 12 post-2004 (EU12) and 15 pre-2004 (EU15) countries of the European Union**

Sources: WHO Mortality Database<sup>43</sup> and Eurostat (for France, Greece, and Luxembourg for 2010).<sup>5</sup> No data were available for Italy and Denmark for 2010. Rate of suicide in 2007=1. Data were adjusted relative to countries' populations.

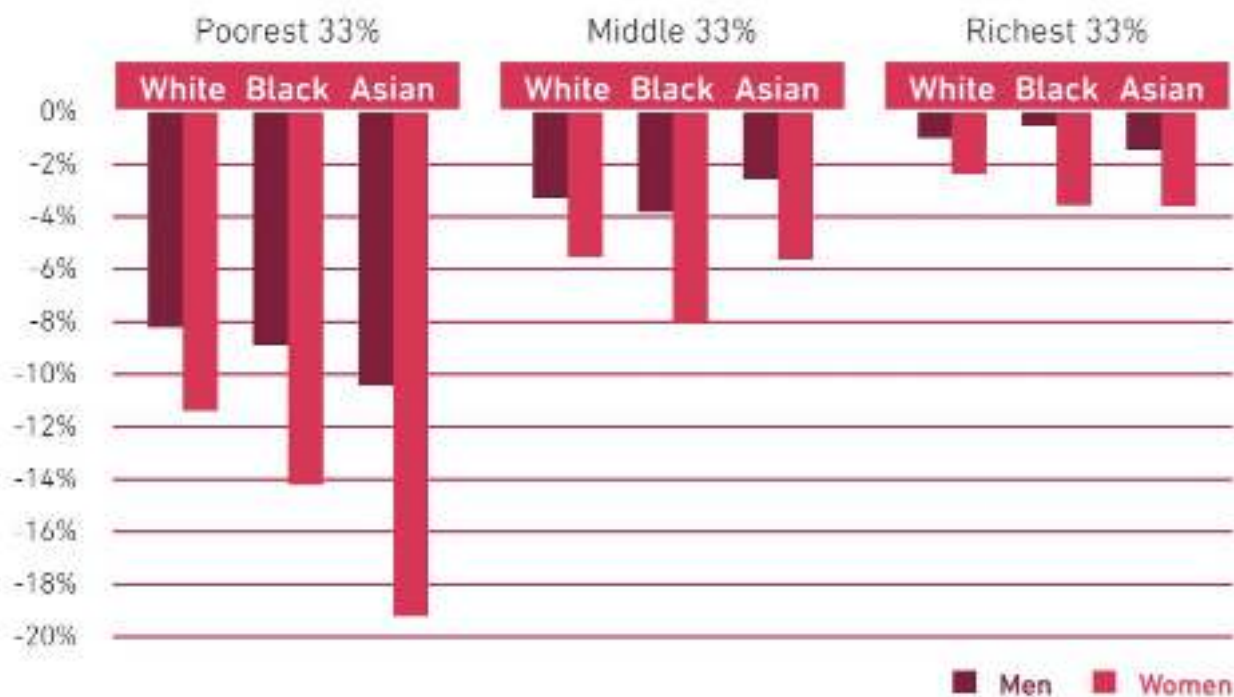


What stories  
are getting told  
here?

What stories  
are not getting  
told?

# Video

**2010-20 cumulative individual impact of changes in taxes and benefits (percentage of net individual income per annum by 2020) by household income groups, gender and ethnicity (selected)**



Source: Women's Budget Group 2017

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## ***Five 'Austerity Ailments'***

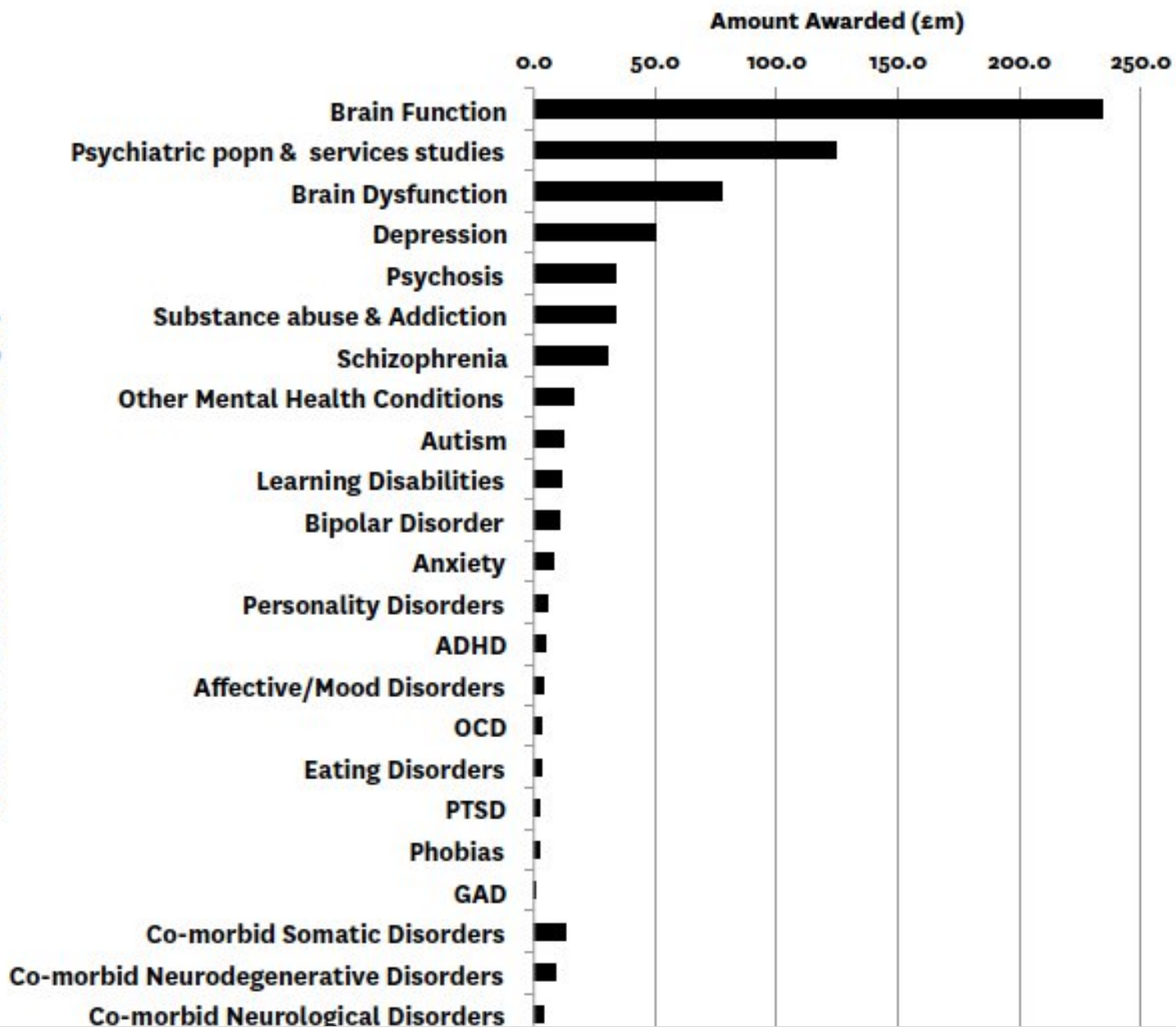
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**Mental Health Related Research Category**



*It's not just about more NHS mental  
health services or other forms of  
individual self care*





[www.mac-uk.org](http://www.mac-uk.org)

**WHEN A FLOWER  
DOESN'T BLOOM, YOU  
FIX THE ENVIRONMENT  
IN WHICH IT GROWS,  
NOT THE FLOWER.**

LEADERQUOTES • INSTAGRAM

**ALEXANDER DEN HEIJER**



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# Psychologically Healthy Streets & Community Spaces

## Community Wealth Building

## Buen Vivir movement

## What Are Healthier Economic Policies?



Universal Basic Income:  
A Psychological Impact  
Assessment



PSYCHOLOGISTS  
for  
SOCIAL CHANGE



BUILD BACK  
**BETTER**

What we want

Get involved

About us

# The campaign for a coronavirus recovery plan that **builds back better**

Let's not go back to normal. It's time for a new deal that protects public services, tackles inequality in our communities, provides secure well-paid jobs and creates a shockproof economy which can fight the climate crisis.

<https://www.buildbackbetteruk.org/>

**@SallyZlotowitz**  
**@PsychSocChange**





# Mental Well-being Impact Assessment

## A toolkit for well-being

Mental Well-being Impact Assessment (MWIA) enables people and organisations to assess and improve a policy, programme, service or project to ensure it has a maximum equitable impact on people's mental well-being.

Published by the National MWIA Collaborative (England)  
May 2011

## Members of the National MWIA Collaborative (England)



Lynne Friedli

Jude Stansfield

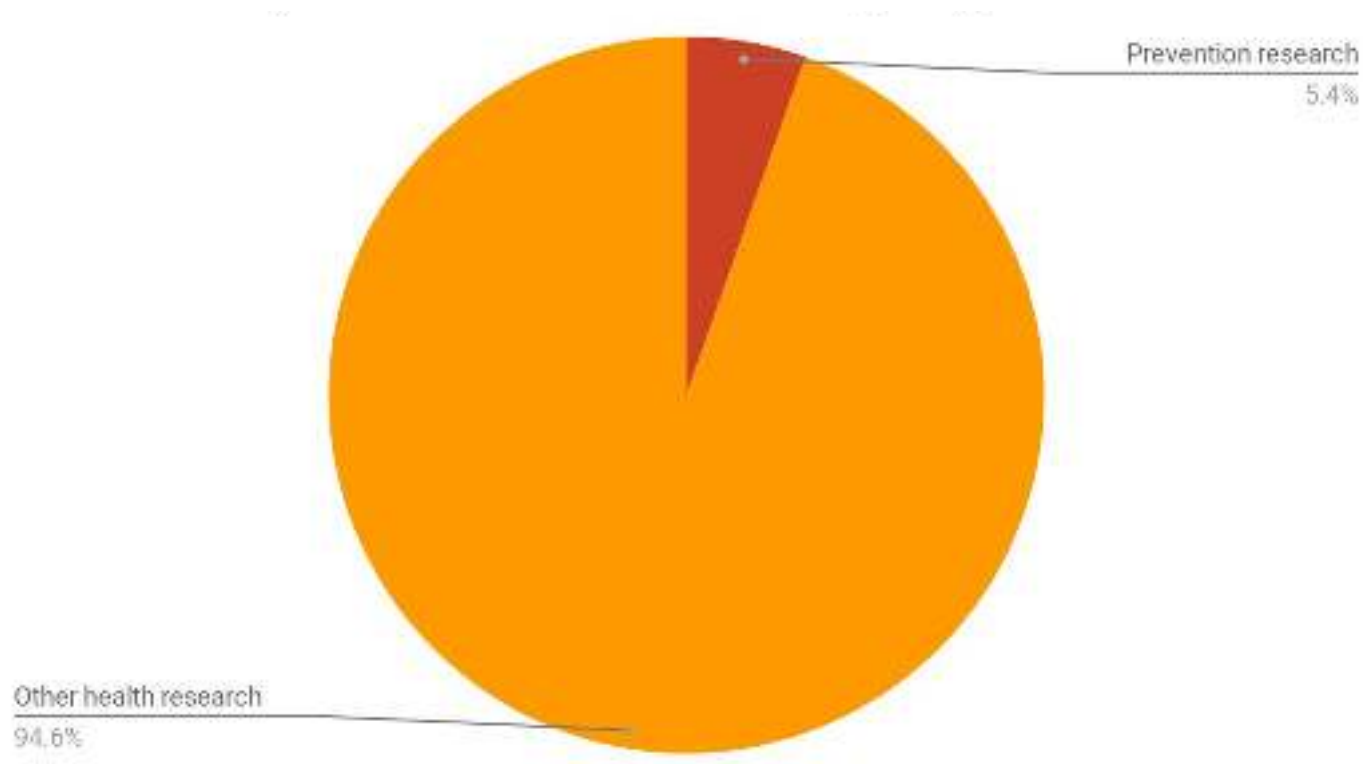
Kate O'Hara



South London and Maudsley NHS Foundation Trust



Increase in R&D spending is an opportunity to review & rebalance priorities...



Source: Academy of Medical Sciences (2016) Improving the health of the public by 2040

At service design level  
more coproduction & peer support, MAC-UK

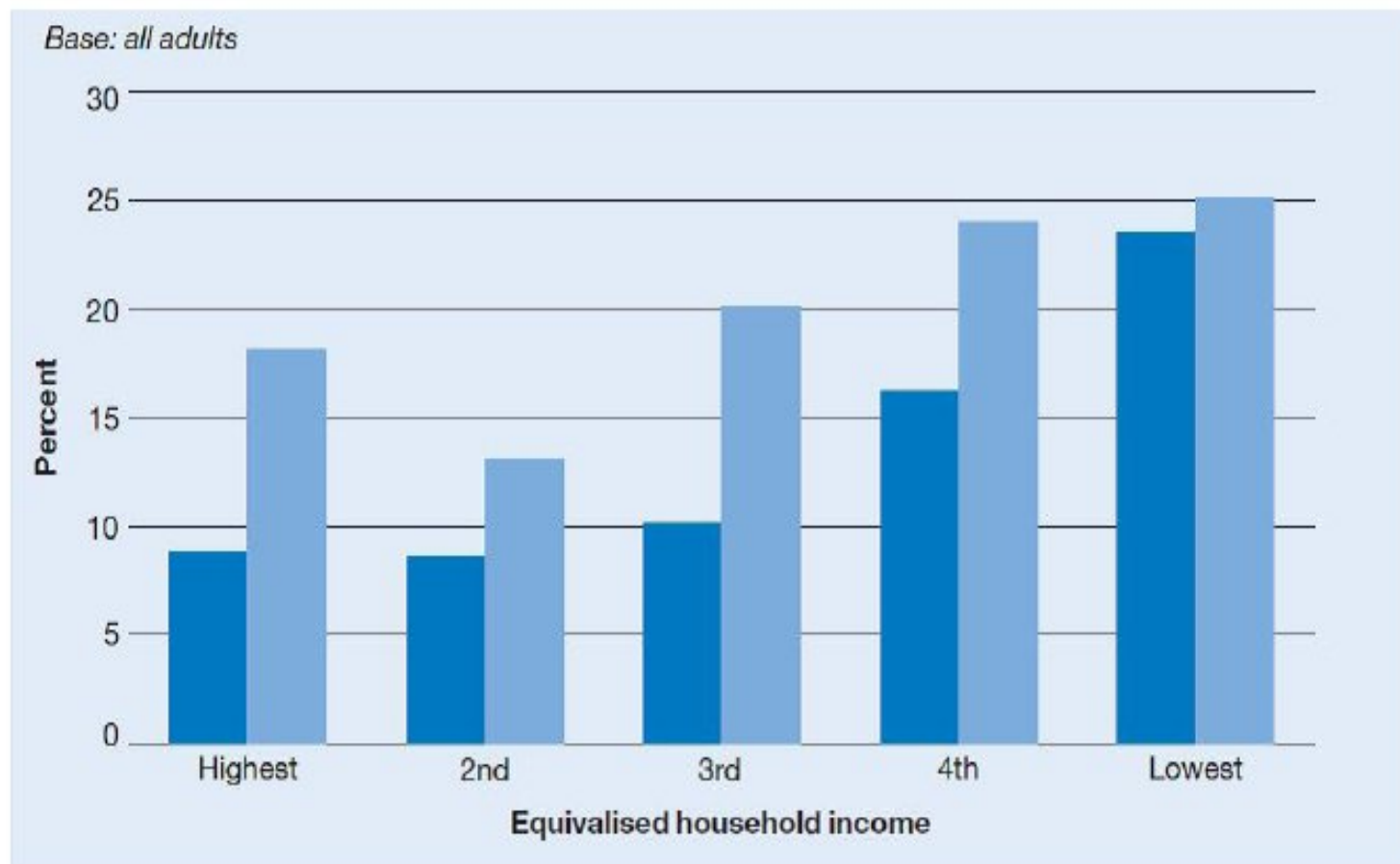
New visions for local & national economies  
& cities

Eg Community Wealth Building  
Nesta's ShareTown  
Wellbeing Economy Alliance

How do they/are we include marginalised  
communities?

**Figure 1: Prevalence of any common mental disorder by household income, England 2007 (19)**

*Re-used with the permission of the Health and Social Care Information Centre. All rights reserved*



Key: Pale bars: women; dark bars: men

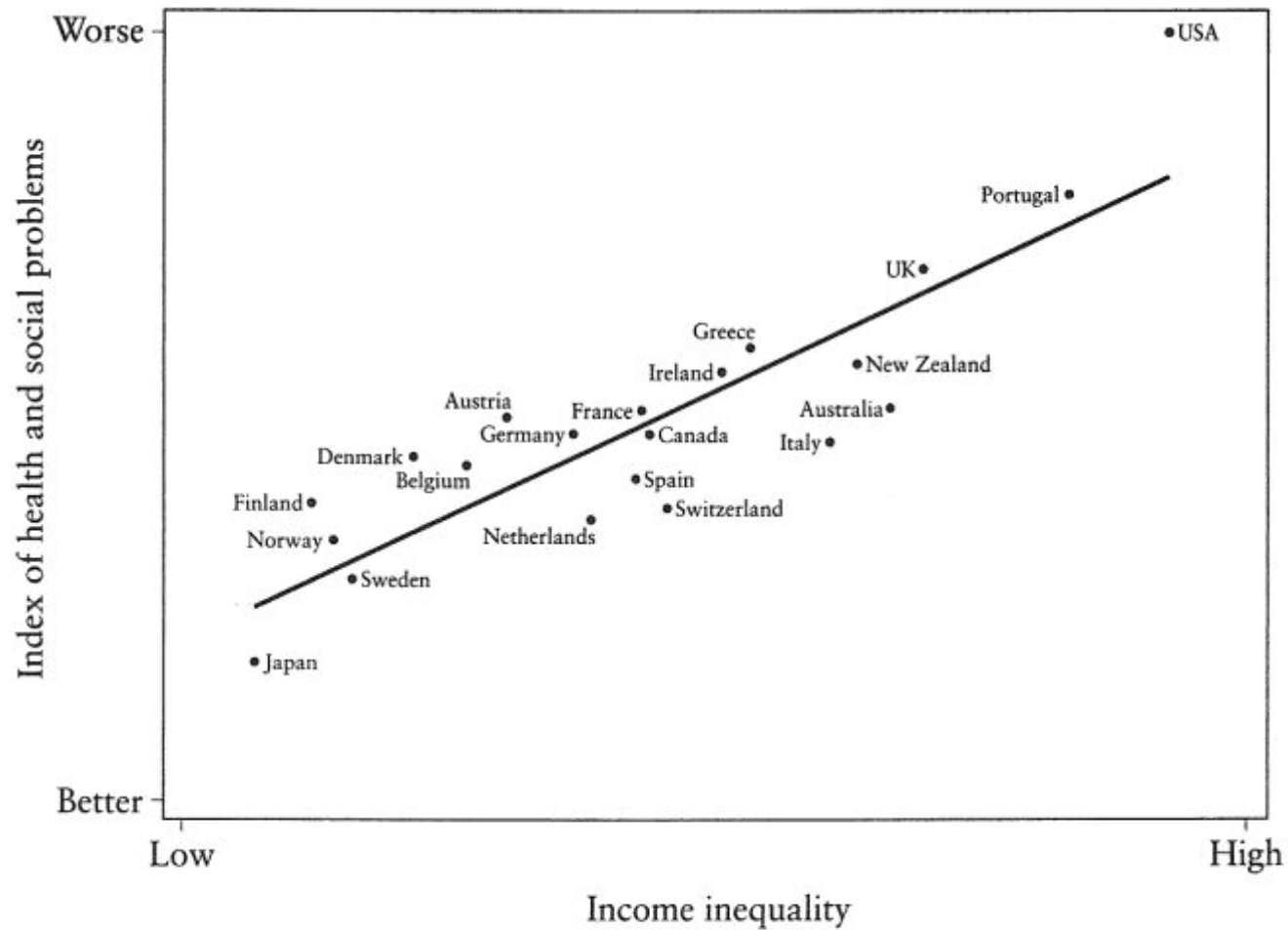
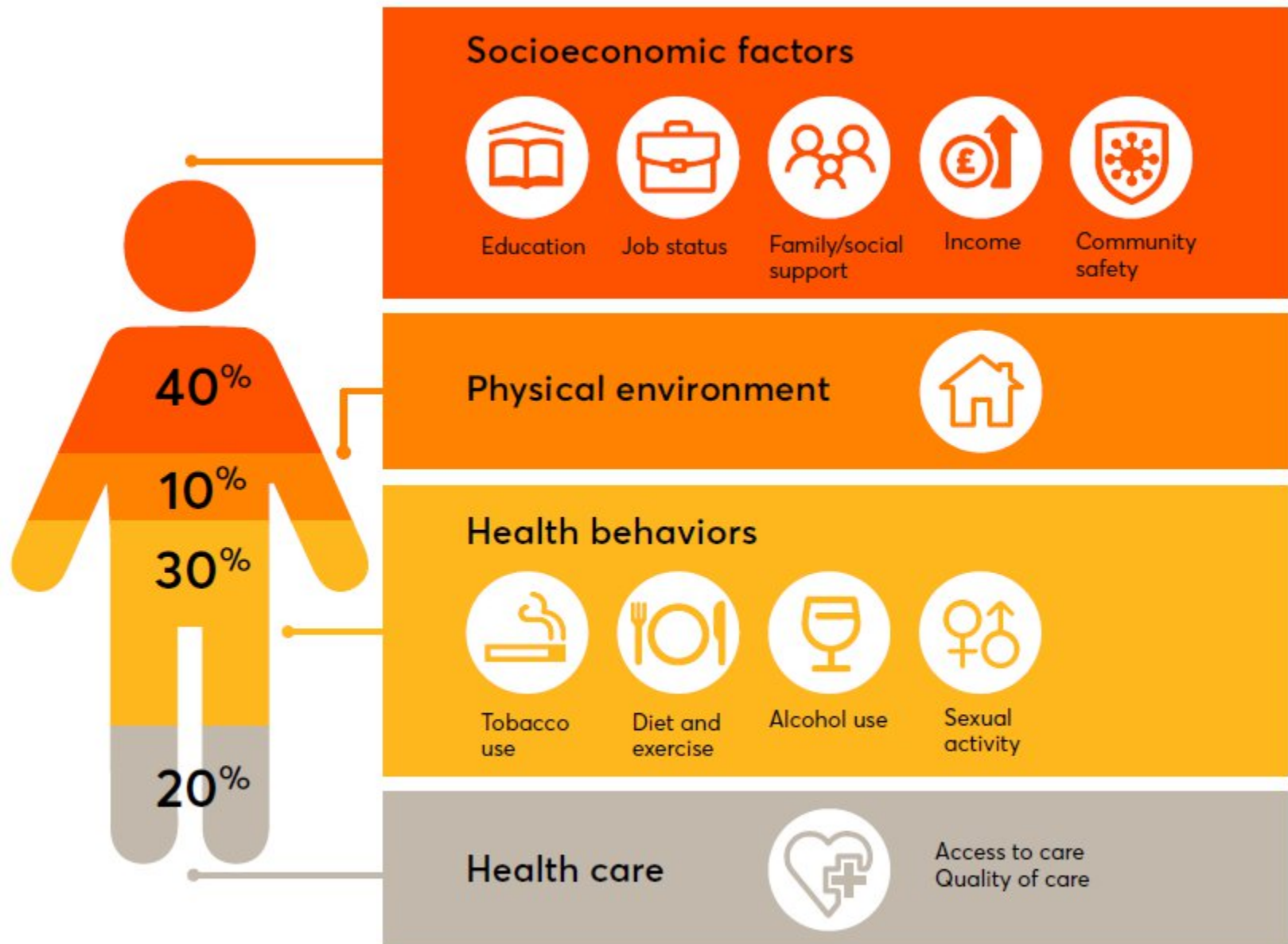


Figure 2.2 *Health and social problems are closely related to inequality among rich countries.*



Source: Social Determinants of Health – University Wisconsin Population Health Institute

JANUARY 8, 2016 BY SALESFORCE CANADA

# What Mindfulness Could Mean For Sales Teams

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## ***“Your Competitor May Already Becoming More Mindful”***

Studying mindfulness is optional for business workers today, but perhaps not for long. The authors of [\*One Step Ahead: Enhance Your Performance At Work With Mindfulness\*](#) say 46.9 per cent of the time, our attention wanders from what we're doing.

We've been researching, funding and supporting innovation to improve health and well-being for more than 10 years



Championing a vision of  
“People Powered Health”





Realising the Value Programme

Social Movements in Health Programme

**nesta**



## The movements



### BlackOut UK

Bringing visibility to the sexual and mental health inequalities experienced by Black Queer men across the UK.

Intersectionality a real issue in campaigning and challenging health orthodoxies.



# Participatory Action Research



HOUSING  
IS A  
MENTAL  
HEALTH  
ISSUE



## Everyday Austerity

***“Clinical Psychologist”:*** *I work with individuals who have mental health difficulties & personality disorder in the community. Many of those I work with face increased stigma and shame associated with the public perception of being on benefits. Though many of those I see are unable to work, the constant dialogue about them being ‘scroungers’, (e.g. laying in bed with the curtains closed whilst their hardworking neighbours trudge off in the dark in the morning) increases their shame and self hatred. This further impacts on their mental health & behavioural difficulties e.g. self harm/suicidal ideation.*

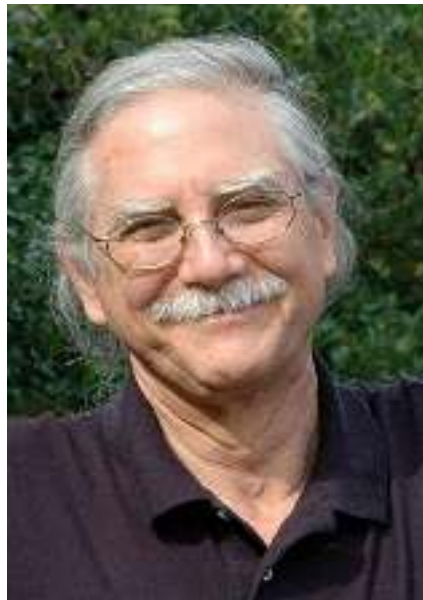
*There is also a constant anxiety and fear about being abandoned by the state and left with nothing and no way to cope with life. I have also witnessed mistakes and delays in getting benefits triggering mental health crisis. In terms of services – my experience is of working in an increasingly fragmented and stretched team. This offers less psychological containment for both staff doing this difficult work and also patients who are less sure about being able to see someone they know and feel contained by in the event of a crisis.*





I'm no longer  
accepting the things  
I cannot change.  
I'm changing  
the things  
I cannot accept.

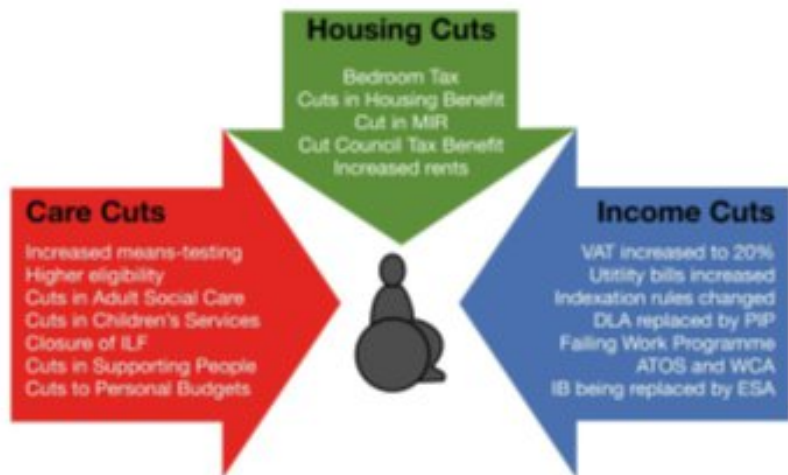
Angela Davis



The truth is, everything will be  
okay as soon as you are okay with  
everything. And that's the only  
time everything will be okay.

Michael Singer, *The Untethered Soul*

# Who is most affected?



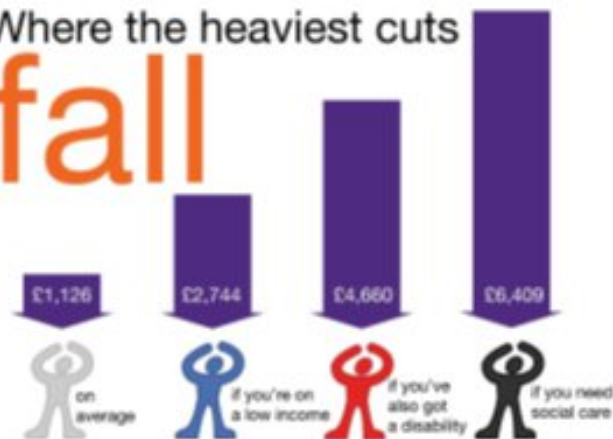
## Policies hitting people on low incomes or with disabilities

Facts, figures and references available: <http://bit.ly/cuts-data>



## Where the heaviest cuts

fall



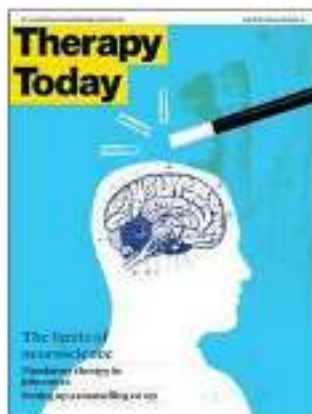
## Average annual cuts per person by 2015-16

Facts, figures and references available: <http://bit.ly/cuts-data>

(Duffy, 2014)



- Resistance to cuts
- Protests
- Collective Action
- Socio economic formulations
- Everyday Austerity



Volume 26  
Issue 6  
July 2015  
Page 4-5

[BROWSE ISSUES](#) >



Category: *Your views*

*Lynne Friedli and Robert Stearn urge counsellors to challenge the pathologising of unemployment*

## No work, can't work

by  
Lynne Friedli  
Robert Stearn

Does it matter where therapy is delivered? Should therapists be concerned that 'getting a job' and 'getting off benefits' are becoming primary therapeutic goals and key indicators of a fulfilling life? The Government's decision to co-locate 350 IAPT therapists in Jobcentres makes these urgent questions for therapists and anyone working in mental health.

Billed as a package of measures to 'provide integrated employment and mental health support to claimants with common mental health conditions' (alongside access to supported online CBT), these plans featured in the Coalition Government's pre-election budget. They effectively add psychological therapies to the range of interventions applied to force claimants into work – any work. CBT becomes part of workfare, the collection of Government 'work for your benefit' programmes that not only specify what people must do

## Welcome

Welcome to TherapyToday.net, an award-winning website published by the British Association for Counselling & Psychotherapy.

The site contains a searchable archive of over 500 articles published in *Therapy Today* since September 2005. Some articles are freely available, whereas others can be bought via the online purchasing system (log in to access more articles). To subscribe, [click here](#).