

Health and Wellbeing Consultant's Report
A Comprehensive Analysis of Health, Wellbeing, and Sustainable Development in the UK
Healthcare Sectors
Tayba Habib (2026249)
MODULE CODE AND TITLE: BMHP6021
LECTURERS NAME: Joanne Davies

Contents

Executive Summary	3
Introduction	4
Impacts of COVID-19 on the UK Population	5
Mental Health Impacts	5
Sustainable Development Goals	6
Critical Examination of Progress and Challenges	10
Critical Examination of the Implementation of Goals	11
Recommendations for Improvement	13
Conclusion	14

Executive Summary

This comprehensive report offers a detailed analysis of the present status of health, well-being, and sustainable development within the healthcare sectors of the United Kingdom (UK). Delving into the multifaceted challenges, promising opportunities, and innovative initiatives that define the healthcare landscape in the UK, the report provides a thorough exploration of key areas of focus.

The report begins by acknowledging the profound impact of the COVID-19 pandemic on the UK healthcare system. It examines how the pandemic has not only strained healthcare resources but also prompted significant changes in service delivery, resource allocation, and public health strategies.

A substantial portion of the report is dedicated to the state of mental health services in the UK. It sheds light on the growing recognition of mental health as a critical component of overall well-being. The report discusses the challenges in accessing mental health care, the stigma associated with mental illness, and the need for increased investment and support for mental health services.

Another crucial aspect addressed in the report is the UK's efforts towards sustainable development within healthcare. It explores initiatives aimed at reducing the carbon footprint of healthcare facilities, promoting renewable energy use, and implementing sustainable practices in healthcare operations. The report highlights the importance of sustainable development not only for environmental conservation but also for long-term cost savings and public health benefits.

The role of technology in healthcare delivery is a significant theme throughout the report. It examines how advancements in telemedicine, electronic health records, artificial intelligence, and wearable devices are transforming the way healthcare services are accessed and delivered. The report discusses the potential of technology to improve efficiency, patient outcomes, and access to care while also addressing challenges such as data privacy and equity in technology access.

Drawing on meticulous analysis and insights from experts in the field, the report provides thoughtful recommendations for stakeholders in the UK healthcare sectors. These recommendations aim to guide policymakers, healthcare providers, and industry leaders in enhancing health and well-being outcomes while promoting sustainable development.

In conclusion, this report offers a comprehensive examination of the current state of health, well-being, and sustainable development within the UK healthcare sectors. It emphasizes the

interconnected nature of these aspects and the need for holistic approaches to address the challenges and leverage the opportunities present. By providing a roadmap for stakeholders, the report aims to contribute to the ongoing efforts to improve healthcare delivery, promote mental health, advance sustainable practices, and harness the potential of technology for the benefit of individuals and society within the UK.

1. Introduction

Health, wellbeing, and sustainable development are not just lofty ideals but foundational pillars of a prosperous and thriving society. These elements are intricately interwoven, and the healthcare sectors in the United Kingdom stand as key pillars in safeguarding and promoting them for the population. However, the landscape within which these sectors operate is a complex tapestry, marked by a multitude of challenges.

In the United Kingdom, the healthcare system faces a myriad of complexities. From resource constraints to the continuous evolution of healthcare needs, the landscape is ever-changing. Demographics are shifting, with an aging population and changing patterns of disease burden (UK GOV, 2020). The impacts of the COVID-19 pandemic have reverberated throughout, highlighting both the resilience and vulnerabilities of the healthcare infrastructure.

Within this dynamic environment, the healthcare sectors—comprising the National Health Service (NHS), private providers, and public health agencies—work tirelessly to deliver essential services (UK GOV, 2020). These sectors not only provide care for the sick but also champion preventive measures, promote mental well-being, and strive for environmental sustainability (UK GOV, 2020).

Resource constraints pose a significant challenge, requiring careful allocation and utilization of funds and personnel (UK GOV, 2020). Workforce shortages, particularly in critical areas such as nursing and primary care, add pressure to an already burdened system. Disparities in access to care based on socio-economic status, geography, and ethnicity remain persistent challenges (UK GOV, 2020).

Despite these challenges, the UK healthcare sectors have shown resilience and adaptability. Initiatives such as the NHS Long Term Plan have set ambitious goals for improving care quality and access. Public Health England's Prevention Programme aims to shift the focus towards proactive health measures, addressing lifestyle factors and preventive care. The commitment to NHS Net Zero by 2040 and the work of the Sustainable Development Unit (SDU) underscore a dedication to environmental sustainability within healthcare operations (NHS England, 2020).

To navigate this complex landscape effectively, a nuanced understanding of the current situation is essential. This report endeavours to provide just that—a detailed and comprehensive examination of health, wellbeing, and sustainable development within the UK healthcare sectors. By delving into the intricacies of these interconnected elements, we aim to shed light on both the progress made and the areas requiring further attention and improvement.

Overall, the healthcare sectors in the UK are at a pivotal juncture, facing challenges while also embracing opportunities for innovation and progress. By examining the current state with depth

and detail, this report seeks to inform stakeholders, policymakers, and the public. Through understanding the complexities of the healthcare landscape, we can work towards a future where health, wellbeing, and sustainability are not just ideals but tangible realities for all citizens of the United Kingdom.

2. Impact of COVID-19 on the UK Population

The COVID-19 pandemic has presented unparalleled challenges to the UK healthcare system, testing its resilience and adaptability (UK GOV,2020). Hospitals faced unprecedented patient volumes, critical shortages of personal protective equipment (PPE), and immense strains on healthcare workers. The pandemic highlighted the necessity for preparedness, effective public health measures, and seamless coordination between healthcare entities (UK GOV, 2020).

The UK government's response to the pandemic, including rapid vaccine distribution and public health campaigns, has been commendable. The National Health Service (NHS) demonstrated remarkable agility in setting up vaccination centres and executing booster campaigns (UK GOV, 2020). However, challenges such as the need for improved coordination between local authorities and healthcare providers became evident. The rapid expansion of telemedicine services during the pandemic illustrated the potential of remote consultations to improve access to care, particularly in rural areas where healthcare access is limited (RSPsych, 2020).

3. Mental Health Services

Mental health has emerged as a pressing concern within the UK healthcare sectors, exacerbated by the COVID-19 pandemic (WHO, 2022). Pre-existing challenges, including long waiting times for mental health services, were amplified, especially for vulnerable populations. The integration of mental health support into primary healthcare services and the expansion of community-based programs are crucial for proactively addressing these challenges (WHO, 2022).

Efforts to enhance mental health services should include substantial investments in funding, workforce development, and destigmatization campaigns. Early intervention, prevention programs, and culturally sensitive care are essential for ensuring equitable access to high-quality mental health services for all individuals (RSPsych, 2020). The UK government's focus on mental health services through initiatives like the NHS Long Term Plan is commendable. However, there is a need for more targeted strategies to address specific demographics, such as children and young people, who have been disproportionately affected by mental health issues.

4. Sustainable Development Goals

The United Nations Sustainable Development Goals (SDGs) provide a framework for global action towards a more sustainable and equitable future. Two key SDGs relevant to the healthcare sectors are:

Goal 3: Good Health and Well-being

Explanation:

Goal 3 of the United Nations Sustainable Development Goals (SDGs) is "Good Health and Well-being." It aims to ensure healthy lives and promote well-being for all at all ages. In the context of the United Kingdom (UK), this goal includes several specific targets:

1. Reducing Mortality: Targeting a reduction in premature mortality from non-communicable diseases (NCDs) such as heart disease, cancer, diabetes, and respiratory diseases (United Nations, 2022).
2. Universal Health Coverage: Ensuring access to quality essential healthcare services and access to safe, effective, quality, and affordable essential medicines and vaccines for all (United Nations, 2022).
3. Reproductive Health: Improving sexual and reproductive health, including access to family planning, information, and education (United Nations, 2022).
4. Health Risks: Reducing the number of deaths and illnesses from hazardous chemicals and air, water, and soil pollution and contamination (United Nations, 2022).
5. Mental Health: Promoting mental health and well-being, including access to mental health services (United Nations, 2022).

Evaluation:

Importance:

- NHS: The UK's National Health Service (NHS) is a cornerstone of providing universal health coverage, ensuring that citizens have access to healthcare services without financial hardship.
- Health Equity: The UK has made efforts to reduce health inequalities, focusing on addressing the social determinants of health such as poverty, education, and employment.
- Vaccination Programs: Successful vaccination programs have led to the control and near-elimination of diseases such as measles and rubella.

Challenges:

- Health Inequalities: Despite efforts, health inequalities persist, with variations in life expectancy and health outcomes between different regions and socioeconomic groups.
- Mental Health Crisis: The UK faces a significant mental health crisis, with increasing rates of depression, anxiety, and other mental illnesses.
- Obesity and NCDs: Rising rates of obesity and related non-communicable diseases pose a major health challenge, requiring multifaceted interventions.

Progress:

- **NHS Services:** The NHS provides a range of high-quality healthcare services, including primary care, hospital care, and specialized treatments.
- **Public Health Initiatives:** Programs promoting healthy lifestyles, such as smoking cessation campaigns and sugar reduction strategies, have shown positive results.
- **Cancer Screening:** The UK has effective cancer screening programs, improving early detection and treatment outcomes.

Remaining Challenges:

- **Aging Population:** The UK, like many developed nations, faces challenges related to an aging population, including increased demand for health and social care (United Nations, 2022).
- **Healthcare Access:** Despite universal coverage, access to healthcare services can still be a challenge for some, particularly in rural areas (United Nations, 2022).
- **Workplace Well-being:** Mental health in the workplace remains a concern, with efforts needed to promote healthy work environments and support (United Nations, 2022).

Conclusion:

Goal 3, Good Health and Well-being, is a fundamental aspect of the UK's social fabric, supported by the NHS and various public health initiatives (United Nations, 2022). Progress has been made in areas such as vaccination, disease control, and healthcare accessibility. However, persistent challenges such as health inequalities, mental health issues, and the rise of NCDs require continued attention.

The UK's commitment to universal healthcare coverage through the NHS is commendable, but efforts must focus on addressing underlying social determinants of health and promoting mental well-being (United Nations, 2022). Initiatives to tackle obesity, improve health education, and enhance healthcare access in underserved communities are vital.

Success in Goal 3 in the UK not only ensures healthier lives for individuals but also contributes to a more productive workforce, reduced healthcare costs, and overall societal well-being (United Nations, 2022). Continued investment in preventive health measures, mental health services, and addressing health disparities will be key to achieving this goal for the benefit of all UK citizens.

Goal 13: Climate Action

Explanation:

Goal 13 focuses on urgent action to combat climate change and its impacts. In the context of the United Kingdom (UK), this goal has specific relevance and targets:

1. **Net Zero by 2050:** The UK government has committed to achieving net-zero greenhouse gas emissions by 2050. This means balancing the amount of greenhouse gases emitted with the equivalent amount removed from the atmosphere (United Nations, 2015).

2. Renewable Energy Transition: The UK aims to significantly increase renewable energy generation, such as wind, solar, and hydro power, to reduce reliance on fossil fuels (United Nations, 2015).

3. Energy Efficiency: There's a focus on improving energy efficiency in buildings, industries, and transportation to reduce overall energy consumption and emissions (United Nations, 2015).

4. Climate Resilience: The UK is working to build resilience to climate change impacts, such as flooding, heatwaves, and sea-level rise, through infrastructure improvements and adaptation strategies (United Nations, 2015).

Evaluation:

Importance:

- Legislative Commitment: The UK's Climate Change Act legally binds the government to its emissions reduction targets, providing a robust framework for action (United Nations, 2015).
- Renewable Energy Growth: The UK has made considerable progress in renewable energy, with offshore wind becoming a major contributor to the energy mix (United Nations, 2015).
- Climate Leadership: Hosting the COP26 climate summit in Glasgow showcased the UK's commitment to global climate action and provided a platform for international cooperation (United Nations, 2015).

Challenges:

- Transitioning Industries: Certain industries, like aviation and agriculture, present challenges in achieving emissions reductions while maintaining economic competitiveness.
- Housing Retrofit: Improving the energy efficiency of existing housing stock is a significant challenge due to the costs and logistics involved (United Nations, 2015).
- Transport Emissions: Despite progress, reducing emissions from transportation remains a challenge, especially in urban areas. (United Nations, 2015)

Progress:

- Coal Phase-Out: The UK has made significant strides in phasing out coal-fired power plants, reducing carbon emissions from electricity generation (United Nations, 2015).
- Green Finance: London has become a hub for green finance, attracting investments into sustainable projects globally (United Nations, 2015).
- Electric Vehicles (EVs): The UK has seen a surge in EV adoption, supported by government incentives and infrastructure investments.

Remaining Challenges:

- Just Transition: Ensuring a fair transition for workers and communities affected by the shift away from fossil fuels is a priority.
- Biodiversity Loss: Addressing biodiversity loss, which is interconnected with climate change, requires concerted efforts.
- Local-Level Action: More support is needed for local authorities and communities to implement climate action at the grassroots level (United Nations, 2015).

Conclusion:

In the UK, Goal 13, Climate Action, is not just a global imperative but also a national priority. The country has made significant strides, especially in renewable energy and emissions reductions. However, challenges such as transitioning industries, improving energy efficiency, and addressing transportation emissions remain (United Nations, 2015). Continued commitment to the Climate Change Act, fostering innovation in green technologies, and supporting communities through the transition are crucial for the UK to achieve its climate goals. The success of Goal 13 in the UK will not only benefit the environment but also drive economic growth, create jobs in green industries, and enhance the well-being of its citizens.

5. Critical Examination of Progress and Challenges

Progress Made by the UK Government:

The UK government has made commendable progress in implementing goals related to mental health services, sustainable development, and the UN SDGs. Initiatives such as the NHS Long Term Plan, Public Health England's Prevention Programme, NHS Net Zero by 2040, and the SDU have shown tangible improvements in access to healthcare services, reduction of carbon emissions, and adoption of sustainable practices within healthcare facilities (United Nations, 2015).

Challenges:

- Funding Constraints: Limited funding remains a significant barrier to fully realizing the goals of improving mental health services, achieving sustainable development, and meeting the targets of the UN SDGs. Sustained and increased funding is essential for long-term success.
- Workforce Shortages: Both mental health services and sustainable development initiatives face challenges due to workforce shortages. Adequate staffing and training are crucial for delivering quality care and implementing sustainable practices.
- Equitable Access: Disparities in access to mental health services, technology-driven healthcare, and sustainability initiatives persist, particularly among marginalized populations. Addressing these inequities is vital for promoting health and wellbeing for all. Targeted interventions and outreach programs are needed to reach underserved communities.
- Quality of Care: Ensuring high-quality care and patient outcomes remains a challenge, especially in the context of mental health services and sustainable development initiatives. Stricter evaluation criteria and continuous quality improvement efforts are needed. The

establishment of clinical guidelines and standards can help ensure consistency in care delivery across different healthcare settings.

- **Technological Integration:** The integration of technology into healthcare systems has been uneven, leading to disparities in access and effectiveness. Further investment in digital infrastructure and training is necessary. Additionally, data privacy and security measures must be robustly enforced to protect patient information.

6. Critical Examination of the Implementation of Goals

Goal 3: Good Health and Well-being

The implementation of Goal 3 has had a positive impact on health, wellbeing, and sustainable development within the UK healthcare sectors. Initiatives such as the NHS Long Term Plan and Public Health England's Prevention Programme have improved access to healthcare services and promoted preventive measures (United Nations, 2022). The NHS Long Term Plan, launched in 2019, set out a vision for the future of the NHS, focusing on prevention, primary care, and mental health services (United Nations, 2022). This strategy aims to ensure that patients receive the right care in the right place, with a stronger emphasis on community services and early intervention. Through the implementation of this plan, progress has been made in reducing waiting times, enhancing mental health support, and addressing health inequalities.

Public Health England's Prevention Programme, on the other hand, has focused on tackling lifestyle-related risk factors such as smoking, obesity, and physical inactivity (United Nations, 2022). This programme includes initiatives such as the Better Health campaign, which aims to encourage healthier lifestyles through education and support. These efforts have contributed to improvements in public health outcomes, including reductions in smoking rates and obesity prevalence.

Despite these achievements, challenges remain in fully realizing Goal 3. Health disparities persist, with certain populations facing barriers to accessing healthcare services. Workforce shortages, particularly in mental health, pose challenges to providing timely and effective care. Additionally, the COVID-19 pandemic has highlighted the importance of addressing mental health needs, with increased demand for services and growing concerns about the mental wellbeing of the population (United Nations, 2022). To further advance Goal 3, the UK government should focus on addressing these challenges through increased funding, workforce development, and targeted interventions for underserved populations.

Goal 13: Climate Action

The implementation of Goal 13 through initiatives like the NHS Net Zero by 2040 strategy and the Sustainable Development Unit (SDU) has been a significant step towards reducing the healthcare sector's carbon footprint and promoting sustainable practices. The NHS Net Zero by 2040 strategy, launched in 2020, aims to make the NHS carbon neutral by 2040, ten years ahead of the UK government's target for the entire country (United Nations, 2022). This ambitious

strategy includes measures such as reducing emissions from buildings and vehicles, investing in renewable energy sources, and promoting sustainable procurement practices. Since its launch, progress has been made in reducing emissions, with many hospitals and healthcare facilities implementing energy-efficient measures and transitioning to renewable energy sources (United Nations, 2022).

The Sustainable Development Unit (SDU), established in 2008, plays a key role in promoting sustainability within the healthcare sector. The SDU provides guidance, tools, and resources to help healthcare organizations reduce their environmental impact and improve sustainability practices (United Nations, 2022). Initiatives such as the "Day for Action on Climate Change" and the "Green Ward Competition" have engaged healthcare staff and patients in sustainability efforts, raising awareness and promoting behaviour change. These initiatives have led to reductions in waste, increased recycling rates, and improvements in energy efficiency.

While progress has been made, challenges remain in fully achieving Goal 13. The scale of changes required to make the NHS carbon neutral by 2040 is significant, and funding constraints pose challenges to implementing sustainability measures (United Nations, 2022). Additionally, there is a need for greater collaboration and coordination between healthcare organizations to share best practices and drive collective action. To further advance Goal 13, the UK government should prioritize continued investment in sustainability initiatives, support innovation in green technologies, and promote a culture of sustainability within the healthcare sector.

7. Recommendations for Improvement

1. **Increase Funding:** The UK government should prioritize increased funding for mental health services, sustainable development initiatives, and efforts related to the UN SDGs. Adequate resources are essential for expanding services, implementing sustainable practices, and achieving the targets set forth in the SDGs (United Nations, 2022).
2. **Address Workforce Shortages:** Invest in workforce development programs to address shortages in mental health professionals, sustainability experts, and healthcare workers. Training and support are crucial for delivering high-quality care, promoting sustainable practices, and addressing health disparities.
3. **Enhance Monitoring and Evaluation:** Implement robust monitoring and evaluation frameworks to assess the impact of initiatives related to Goal 3 and Goal 13 (United Nations, 2022). Regular assessments will enable course corrections, improvements in quality of care, and progress towards achieving the UN SDGs. Metrics should include patient outcomes, carbon footprint reductions, and access to services.
4. **Promote Equity and Inclusion:** Develop targeted programs to address disparities in access to mental health services, technology-driven healthcare, and sustainability initiatives. Culturally

sensitive care and outreach efforts are essential for reaching underserved populations and promoting health equity (United Nations, 2022).

5. **Strengthen Collaboration:** Foster collaboration between government agencies, healthcare providers, community organizations, and patients to ensure a holistic approach to health, wellbeing, and sustainable development (United Nations, 2022). Partnerships can leverage diverse expertise and resources for better outcomes. Joint initiatives should be established to address common goals and share best practices.

6. **Invest in Infrastructure:** Enhance healthcare infrastructure to support the delivery of mental health services, sustainable practices, and technology-driven healthcare. This includes updating facilities to be more energy-efficient, improving access to technology, and creating environmentally friendly healthcare spaces.

7. **Public Awareness Campaigns:** Launch public awareness campaigns to promote mental health awareness, sustainable behaviours, and the UN SDGs. Education and engagement with the public are vital for fostering a culture of wellbeing, environmental responsibility, and global citizenship.

8. **International Collaboration:** Collaborate with international partners to share best practices and innovations in mental health services, sustainable development, and achieving the UN SDGs. Learning from global initiatives can inform UK strategies and enhance effectiveness. Participation in international conferences and forums can facilitate knowledge exchange and cross-border cooperation.

9. **Research and Innovation:** Encourage research and innovation in mental health interventions, sustainable healthcare practices, and technology-driven solutions. Supporting research grants and pilot projects can lead to the development of new therapies, technologies, and approaches. Investing in innovation hubs and centres of excellence can drive progress in these areas.

10. **Legislative Support:** Advocate for policies that support mental health parity, sustainability in healthcare, and progress towards the UN SDGs. Legislative measures can include mandates for sustainable practices in healthcare facilities, incentives for green technologies, and regulations to ensure equitable access to mental health services. Policy alignment at national and regional levels is crucial for driving systemic change (United Nations, 2022).

8. Conclusion

In conclusion, the progress within the UK healthcare sectors towards enhancing mental health services, promoting sustainable development, and aligning with the UN Sustainable Development Goals (SDGs) is commendable. Initiatives such as the NHS Long Term Plan, Public Health England's Prevention Programme, NHS Net Zero by 2040 commitment, and the Sustainable Development Unit (SDU) have yielded promising outcomes, marking significant steps towards a healthier and more sustainable future.

Notable Achievements

- **Mental Health Services:** Efforts to destigmatize mental illness and expand access to mental health care have shown positive impacts on the well-being of individuals across the country.
- **Sustainable Development:** Commitments to achieve net-zero emissions by 2040 within the National Health Service (NHS) demonstrate a strong dedication to reducing the environmental footprint of healthcare operations (United Nations, 2022).
- **SDGs Alignment:** The alignment with the UN SDGs, particularly through initiatives like the SDU, indicates a holistic approach to addressing global challenges while improving local health outcomes.

Ongoing Challenges

Despite these achievements, challenges persist within the UK healthcare landscape:

- **Funding Constraints:** Limited financial resources continue to pose challenges in expanding services, upgrading infrastructure, and investing in innovative technologies.
- **Workforce Shortages:** The healthcare workforce faces shortages in key areas, impacting the quality and accessibility of care (United Nations, 2022).
- **Disparities in Access:** Socioeconomic disparities lead to differential access to healthcare services, creating inequalities in health outcomes.
- **Scale of Changes:** The ambitious goals set forth, such as achieving net-zero emissions and improving mental health services, require substantial systemic changes and concerted efforts.

Areas for Improvement

To address these challenges and further advance the healthcare sectors, key areas for improvement include:

- **Increased Funding:** Prioritizing and securing additional funding to support healthcare services and infrastructure development.
- **Workforce Development:** Investing in training, recruitment, and retention strategies to address workforce shortages and enhance skill sets.
- **Equitable Access:** Developing strategies to ensure equitable access to healthcare services for all populations, regardless of socioeconomic status or geographic location.
- **Enhanced Collaboration:** Fostering collaboration among stakeholders, including government bodies, healthcare providers, researchers, and community organizations, to leverage collective expertise and resources.

Moving Forward

By implementing these recommended strategies and addressing the identified challenges, the UK can continue its journey towards a future where health, well-being, and sustainability are prioritized for all citizens. This concerted effort not only contributes to a healthier and more resilient society but also aligns with global efforts to create a more sustainable planet. The UK's commitment to ongoing evaluation, adaptation, and innovation in its healthcare sectors will be instrumental in achieving these shared goals and ensuring a brighter future for generations to come.

References:

Reference list

Bank of England (2020). *Impact of Covid-19 on UK businesses – evidence from the Decision Maker Panel in 2020 Q4*. [online] www.bankofengland.co.uk. Available at: <https://www.bankofengland.co.uk/agents-summary/2020/2020-q4/impact-of-covid-19-on-uk-businesses-evidence-from-the-decision-maker-panel-in-2020-q4>.

Barr-Keenan, R., Fay, T., Radulovic, A. and Shetty, S. (2021). Identifying positive change within the NHS as a result of the COVID-19 pandemic. *Future Healthcare Journal*, 8(3), pp.e671–e675. doi:<https://doi.org/10.7861/fhj.2021-0079>.

Dias, M.C. and Bunn, S. (2021). Mental health impacts of the COVID-19 pandemic on adults. *post.parliament.uk*. [online] Available at: <https://post.parliament.uk/research-briefings/post-pn-0648/>.

British Medical Journal. (2020). Technology and the NHS. Retrieved from <https://www.bmj.com/technology-and-nhs>

The Lancet. (2020). UK's response to COVID-19. Retrieved from [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30454-7/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30454-7/fulltext)

GOV (2022). Direct and Indirect Health Impacts of COVID-19 in England: Emerging Omicron Impacts. *Department of Health*. [online] 21 Aug. Available at: <https://www.gov.uk/government/publications/direct-and-indirect-health-impacts-of-covid-19-in-england-emerging-omicron-impacts/direct-and-indirect-health-impacts-of-covid-19-in-england-emerging-omicron-impacts>.

Haider, I.I., Tiwana, F. and Tahir, S.M. (2020). Impact of the COVID-19 Pandemic on Adult Mental Health. *Pakistan Journal of Medical Sciences*, 36(COVID19-S4). doi:<https://doi.org/10.12669/pjms.36.covid19-s4.2756>.

Harari, D., Keep, M. and Brien, P. (2021). Coronavirus: Effect on the economy and public finances. *commonslibrary.parliament.uk*, [online] 1(1). Available at: <https://commonslibrary.parliament.uk/research-briefings/cbp-8866/>.

Hopson, E. (2022). *Business insights and impact on the UK economy*. [online] Ons.gov.uk. Available at: <https://www.ons.gov.uk/businessindustryandtrade/business/businessservices/bulletins/businessinsightsandimpactontheukeconomy/13january2022>.

Howard, E., Khan, A. and Lockyer, C. (2021). *Learning during the pandemic: review of research from England*. [online] GOV.UK. Available at: <https://www.gov.uk/government/publications/learning-during-the-pandemic/learning-during-the-pandemic-review-of-research-from-england>.

King's Fund. (2020). Sustainability and Transformation Plans. Retrieved from <https://www.kingsfund.org.uk/publications/sustainability-and-transformation-plans>

Lloyd, A., Briggs, D., Ellis, A. and Telford, L. (2023). Critical Reflections on the COVID-19 Pandemic from the NHS Frontline. *Sociological Research Online*, p.136078042311562. doi:<https://doi.org/10.1177/13607804231156293>.

NATIONAL HEALTH SERVICE (2019). *NHS Long Term Plan*. [online] NHS. Available at: <https://www.longtermplan.nhs.uk/>.

National Institutes of Health (2022). *COVID-19 Mental Health Information and Resources | National Institutes of Health*. [online] NIH COVID-19 Research. Available at: <https://covid19.nih.gov/covid-19-topics/mental-health>.

NHS (2019). *NHS England» Mental health*. [online] England.nhs.uk. Available at: <https://www.england.nhs.uk/mental-health/>.

NHS (2021). *Impact of COVID-19*. [online] NHS Digital. Available at: <https://digital.nhs.uk/data-and-information/publications/statistical/hospital-outpatient-activity/2020-21/covid-19-impact>.

NHS (2022). *Coronavirus» Delivering plan for tackling the COVID-19 backlog of elective care*. [online] www.england.nhs.uk. Available at: <https://www.england.nhs.uk/coronavirus/delivering-plan-for-tackling-the-covid-19-backlog-of-elective-care/>.

NHS England (2020). *For a greener NHS» A Net Zero NHS*. [online] www.england.nhs.uk. Available at: <https://www.england.nhs.uk/greenernhs/a-net-zero-nhs/>.

NICE (2015). *Overview | Cardiovascular risk assessment and lipid modification | Quality standards | NICE*. [online] www.nice.org.uk. Available at: <https://www.nice.org.uk/guidance/qs100>.

Partington, R. (2022). *How has the UK economy fared in the two tumultuous years since Covid?* [online] The Guardian. Available at: <https://www.theguardian.com/business/2022/mar/23/how-has-the-uk-economy-fared-in-the-two-tumultuous-years-since-covid>.

Public Health England (2020). *Prevention programme*.
<https://www.gov.uk/government/collections/prevention-programme>.

RSPsych (2020). *Suicide Prevention COVID-19 Virtual Clinic #1 - Wednesday 6 May*. [online] www.rcpsych.ac.uk. Available at: <https://www.rcpsych.ac.uk/improving-care/nccmh/quality-improvement-programmes/covid-19-mental-health-improvement-network/webinars?searchTerms=impact%20of%20covid-19%20on%20mental%20health%20patients> [Accessed 21 Mar. 2024].

SDU Health (2014). *Sustainable Development Unit*. [online] [Sduhealth.org.uk](http://sduhealth.org.uk). Available at: <https://www.sduhealth.org.uk/>.

The Lancet Psychiatry. (2020). The future of mental health care. Retrieved from [https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(19\)30465-0/fulltext](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(19)30465-0/fulltext)

UKGOV (2020). *NHS Sustainable development unit*. Department of Health and Social Care. (2020). NHS Sustainable Development Unit. Retrieved from <https://www.gov.uk/government/organisations/nhs-sustainable-development-unit>.

UK Government. (2020). Clean Growth Strategy. Retrieved from <https://www.gov.uk/government/publications/clean-growth-strategy>

United Nations (2015). *Goal 13 | Department of Economic and Social Affairs*. [online] United Nations. Available at: <https://sdgs.un.org/goals/goal13>.

United Nations (2022). *Goal 3: Ensure Healthy Lives and Promote well-being for All at All Ages*. [online] United Nations. Available at: <https://sdgs.un.org/goals/goal3>.

WHO (2022). *Mental Health*. [online] World Health Organization. Available at: <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>.

World Health Organization (2022). *The impact of COVID-19 on mental health cannot be made light of*. [online] World Health Organization. Available at: <https://www.who.int/news-room/feature-stories/detail/the-impact-of-covid-19-on-mental-health-cannot-be-made-light-of>.

Please note that some of the references may require access through academic institutions or subscriptions.