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Mental disorders are a common disease that generally affect the emotional, behavioural as well as the cognitive characteristics of most human beings. Mental disorders are very common in several age groups, considerably affecting a range of lives, from the quality of learning a child faces in school during their childhood, to the ability to function within a family and other relationships within wider society in adults (Hyman et al, 2006). There are many examples of mental disorders that have the possible ability to cause severe damage in any individual. An example of one of these life threatening mental illnesses, is depression, a disorder that can cause major feelings of sadness and a loss of interest in the activities the individual may have previously enjoyed (Beck et al, 2014). Another example of a life long mental disorder is anxiety. This specific mental illness is characterised by overwhelming feelings of unease, such as worry and fear, that can range from mild to severe (Kierkegaard, 2013). There are several risk factors for mental health such as an individual's biological circumstances, lifestyle choices as well as financial and social situations (Keyes et al, 2010). A study of 903 families in Iran, completed in 2015, showed how there are also many socio-economic causes that lead to mental health issues in several people. Some of these factors include widespread poverty, as well as living on the outskirts of a large city (Noorbala et al, 2017). One of the leading ways to identify if an individual is experiencing some sort of mental health disorder, is to spot the early signs in the individuals, due to the fact that there is no physical, scientific test that can reliably show if a mental disorder has been developed in the person. Some of the most common signs are feelings of hopelessness, showing negative feelings, changes in eating and sleeping habits, as well as consistently experiencing low energy (Von Klitzing et al, 2015).

There have been several changes when it comes to the legislations the UK have implemented surrounding the topic of mental health. One of the most important mental health acts, The Mental Health Act, took place in 1983. This legislation was created in order to provide different professionals in the mental health field, with certain levels of power that did not exist before (Buckland, 2014). This took its form by allowing the professionals to assess and treat the individuals who were experiencing mental health problems. They were also, in some situations, given the power to detain them in the interest of their own health and safety, as well as the safety of members of the public (Szmukler and Holloway, 2000). The legislation had also meant that all patients were always in a safe environment, allowing them to have a sense of security when it came to the possibility of them being treated unfairly and harshly (Hamilton, 1983). However, this Act was eventually improved into the Mental Health Act of 2007, that unlike the 1983 version that focuses mainly on the rights of the patients, the new, current version had a primary focus on greater protection for the public (Math et al, 2011). An example of how the Act provided safety for the public is shown in section 3 of the 2007 MHA, which states how doctors are able to authorise detention for a duration of 6 months, as long as the patient is experiencing suffering from a mental disorder, and is therefore putting themselves and the lives of others in danger (Dow, 2008). Another one further safety was provided was through implementing the police in escalated situations. Section 136 of the Mental Health Act gives clear authority to the police to take any person away from public places if they are perceived to be a threat to other people. The individual who has been viewed as a threat, will stay in police custody until there is a mental health professional available to carry out an examination on the person (Lamb, 2002).

Another key act that was implemented in order to create a fair and safe field of mental health, was the Mental Capacity Act of 2007. There were five main key principles of this act that made

sure it stood out from the other previous acts. These included assuming the person has capacity unless it is clearly shown that they do not have capacity, making sure all decisions made on behalf of the individual, who is suffering, is processed in their best interest, as well as treating all individuals as capable, and not treating them as unable to make a decision just based off the fact that the decision may be unwise (Johnston and Liddle, 2007). In order to understand whether someone had capacity or not, the act set out the two stage test of capacity. The first step was to identify if there was some sort of disturbance in the way the person's mind or brain functioned. This was followed by the second step that asked the extent to which that particular disturbance was sufficient, so much so that the individual lacked capacity to make a certain decision (Nicholson et al, 2008). Once the two stage test of capacity was carried out, the health professionals also used many different factors in order to assess the capacity of the person. These included factors ranging from general intellectual ability, memory, information processing, as well as ability to communicate.

Over time, there have been many different historical contexts of mental health provision in the UK. In the modern world today, psychiatry is seen as one of the least reputable specialities of medicine, even though the insight and knowledge into the nature of several mental disorders has been on the rise. Even though the social and economic costs of mental health problems to different people and families are very high, the funding for these specific services that help sufferers of mental health is low and declining in a modern world. Looking as far back as the 16th century, there were only a handful number of physicians who managed mental health institutions. However, only the wealthiest amongst society were treated without being shamed into thinking they were insane or abnormal. Due to the fact that those individuals who seemed 'insane' were viewed as lacking reason, they were considered to be inhumane, and were treated with high levels of disrespect, being abused emotionally as well as physically (Zartaloudi and Madianos, (2010). However, when it came to the 19th century, it seemed as though the stigma around mental health started to diminish, as there were now several more explanations for mental health, without claiming every sufferer was insane. An example of this is how Philippe Pinel, a French physician, as well as William Hack Tuke, both developed a set of principles, that would mould the way those with mental health problems were treated and viewed. They both used a thought provoking analogy for the time, stating that the people who suffer from mental health disorders, were similar to that of children, in the way that they need a gentle and understanding hand to guide them. They also stated that there are many distinct explanations for mental disorders, including the fact that they could be environmental in nature. This was seen through the demands of present-day society being incredibly excessive for the minds of those who are irritable and oversensitive (nih.gov, 2006). This hugely supported those with mental health problems, as it eventually led to the building of many state run mental hospitals, allowing for sufferers of certain disorders to be provided with care that will lead to a more normal life. However, the funding for these institutions that were run by the state did not last very long, leading to less support for the individuals who were suffering. The downfall of these mental hospitals was shown through them becoming increasingly overcrowded, as they took on the responsibility of thousands of lives in one building, which eventually meant they could not meet the needs of several people. It also meant one on one, individualised observation became nearly impossible, with majority of the patients dealing with conditions which were now barely treatable (Dewan, 1957).

At the beginning of the 20th century, Sigmund Freud, an advocate for his theory of psychoanalysis, argued that mental disorders were mainly a product of psychological factors, aiming to manage and solve the problems in the mind that rose from trauma and past conflict (Thurschwell, 2009). With the help of a team of physicians, Freud developed a range of many different psychotherapeutic methods that were capable of helping to solve mental disorders. One way this gave a new found support to those who had to live with mental disorders, was the fact that psychotherapy mainly reached out to those who were able to live their lives

independently, however still suffered mental pain. This meant that Freud was able to aid those who previously were ignored in the field of mental health, and were not usually receiving medical attention (Gaztambide, 2012). They also provided further support by carrying out their interventions on an outpatient basis. This was more suitable for many patients as it meant that they could receive their care and services without having to cause an inconvenience in their life by staying overnight at a hospital, making them feel appreciated as their needs were seen as a priority for the first time.

Overall, it is quite clear that over the years, there have been several ways the UK have tried to support many individuals who suffer from mental disorders. However, it is also quite clear that there are several actions the UK could take in order to improve the way they tackle the problem of mental disorders in the future. Firstly, the topic of mental health should become a subject matter that is constantly taught as early as primary schools as well as secondary schools. Educating children on the importance of mental health will allow them to understand what they would need to do in order to protect themselves from the dangers of mental disorders that can be managed like depression or anxiety. As well as teaching children how to prevent those situations, it will also allow those individuals with mental disorder that are incredibly hard to solve, like eating disorders or phobias, to learn effective coping mechanisms that will stay with them all throughout their life, aiding them in slowly reducing the effect their mental disorder has on them in the future. A second way the UK could give more support to the individuals who are suffering from the side effects of mental illnesses, is to make sure the services that are provided to solve their problem, become more accessible. In the current climate of society, many individuals feel like they are unable to afford such services like therapy, as they feel as though it is too expensive. Combining the average rate of fifty pounds per session of therapy, alongside several other financial priorities many people may have, it is quite difficult to save enough to receive high end treatment and advice from professionals. One way to make mental health services more accessible, is to incorporate them within the places most people spent majority of their time. Examples of this would be to integrate a small session within schools for any student who feels the need to go to these sessions, as well as having the option for employed adults to have a session within their workplace, freeing them of the worry and stress they may be facing due to their career.

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