

Making Parity Reality

Parity of esteem describes the need to value mental health equally to physical health.

There are lots of small, but impactful changes you can make in the workplace to help make parity reality.

1. Ask all of your patients how they are feeling both physically and mentally.
2. Set up a working group of like-minded staff to support wider change in your workplace.
3. Be aware of support services in your community for referring patients to.
4. Identify healthy interventions to improve overall health and wellbeing. For example, referring to a stop smoking service.
5. Identify the staff member responsible for training and development for colleagues who need extra support.

The RCN is running a campaign to raise awareness of parity of esteem to help make parity reality.
Find out more: rcn.org.uk/parityofesteem