

the 1990s, the number of people with a mental health problem has increased in the UK, and this is expected to continue in the future (Mental Health Foundation, 2006).

There is a need to improve the lives of people with mental health problems, and this is a key aim of the UK government's *Mental Health Strategy* (Department of Health, 2006). The strategy sets out a vision for the future of mental health care, and identifies a number of key areas for action, including: improving the lives of people with mental health problems; increasing the availability of services; and improving the way in which services are delivered.

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