

April 2025

PRESS RELEASE: Embargoed until 00:01 Wednesday 2nd April 2025

Suite 7
19-23 Wedmore Street
London N19 4RU

020 7561 9240
hello@bpc.org.uk

bpc.org.uk

BPC Endorses report highlighting those 'lost in the system' with complex mental health needs

"Our study shines a light on the unacceptably poor experiences and outcomes people in this group face. The findings of the study presented here confirm that the financial costs are unsustainable and the human costs unacceptable." – Dr Sue Mizen, report lead

The BPC endorse a report launching 2 April 2025 that identifies the human and financial costs of overlooking complex mental health needs within the UK healthcare system. As part of this launch, the BPC is hosting an event at Parliament alongside other mental health organisations to generate and encourage political engagement with this pertinent issue.

A new report launches today with research findings from the HEARD (Health Economics and Relational Disorder) study that identify the human and financial cost of overlooking complex mental health needs within the health and social care systems. Data collected from patient records in one rural setting (Devon) and one urban setting (London) identified a small number of people with highly complex problems were largely cared for in hospital. The annual service costs for this most complex group was £8.1m p.a. in Devon and £14.5m p.a. in London. Overall, the study found that the most complex 1.8% of the cohort accounted for 32.6% of the total cost in Devon, and 1.1% accounted for 23.9% of the total cost in London. The Centre for Mental Health estimated the national cost at between £480 million and £785 million each year, with an additional £135 million spent on inappropriate out of area placements. More worrying is the human cost, resulting from loss of liberty, placements far from home and absence of therapeutic help to address their transdiagnostic problems.

The HEARD study found more holistic ways forward through the study of a service in Devon which offers an alternative to long-term hospitalisation with community intensive day and outpatient therapeutic treatments. Key results from this study include a dramatic fall in rehab placements, length of stay, cost and emergency services used.

Greg Ross-Sampson, CEO of the British Psychoanalytic Council (and report co-sponsor), commented:

"The new study offers a major insight into how tailored treatment of people with particular mental health needs can provide great results for everyone. The report establishes that improving access to therapy will not only help patients resolve long-term mental health conditions but will reduce both NHS costs and waiting list times. Improving access to psychotherapy and assisting patients to address root psychological causes (rather than treating the symptoms) often leads to patients improving and experiencing benefits long after therapy ends".

Suite 7
19-23 Wedmore Street
London N19 4RU
020 7561 9240
hello@bpc.org.uk
bpc.org.uk

The HEARD study was commissioned by the Talking Therapies Taskforce, formed of organisations including the Medical Psychotherapy Faculty at the Royal College of Psychiatrists (RCPsych), The British Psychoanalytic Council (BPC), The Association for Psychoanalytic Psychotherapy in the Public Sector (APPP), The British Association for Counselling and Psychotherapy (BACP), The United Kingdom Council for Psychotherapy (UKCP) and The Society for Psychotherapy Research, UK Chapter (SPR UK). The release of the report will be marked by an event at Parliament 12.30pm – 2.30pm with the organisations involved to encourage political and policy engagement.

[Click here to read the full report.](#)

Further information and materials available upon request.

Please contact: hello@bpc.org.uk for general enquiries.

Niamh.Downes@bpc.org.uk for press & communications enquiries or to be added to our press list.

Patrick.Cusworth@bpc.org.uk for policy enquiries.

Visit: [website](#) | [LinkedIn](#) | [Facebook](#) | [X \(formerly Twitter\)](#)