

## Soaps put mental health under the spotlight

### Capio Nightingale Hospital praises soap story lines for highlighting mental health issues

**Capio Nightingale Hospital**, Central London's only independent mental health hospital, has commended some of the nation's most popular soaps for recognising the importance of mental health in today's society. Hard-hitting story lines have recently addressed key issues such as **depression, suicide, addiction** and **eating disorders**, and are helping to **remove the stigma** often associated with mental health disorders.

Many popular prime time soaps, from **EastEnders** through to **Hollyoaks** and **Coronation Street**, have been instrumental in providing the public with an insight into mental health issues that can affect many of us, helping to raise awareness of the problems and the impact they can have on an individual's life.

This summer, troubled **EastEnders'** character, Phil Mitchell, is set to become addicted to **cocaine** as his life spirals out of control and audiences will witness the serious problems and effects that drug addiction can have. The storyline has been praised by leading drug awareness charities such as DrugScope, and now leading mental health treatment provider Capio Nightingale Hospital is commending the soap for tackling the important issue of addiction, which, among other mental health disorders, is prevalent in today's society. The soap, which has previously seen high-profile characters Stacey and Jean Slater suffer from **bipolar disorder**, has worked closely with third party organisations such as the charity Mind to research their storylines to ensure they reflect the issues sensitively and depict them accurately.

Popular teen soap **Hollyoaks** has also focused on a number of issues such as the character Hannah Ashworth's battle with **anorexia** and **bulimia**, for which the programme was honoured with a Mental Health Media Award, and character Newt, who suffered from **schizophrenia**.

And, in **Coronation Street** a storyline involving **depression** and **suicide** will unfold later in the year as character Natasha Blakeman commits suicide after suffering from a series of setbacks in her life, leaving her feeling unable to cope. The storyline will highlight the plight and difficulties of modern life, focusing on the issue of depression whilst unearthing the emotional and physical problems that are involved.

Capio Nightingale Hospital understands the importance of recognising mental health symptoms early on and dealing with them effectively. In today's fast-paced society, these problems are becoming increasingly prevalent and yet can go unnoticed. The Hospital provides treatment for a range of mental health and emotional issues such

as those featured in many of these prominent soap storylines including addictions, eating disorders and other conditions such as depression, anxiety, stress and trauma, with treatment personalised for each patient through inpatient, day care and outpatient services.

**Dr William Shanahan, Medical Director at Cario Nightingale Hospital** commented: *“Mental illness is quite often a taboo subject yet there is an increase in disorders such as depression, addiction and eating disorders in the UK, reflecting the growing pressures of our society. Popular TV programmes, like many of the soaps, can be a very powerful platform to raise awareness of these issues. By sensitively addressing and researching the issues surrounding mental health they can help to shed light on a subject that is all too often misunderstood. At Cario Nightingale Hospital we commend hard-hitting storylines that have made the public more aware of mental health problems, and the effect they can have.”*

-Ends-

To find out more about the therapies and treatment programmes offered at the Cario Nightingale Hospital please phone **0800 783 0594 (24hrs)** or visit [www.nightingalehospital.co.uk](http://www.nightingalehospital.co.uk).

- ends -

**For more information:**

Please contact Michelle McGrath or Francesca Tarrant at The Communication Group

Tel: 0207 630 1411

Email: [mmcgrath@thecommunicationgroup.co.uk](mailto:mmcgrath@thecommunicationgroup.co.uk) or [ftarrant@thecommunicationgroup.co.uk](mailto:ftarrant@thecommunicationgroup.co.uk)

**Notes to Editors:**

Cario Nightingale Hospital is the leading independent mental health hospital in central London. They are experts in treating individuals with mental health or emotional issues through their highly experienced Consultant Psychiatrists, Psychologists, Specialist Therapists and Nurses. The hospital's multi-disciplinary teams offer evidence-based and individually tailored treatment programmes for outpatients, inpatients and day care patients. To view their extensive range of services, therapies and enhanced treatments please visit [www.nightingalehospital.co.uk](http://www.nightingalehospital.co.uk).

*Cario Nightingale Hospital...Building confidence and well being in a safe and healing environment*