



An Outreach Inter-disciplinary  
Strategic Study (Across)  
(NIHR 205540)



# HOW TO TAKE CARE OF YOUR MENTAL HEALTH



## Affordable Cardiac Rehabilitation (ACROSS)

Work Package 1  
Intervention development

Work Package 2  
Feasibility study

Work Package 3  
Full trial

Work Package 4  
Capacity development

ACROSS is a global collaboration with partners in Bangladesh, Pakistan, and India to develop and deliver affordable, home-based cardiac rehabilitation. It aims to create culturally appropriate, effective care for heart patients in low- and middle-income countries through four coordinated work packages.



### Objectives

- ✓ Evaluate the impact of patient outcomes through delivery of a multidisciplinary CR programme
- ✓ Evaluate the cost-effectiveness and feasibility of a multidisciplinary CR programme

## Mental Health: Key Facts

- 1 Depression and anxiety can raise the risk of CVD by about 35%
- 2 Stress and PTSD increase cardiac reactivity
- 3 High levels of anger or hostility are associated with higher blood pressure and coronary artery disease.
- 4 Psychological distress can lead to substance misuse which increases the heart risk.

## Mental Health Matters



Anxiety and depression increase the risk of heart problems



Seek help for mental health concerns



Cardiac rehabilitation often includes emotional support



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# Regulating Mental Health

How to regulate your mental health when managing heart disease

1

Stay socially connected

2

Practice relaxation and breathing

3

Do not hesitate to ask for help

4

Develop structure, routine and healthy habits



## References

<https://www.ahajournals.org/doi/10.1161/JAHA.123.031117>

# Role of Cardiac Rehabilitation



Supervised exercise programs



Education on heart-healthy living



Support for quitting smoking



Mental health counseling



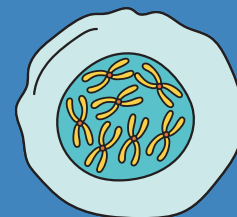
Individualized nutrition plans



People who complete cardiac rehab have lower chances of future heart events and better quality of life



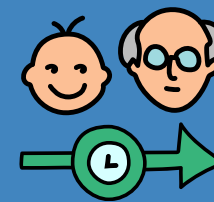
# Mental Health Risk Factors



Genetics



Poor Physical Health



Age related decline



Stress



Trauma

# Steps to take



Be aware of the role of family history and genetic factors in mental health issues and heart disease



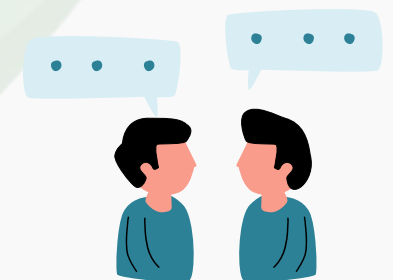
Recognize the signs and symptoms of mental health disorders and heart disease



Early treatment can prevent risk factors from developing



Talk with your healthcare professionals about treatment options



Be aware of which mental health conditions might increase risk of heart disease, like anxiety

