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## Introduction

The number of people with a mental health problem in the UK has increased in the 1990s (Mental Health Act 1983). This is a challenge for the health care system, and for society as a whole. The aim of this paper is to explore the experiences of people with mental health problems, and to identify ways in which the health care system can better meet their needs.

## Methods

The data for this study were collected from a series of focus group discussions with people with mental health problems. The focus groups were conducted in a community centre, and lasted approximately 60 minutes. The topics discussed included the experience of having a mental health problem, the impact of the health care system, and the need for support and services.

## Results

The results of the focus group discussions are presented in this section. The main themes identified were the experience of having a mental health problem, the impact of the health care system, and the need for support and services. The experience of having a mental health problem was described as a challenging and often isolating experience. The impact of the health care system was described as often negative, with people feeling that their needs were not being met. The need for support and services was described as a priority for people with mental health problems.

## Conclusion

The results of this study highlight the need for the health care system to better meet the needs of people with mental health problems. This requires a focus on providing support and services that are tailored to the needs of individuals.

## References

Mental Health Act 1983. London: HMSO.