



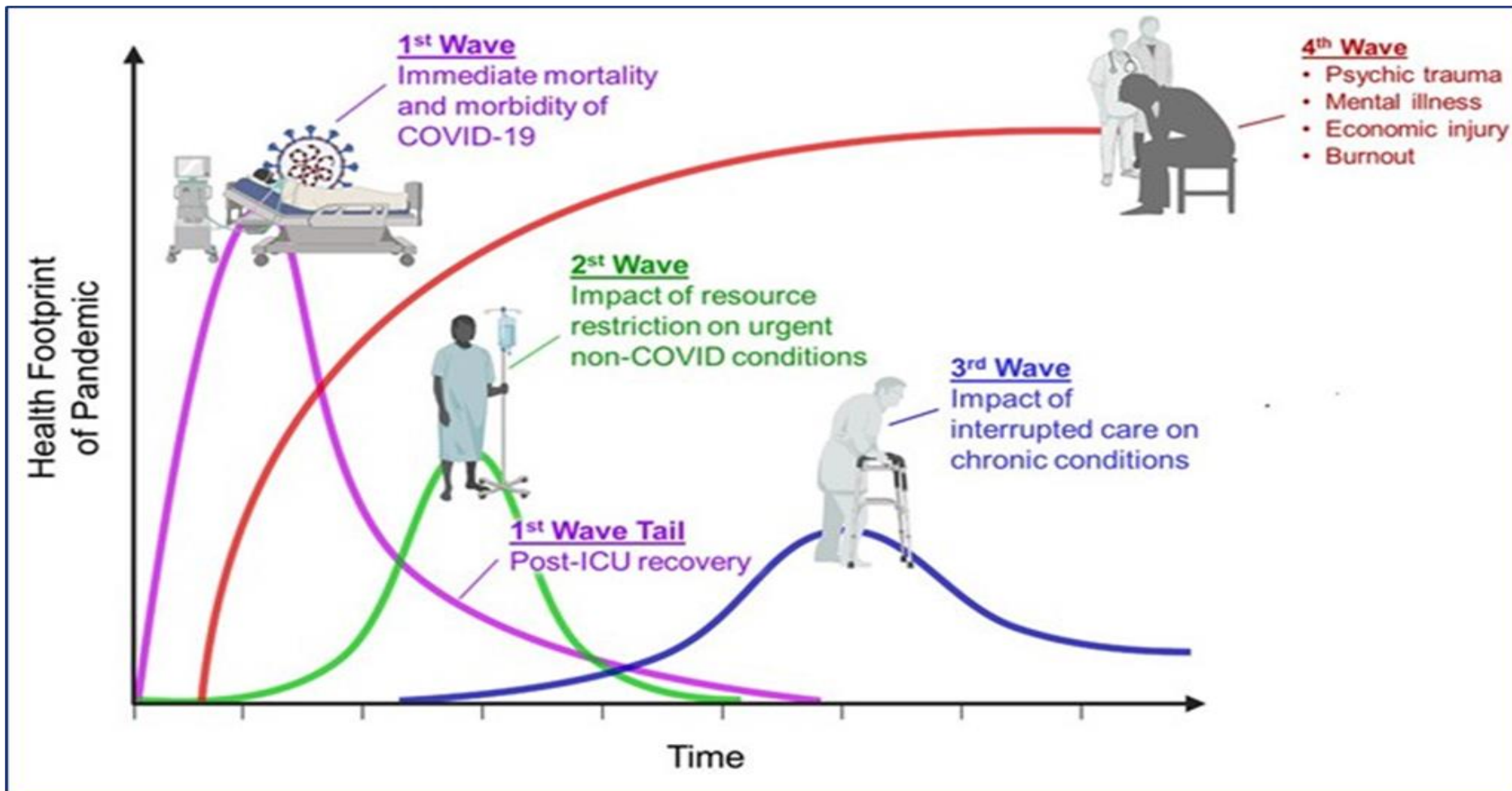
Starting, Living and Ageing Well

Mental Health and Wellbeing Recovery Update

Update for the Health and Wellbeing Board

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Mental Health and Wellbeing Impact of Covid-19



Psychological Impacts of COVID-19

- mental distress - anxiety, depression - loneliness - common mental disorders

Young adults	Anxiety, depression, loneliness and self-harm higher than other age groups
Women	Worse mental health and wellbeing, increased loneliness
Ethnic groups	Asian groups in particular suffered more mental distress
Key workers	Worse mental health and wellbeing Increased stress, anxiety
People on a low income/low socio-economic position/unemployed	Increased anxiety and depression Increased loneliness
People in urban areas, people with children, carers, people living alone	Worse mental health and wellbeing and increasing mental distress linked to loneliness
People with existing mental health and long-term physical health conditions	Increased anxiety, depression and loneliness
People who have had COVID-related symptoms	Higher levels of mental distress and loneliness

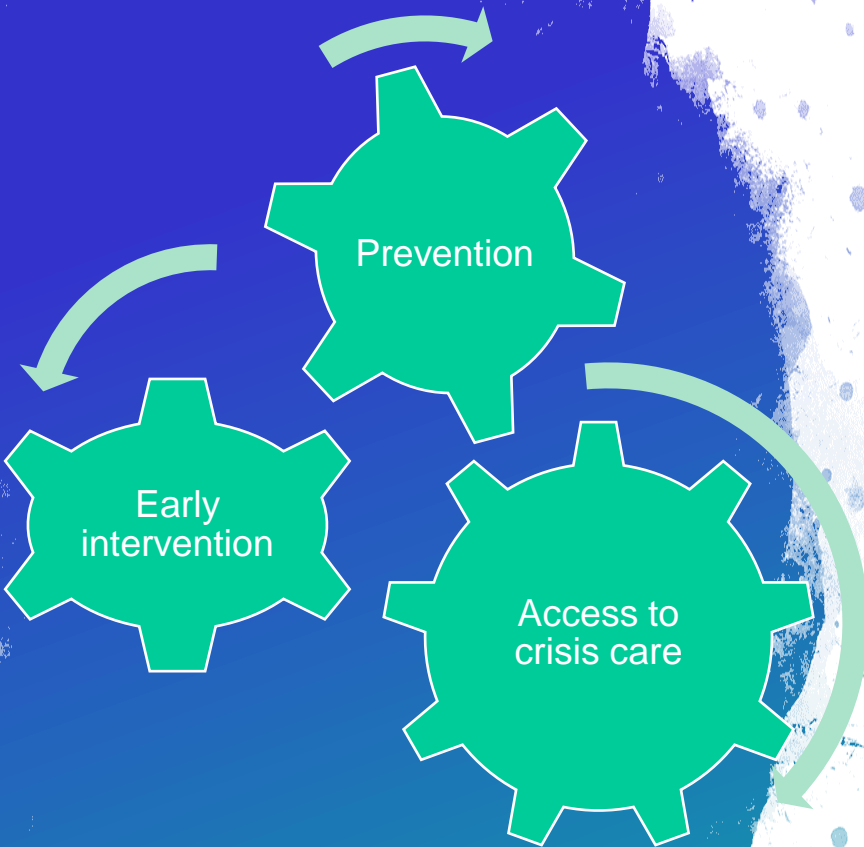
Priorities

Covid Recovery

- Addressing drivers of poor mental health and wellbeing
- Focus on inequalities and key risk factors
- Determinants of poor mental health affected by COVID-19
 - shielding,
 - financial difficulties, debt, unemployment,
 - bereavement,
 - domestic violence and abuse, risky alcohol consumption, substance misuse, gambling addiction.
- Access to and responsive mental health services

Business as Usual

- Public mental health:
 - Preventing mental health problems and suicide
 - Promoting mental health and wellbeing
 - Improving the lives of people experiencing and recovering from mental health problems
 - Reducing mental health inequalities
- PHE Prevention Concordat for Better Mental Health - a framework for action



Hampshire's Mental Health and Wellbeing plan

Key principles

- **Whole System Approach**
- **Population wide & life course approach**
- **Building on existing partnerships and structures**
- **Joined up communications & messaging**

Communications Plan

Children & Young People

Adults of Working Age

Older People

Bereavement & Trauma

Suicide Prevention

Social Disparities



SUPPORT FOR YOUNG CARERS



SUICIDE AWARENESS



KEEP ACTIVE



MH SUPPORT AND HELP

Communications

- Universal and weekly targeted messaging
- Signposting to appropriate guidance and support
- Specific campaigns e.g. 'Its okay not to be okay'
- Delivered through multiagency MH communications group: consistent messaging across partners

Children and young people


Hampshire County Council
Published by Kate Ball (7) · May 1 at 4:24 PM · G

Children and young people will all react differently to the coronavirus outbreak. If you're a parent or carer, follow these 10 top tips to look after the mental health of those you care for.
<https://www.nhs.uk/.../looking-after-children-and-young-peop.../>

Tips for looking after **NHS**

your children's

mental wellbeing



think *Ninja*

- Disproportionate impact on vulnerable children: existing MH conditions, SENs, minority ethnic groups
- Clear, targeted guidance and communications for parents and carers
 - Specific campaigns e.g. children with autism, CYP with physical health issues, young carers
- Utilising opportunities through existing workstreams
 - Health in Educational Settings: robust school resource focusing on increasing resilience and wellbeing
 - Supporting staff and settings to ensure that emotional wellbeing is integrated throughout environment and activities
 - Mental health support in schools
 - Using technology to support better mental health: ChatHealth, Think Ninja
 - Targeted support for vulnerable children
 - Promoting resources through Hampshire Healthy Families and Hampshire CAMHS website

Adults

- Key mental health messages through targeted communications
- Workforce:
 - MH and wellbeing resource guides aimed at volunteers and managers
 - Comprehensive training offer for frontline staff
 - Development of HCC corporate workforce offer
- STP wide efforts bringing together MH and Suicide Prevention:
 - Developing pathways for specialist bereavement support
 - Specific support for people experiencing financial anxiety
- Grassroots community initiatives
 - Innovation Funding
 - SBS Mens Health: recruitment and training of community champions



What's in this guide and who is it for?

This guide is to support your mental health and wellbeing. Here you will find helpful tips and links to a range of resources, including information on where to find specific support and urgent care if needed.

Looking after your mental health and wellbeing

Having good mental health helps us relax more, achieve more and enjoy our lives more. Evidence shows there are 5 key elements which contribute to mental wellbeing:

<p>Five ways to wellbeing</p> <ul style="list-style-type: none"> • Connecting with the people around you • Be active by building activity into your everyday routine • Keep learning to gain self-confidence and learn new skills • Give helping others can boost wellbeing • Take Notice by taking focus of our thoughts and feelings <p>hants.gov.uk/socialcareandhealth/publichealth/five-ways-wellbeing</p>	<p>One You</p> <p>Our physical health impacts how we are feeling. One You provides easy steps on how to make changes that can fit your lifestyle. nhs.uk/oneyou</p> <p>National advice from Public Health England on how to look after your physical health in the home is also available: publichealthengland.exposure.co/health-and-wellbeing-at-home</p>
<p>Every Mind Matters</p> <p>Every Mind Matters offers expert advice and practical tips that cover the 5 ways to wellbeing and other topics such as what to do if you're worried about coronavirus, sleeping better and managing difficult thoughts and feelings. nhs.uk/oneyou/every-mind-matters/</p>	<p>Apps</p> <p>These mental health and wellbeing NHS approved phone apps include findings ways to exercise and practical ideas for healthy meals. You also find free apps and tools that can help lift your mood: nhs.uk/oneyou/apps/</p>

Visit our Coronavirus Resource Page for a range of useful information and links to support you throughout the coronavirus pandemic. www.connecttosupporthampshire.org.uk/coronavirus

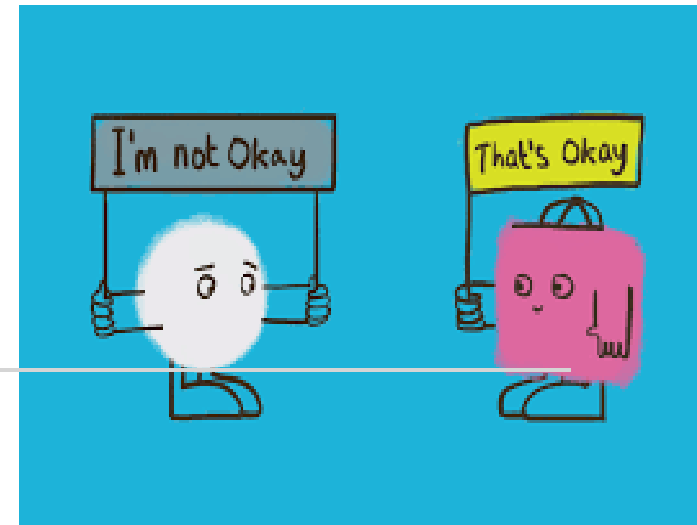
Hampshire County Council hants.gov.uk

Top tips to look after your mental health and wellbeing

There are simple things we can do to help take care of our mental health and wellbeing during times of uncertainty. Doing so will help us think clearly, and make sure we can look after ourselves and those we care about. For further information search **Every Mind Matters**.

<p>Stay connected</p> <p>Maintaining healthy relationships with people we trust is important for our mental wellbeing. If you can't meet up in person stay in touch by phone, video call or social media.</p>	<p>Do things you enjoy</p> <p>Focusing on a hobby, relaxing or connecting with others can help with anxious thoughts and feelings. If you cannot do the things you normally enjoy, think about how you could adapt them, or try something new.</p>
<p>Talk about your worries</p> <p>It's OK to share your concerns with others you trust – and doing so may help them too. If you cannot speak to someone you know or if doing so has not helped, there are plenty of helplines you can try instead.</p>	<p>Stay on top of difficult feelings</p> <p>Try to focus on the things you can control, such as your behaviour and who you speak to. Try some ideas to help manage such as listening to an audio guide. Seek further support if needed by calling NHS 111 or talking to your GP.</p>
<p>Look after your body</p> <p>Our physical health has a big impact on how we feel. Try to eat healthy meals, drink enough water and exercise. Going for a walk or run can help lift your mood and clear your mind.</p>	<p>Stick to the facts</p> <p>Find a credible source you can trust – such as Keep Hampshire Safe and the NHS – and fact-check information you get from newsfeeds, social media or other people.</p>
<p>Feel prepared</p> <p>As the outbreak continues, it can help to work through what changes to government guidelines mean for you. It can help to think through a typical week: how will you continue to be affected and what will you need to do to solve any problems.</p>	<p>Focus on the present</p> <p>Focusing on the present rather than worrying about the future, can help with difficult emotions and improve our wellbeing. Relaxation techniques such as mindful breathing can also help some people deal with feelings of anxiety.</p>
<p>Support and help others</p> <p>Helping someone else can benefit you as well as them. Try to think of things you can do to help those around you.</p>	<p>Look after your sleep</p> <p>Good-quality sleep makes a big difference to how we feel mentally. See these helpful tips on how to make a change.</p>

Source adapted from Every Mind Matters: 10 tips to help if you are worried about coronavirus. Hampshire County Council Mental Health and Wellbeing Guide



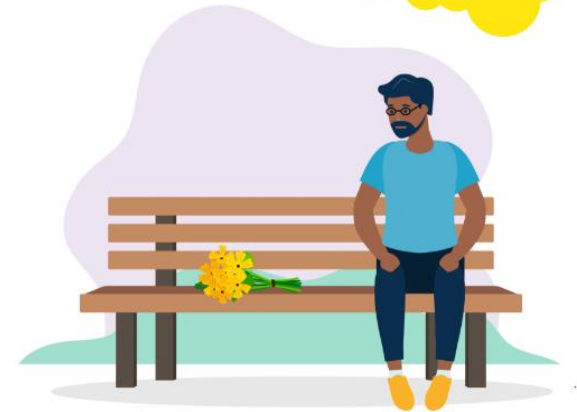
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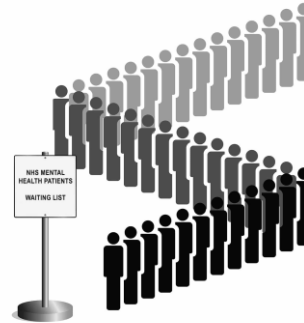
Older adults and clinically extremely vulnerable



every mind
matters



- Communication campaigns with tailored messages
 - signposting to available services
 - promoting the importance of staying active
 - encouraging digital inclusion
- Dedicated HCC webpage 'Staying well at home'
- Distribution of the Public Health England Active at Home booklet to support mental and physical health.
- Targeted communications under 'It's Ok to' banner to build confidence after coming out of 'shielding'.
- Mental Health guides to support staff, volunteers and the wider population
- Direct referral routes to mental health support services from the Hampshire Coronavirus Support and Helpline



CO-OCCURRING DISORDERS ARE THE SIMULTANEOUS EXISTENCE OF TWO CONDITIONS

DUAL DIAGNOSIS: FACING ADDICTION AND MENTAL ILLNESS

- Half of all addicts also have a mental illness, known as a dual diagnosis
- Their coexistence makes both disorders considerably worse



Moving forward

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- Hampshire Mental Health Partnership Board:
 - Providing strategic oversight and prevention -focused leadership
 - Bi-annual Councillor-led conversation with partners
 - PHE Prevention Concordat for Better Mental Health
 - applying this as a framework for Hampshire-wide action
 - Hampshire MH and SP Comms group
 - Promoting the universal and targeted workforce offer
 - Training
 - Launch of support guides
 - Partnership working across STP

