
LEADING THE WAY TO WELLBEING

THE MENTAL WEALTH
OF GLOUCESTERSHIRE

Report of the
Director of Public Health
2017/18

What is mental wellbeing?

"Being happy being you."

(Matilda, 10, Stroud)

"Looking after yourself: taking time out to sleep, eat good food, recognise when you are tired, being around people that value you and uplift you, exercising and having fun."

(Nasim, 50, mum and works, Gloucester)

"To me, it means being happy, not stressed, comfortable in my own skin, at peace with myself and others around me, being able to stick to what is good for me and avoiding what isn't, accepting what happens in life and moving on whether it's good or bad."

(Anonymous male, 40s, Gloucester)

"It's how you are coping with what's going on. If you let the stuff get you down, how you sort your stuff."

(Shayne, 16, Apprentice, Gloucester)



GloW: Gloucestershire Wellbeing

Taking positive action to improve mental wellbeing

- A county movement to promote good mental wellbeing and prevent mental illness for all
- 29 organisations already signed up to the Gloucestershire Commitment – led by Health & Wellbeing Board
- Emphasis on the ‘wider determinants’ of mental wellbeing, e.g. housing, employment, access to open space, social networks – everybody’s business!
- www.gloucestershire.gov.uk/glow



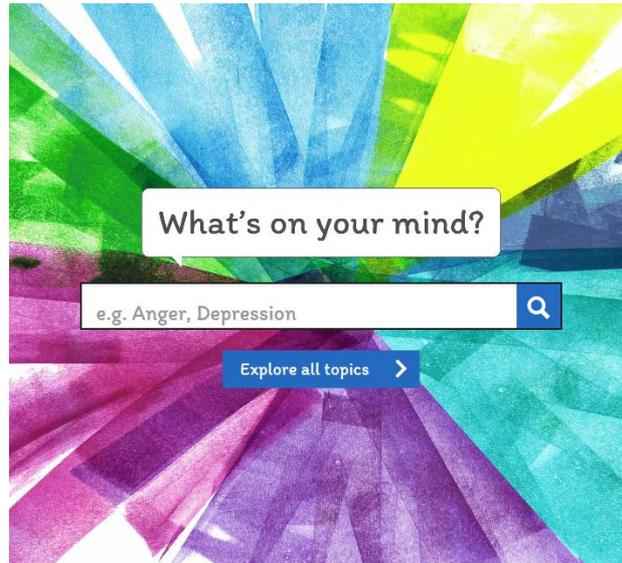
This year's report prioritises...

1. Promoting good mental health and wellbeing from the earliest age
2. Helping people build the Five Ways to Wellbeing into their everyday lives
3. Creating and sustaining the conditions for good mental wellbeing
4. Working in partnership to prevent self-harm and suicide
5. Building mental health-friendly communities and workforces



1. Promoting good mental health and wellbeing from the earliest age

- Over half of adult mental health problems begin by 14 and 75% by 18
- Estimated 1 in 10 young people have a diagnosable mental illness = around 7,000 in Gloucestershire
- Most commonly reported issue to TIC+ is anxiety / worry / stress (85%), followed by family problems (60%)



www.onyourmindglos.nhs.uk

Nearly 19,000 visitors in 2017/18

Priorities for the future

- Implementing ACEs Strategy
- Influencing child friendly county approach and new Health & Wellbeing Strategy
- Continuing to support schools to implement early intervention across the whole school community

2. Helping people build the Five Ways to Wellbeing into their everyday lives

Five Ways to Wellbeing: an evidence based set of actions that anyone can do to improve and sustain their mental wellbeing



Priorities for the future

- Encourage workplaces, community groups and other settings – as well as individuals – to take up the Five Ways challenge and share with us how they've lived them everyday
- Focus these efforts where people are at higher risk

3. Creating and sustaining the conditions for good mental wellbeing

Range of determinants of mental wellbeing:

- education & attainment
- employment & working conditions
- financial & social status
- housing
- the built and natural environment
- social networks

Everybody's business!



Priorities for the future

- Grow the GloW movement
- Support the Glos Moves Active Design workstream and Building with Nature benchmark
- Work with planners to influence policy
- Review impact of Money Advice for Mental Health pilot



4. Working in partnership to prevent self-harm and suicide

Hospital stays for self-harm and deaths by suicide have been higher than England for a number of years



4 out of 5 were men



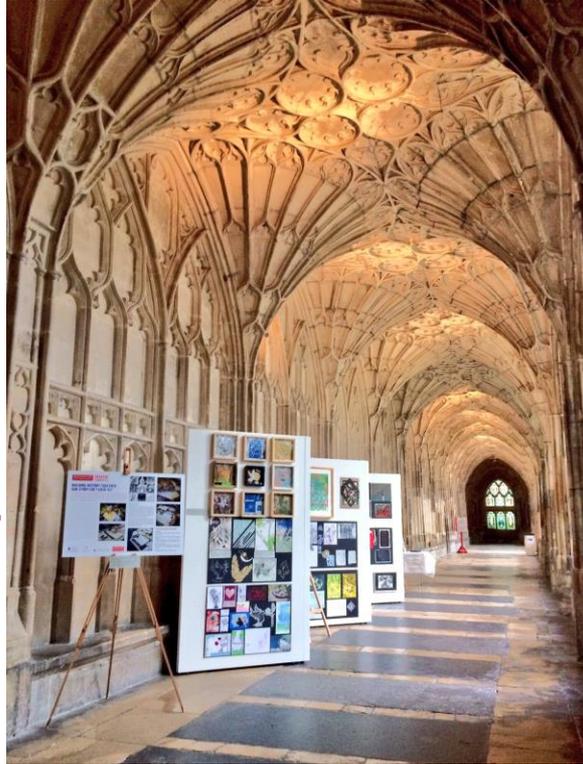
35% were living alone



The 'Other White' ethnicity group was over-represented



Forest of Dean was the only district where the rate had increased



Priorities for the future

- Improve postvention (bereavement) support
- Appoint a GP Lead to improve primary care response
- Deliver communications and engagement plan, including sensitive media coverage
- Deliver our self-harm pathway review action plan



5. Building mental health-friendly communities and workforces

Stigma, discrimination and lack of understanding can prevent people from seeking help at an early stage.

Partners have tackled stigma amongst: men; children and young people; new parents; and the farming community.

In 2017/18, GCC equipped 449 people with essential skills through MHFA and ASIST courses.

Gloucestershire
tackles stigma...

...talk mental health



Priorities for the future

- Work with Patient Participation Groups (PPGs) to tackle stigma
- Increase involvement of experts by experience
- Continue targeting our training to increase impact
- Explore how our training can reach communities



How can you contribute to the mental wealth of Gloucestershire?

Sarah Scott, Director of Public Health

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