



Inner West Community Committee

Armley, Bramley & Stanningley, Kirkstall

Mental Health Discussion Report



Foreword by Cllr Caroline Gruen

Chair of the Inner West Community Committee



At least one in four of us will experience a mental health problem at some point in our life, and around half of people with lifetime mental health problems experience their first symptoms by the age of 14. By promoting good mental health and intervening early, the impact on individuals, families and local communities can be dramatic.

Mental health disorders do not just affect individuals but also their families, friends and colleagues. Sickness absence due to mental health problems is estimated to cost the UK economy £8.4 billion a year. Mental ill health is the largest single cause of disability in the UK, representing up to 23% of the total burden of ill health. The total cost of mental health in England is estimated to be around £105 billion and it has been estimated that cost of health services to treat mental illness could double over the next 20 years.

Improving people's mental health and wellbeing is a key priority for Leeds Health and Wellbeing Board. It is also a priority for Leeds West CCG (Clinical Commissioning Group) whose Member practices have reported widely that patients with mental health issues are an area of concern in terms of rising levels of demand, complexity of need and access to services.

In Inner West Leeds there is evidence to show that mental health issues are higher than the Leeds average. The purpose of this Committee is to find out a bit more about mental health and how it impacts upon individuals and communities and what we can do to raise awareness and enable good mental health.

Agenda

The meeting is focusing on the Inner West Area which comprises Armley, Bramley & Stanningley and Kirkstall wards.

1) Overview of local mental health services and current campaigns – Cllr Fiona Venner

2) NHS Leeds West approach to mental health – Dr Fiona Day

3) Case Study: Patient Empowerment Project – Joe Kent

4) A panel of experts will discuss questions from the audience on all aspects of the topic

5) Discussion groups:

‘If you could do one thing to improve mental health and increase earlier diagnosis, what would it be?’

Next Steps:

The suggestions from the discussions will be fed back to Commissioners at NHS Clinical Commissioning Groups (CCGs) and will inform Community Committee wellbeing spending in the future.

Key points:

- **Mental illness** is a term used that includes common mental illness (including anxiety and depression) which affects nearly 1 in 4 in the population during their lifetime, and severe mental illness (such as psychosis and schizophrenia) which is less common and affects less than 1 in 100 people during their lifetime.
- **Mental health problems range from the worries we all experience as part of everyday life to serious long-term conditions.** The majority of people who experience mental health problems can get better or learn to live with them, especially if they get help early on.
- **Mental health problems are very common.** About a quarter of the population experience some kind of mental health problem in any one year.
- We know there are some **significant mental health needs** in Inner West Leeds.
- **There is low presentation of mental health issues in GP practices** in some parts of Inner West, ie New Wortley, where we know it is of concern to residents. The challenge is to get patients to present early.
- **LS12 had the highest numbers of suicide in Leeds** according to figures published in the 2011 Suicide Audit.
- **The Patient Empowerment Project** is a locally funded project by NHS Leeds West CCG. This helps patients access groups, services and interventions in the community. Nearly all assessed patients reported levels of anxiety and depression. Some of the case studies will be heard at the Community Committee meeting.
- **The overall number of people with mental health problems has not changed significantly in recent years**, but worries about things like money, jobs and benefits can make it harder for people to cope.
- **The Chief Medical Officer** has the following priorities for public mental health:
 - **Mental Health Promotion**, which is primarily concerned with the determinants of mental health
 - **Mental Illness Prevention**, which is concerned with the causes of the disease
 - **Treatment and rehabilitation**

Current Initiatives

Leeds Mental Health Framework 2014-17

The Leeds Mental Health Framework has been developed by the Mental Health Partnership Board to set out the aspirations of the city with regards to the future state of Mental Health provision for the population of Leeds.

The Mental Health Partnership Board is made up of people with lived experience of mental health, health and social care services from the statutory and community and voluntary sectors and public health. This group promoted adoption of the principles of parity of esteem between mental and physical health and for every organisation to sign up to the framework.

1. More people will have good mental health
2. More people with mental health problems will recover
3. More people with mental health problems will have good physical health
4. More people will have a positive experience of care and support
5. Fewer people will suffer avoidable harm
6. Fewer people will experience stigma and discrimination

Mental Health is a Whole System Approach.

If community members are feeling concerned, the best first step is to talk to a GP as they can refer to a suitable service or provide information of what else might help. Mental illness is now a very treatable condition and anyone worried about themselves or someone else is encouraged to go to their GP. There are many services available in Leeds. For a full directory of services visit:

www.mentalhealthleeds.info

There will also be copies of 'How are you feeling,' leaflet at the Community Committee meeting

Here are a few of the key services available for people in Inner West:

- NHS Primary Care Mental Health Service works with people aged 17 and over for common problems such as anxiety and depression to develop new ways of coping. 0113 843 4388.
- Cruse Bereavement Care provides practical advice to bereaved adults. 0113 234 4150.
- The Market Place offers free and confidential counselling and support for young people aged 13-23. 0113 246 1659
- Leeds Mind Counselling offers sessions for individuals, couples and families. 0113 305 5802
- Touchstone offers support to improve the mental wellbeing of all Black and Minority Ethnic community members. 0113 219 2727
- Leeds Survivor Led Crisis Service is for anyone who feels distressed or lonely. They run the Connect Helpline, which is open 6-10.30pm every night of the year. Call 0808 800 1212
- Dial House is an overnight house for crisis support. 0113 260 9328

Insight Report

The 'Insight' project was funded by Public Health Leeds and initiated in response to the findings of the 2011 Suicide Audit which found that LS12 had the highest rate of male suicide in Leeds.

The project involved talking with men who had attempted suicide or family members of men who had taken their own life. Activities and groups for local men were also set up.

Key findings included - Availability, accessibility and quality of support in the area; lack of social cohesion; the prison; downward spirals of deprivation; lack of local Identity and geographical position in the City.

Suicide prevention training has also been delivered to frontline workers – police, housing, community workers and GPs.

Extra funding has been found for counselling sessions in the area.

Patient Empowerment Project (PEP)

NHS Leeds West Clinical Commissioning Group have funded an exciting way of working to help people take control of their health and wellbeing. The project will support people to access groups, services and resources to help them achieve a better life.

The project will be able to spot gaps in services and inform commissioners where new services could be provided to meet the needs of the community.

Activities could involve joining an arts/craft or friendship group, finding a suitable physical activity, trying volunteering or setting up a peer support group. PEP can also help people balance their social life by supporting parenting issues and referring to an appropriate agency for advice about housing/benefit problems