



# Let's Chat about Mental Health and Wellbeing

**Director of Public Health**

Annual Report 2023

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# 1 Foreword from Director of Public Health

**I am delighted to be sharing with you my first annual report as Director of Public Health for Derbyshire, which considers the theme of mental health and wellbeing.**

Emotional health and mental wellbeing affects all aspects of our lives. Mental wellbeing is about feeling good and functioning well, both as individuals and as communities. It is also about our ability to cope with life's challenges and making the most of life's opportunities.

Supporting mental health and wellbeing is a personal passion and I want to do all I can in this role to promote this area of work. I am a trained mental health first aider which means that I can offer support to colleagues in the workplace. Outside of work I regularly take time to reflect on my own mental health and wellbeing and find spending time outside in green spaces is something that particularly helps me.

The last year has been challenging for many people in Derbyshire due to cost-of-living pressures and these have impacted on health and wellbeing in many ways. Colleagues across Public Health have worked tirelessly, often in partnership with a range of local organisations to make sure that mental health advice and support is widely available. This report showcases some of those initiatives, as well as considering some of the drivers of poor mental health that currently exist in Derbyshire.

It is important that we all take time to reflect and talk about our mental health during these tough times. In 2022 we launched the Let's Chat campaign which you can find out more about in this report. We have placed signs on benches throughout Derbyshire to encourage people to think about their mental wellbeing, to make connections with others and to seek support. The campaign has seen 700 Let's Chat bench signs in place and 120 organisations have signed up to support the initiative. We have included images of some of these benches throughout the report and we have received feedback that people have used this shared space to start conversations about their mental wellbeing with others.

Building on the momentum of that campaign my message in this report is simple – let's build a positive and ongoing conversation about mental health across Derbyshire by everyone committing to the following: Let's Chat, Let's Ask, Let's Listen. You can find out more about these pledges and the steps you can take to support them at the end of this report.

Thank you for taking the time to read this report.

Best Wishes

**Ellie Houlston**

**Director of Public Health - Derbyshire County Council**



## 2 Update on last year's report

Last year, the [2022 Director of Public Health Annual Report](#) considered the impact of the Covid-19 pandemic on communities in Derbyshire. The report explored themes of health inequalities in relation to the Coronavirus and outlined how partners would continue to step up to the challenge together of living with the virus. Below is a summary of the 2022 recommendations and what we did. [Here you can see the full details of what we did.](#)



### **We said we would:**

Embed ongoing prevention activity from Covid-19 as part of an all-hazard approach to prevention of infectious diseases.

### **Since the report was published**

We have worked with partners to encourage the uptake of all vaccinations and promote infection prevention control.



### **We said we would:**

Utilise information known about pre-existing inequalities and the impact of Covid-19 to focus on improving health outcomes for those groups that have experienced the greatest impact in Derbyshire.

### **Since the report was published**

We have highlighted the differences in the underlying health of people adversely affected by Covid-19 in the most deprived communities.



### **We said we would:**

Work collaboratively with system partners to build a shared understanding of health inequalities across the system to make sustained progress in reducing these longstanding and worsening inequalities.

### **Since the report was published**

We have worked with partners to support the development of a Health Inequalities Strategy for Derby and Derbyshire, and we are working with the Health and Wellbeing Board to influence partners to develop actions to address health inequalities.



### **We said we would:**

Retain learning from the Covid-19 pandemic to ensure Local Authority Public Health is in a position to hit the ground running again in the event of a future pandemic, Covid-19 or other disease.

### **Since the report was published**

We have completed a lessons learnt exercise to inform future planning and developed our Health Protection Team. Derbyshire is working alongside the Local Government Association to share information as part of the Public Inquiry so that lessons can be shared nationally.



**We said we would:**

Maximise the opportunities created by the positive role of Derbyshire Public Health to influence pieces of work that improve health outcomes.

**Since the report was published**

We have continued to utilise one off funding to support additional community-based activity, which has increased community resilience, tackled cost-of-living pressures, and promoted better mental health.



**We said we would:**

Co-produce solutions with partners and communities to help design initiatives and services that contribute towards reducing health inequalities.

**Since the report was published**

We have worked with people recovering from addiction via the GRID voices project, strengthened the public health co-production community of practice so our team can share skills and knowledge. We have also secured external funding to work alongside communities to understand their needs with an academic partner. This is an ongoing journey, and we are further committed to strengthening co-production in Derbyshire Public Health and with our partners.



**We said we would:**

Maximise the opportunities created by the launch of the Integrated Care System to ensure there is a renewed focus on health inequalities within NHS, the broader Public Sector and voluntary sector.

**Since the report was published**

We have worked with colleagues to develop the NHS Core 20PLUS5 approach for addressing health inequalities and ensure key preventative messages are included in the Integrated Care Strategy.



**We said we would:**

Work with partners to place health inequalities into their work and tackle social deprivation at root cause via investment from upstream preventative interventions.

**Since the report was published**

We have further developed Feeding Derbyshire work to tackle issues relating to food insecurity and provided enhanced support in this time of cost-of-living pressures. We have also enhanced our Derbyshire Discretionary Fund and advisory services to prevent people becoming more financially vulnerable.



**We said we would:**

Facilitate the more systematic use of a population health management approach within Derbyshire to systematically identify and target health inequalities.

**Since the report was published**

We have coordinated a programme which has engaged primary care and the NHS to test preventative clinical actions that reduce health inequalities.

### 3 Aims and objectives of the report

This year's report focuses on mental health and wellbeing of people in Derbyshire. It will reflect on the ongoing challenges from the Covid-19 pandemic recovery and the growing cost-of-living pressures.

The report will do this by:

- Outlining key facts and figures in relation to mental health and wellbeing in Derbyshire.
- Considering how your mental health can be impacted across the life course.
- Describe how Covid-19 and cost-of-living pressures have shaped mental health and wellbeing in Derbyshire.
- Summarising how Public Health supports mental health and wellbeing in Derbyshire.
- Describing a range of practical actions you can take to support your own mental health and wellbeing and how to support others.

**Throughout the report you will see various images of benches. Last year the #LetsChat campaign raised awareness of the importance of talking about mental health.**



Local photographer Tony Fisher travelled around the county taking pictures of the benches being used. These images are being shared in the report alongside a range of stories from professionals and local people to reaffirm the message that talking openly about your mental health is important. The case studies featured throughout the report showcase local actions and interventions that contribute to a wider systematic approach to promoting mental wellbeing. The report concludes with a range of recommendations about how we can strengthen our approach further in Derbyshire.

Finally, we recognise that for many people mental health is a key area of concern at present so we have included a number of links and information about where you can find further help, advice, and support.

## 4 Introduction

### What is mental health and wellbeing?

Mental health plays an essential role in everyone's life and is more than mental ill health. There are many ways to describe mental health and wellbeing. One of them is described as how we feel or cope with life. Another more detailed definition is a state of wellbeing where a person can work productively, cope with stresses in life and contribute to their community. We can define poor mental health and wellbeing as when we can't cope with challenges in life and contribute to our community. Good mental health and wellbeing has a direct link with good physical health, better quality of life and employment prospects. Therefore, good mental health is essential for us to live well and thrive.

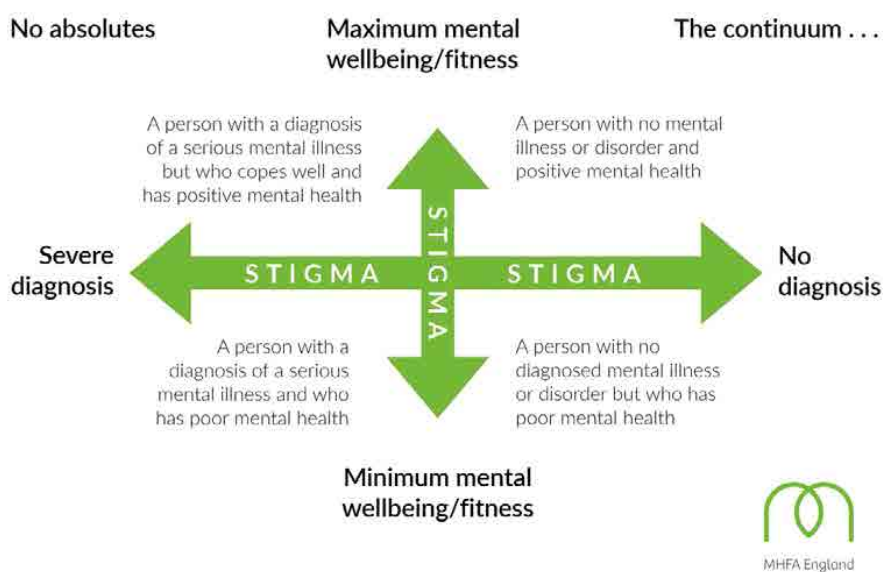
[Research shows](#) why good mental health and wellbeing is so important:

- People with good mental wellbeing are 1.14 times more likely to recover from a physical illness than those with poor mental wellbeing.
- A person with a serious mental health condition could live 15 to 20 years less than the people without a condition.
- A person who has a long-term illness, can have more complications if they also have a mental health condition. This could impact on the cost of their care, which could be around 50% more.

Mental illness or mental ill health are broad terms and can include a range of conditions like mild depression to schizophrenia. Many people are impacted by mental ill health at some point in their life. [One in four people](#) will experience a mental health issue in a year and [2 in 100 people](#) will experience severe mental illness. The most common conditions are depression and anxiety.

Good mental health and wellbeing is essential to everyone's health and is a priority for Public Health in Derbyshire. Public Health has an important role in promoting good mental wellbeing and supporting people who may need additional advice, guidance, or information. The Mental Health First Aid (MHFA) England infographic below summarises the complexity of mental health and how stigma needs to be addressed at all points. Public Health's work in Derbyshire is to create conditions for positive mental wellbeing and challenge stigma and negative perceptions of mental health.

**Figure 1. The Mental Health Continuum**



The infographic shows that mental wellbeing can range from not having a diagnosis to having a severe diagnosis. It also shows that even if you are diagnosed with mental illness, you can still live a positive life. You can also have no diagnosis but have poor mental health. The infographic highlights that stigma can be a barrier which can prevent a person from obtaining a diagnosis or seeking help.

Image used with permission of MHFA England®. For more information on how to spot signs of mental ill health and how to support others on a first aid basis, please see [www.mhfaengland.org](http://www.mhfaengland.org) to find your Mental Health First Aid course.

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## What can impact mental health and wellbeing?

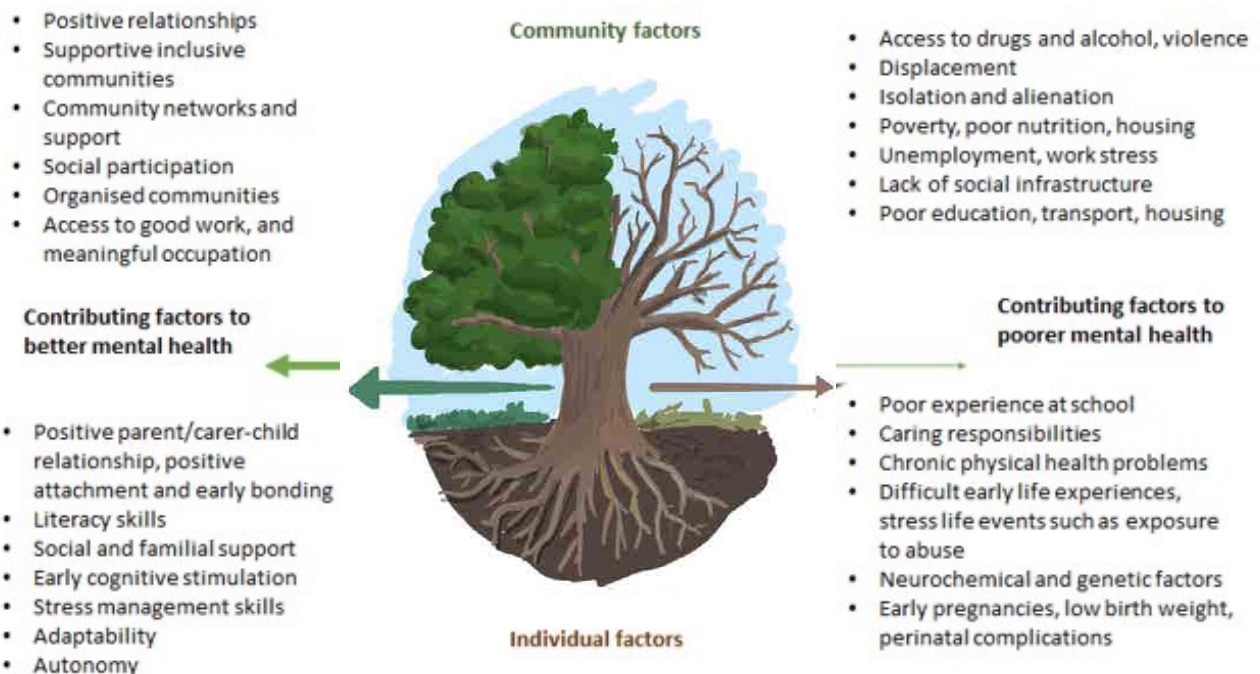
The above section summarised what mental health and wellbeing is and how we can visualise it as a continuum. This next section explores what can positively or negatively support our mental health and wellbeing.

**There are many factors that can affect mental health. The factors that contribute to good or better mental health are called protective factors. Protective factors include personal attributes like problem-solving skills, coping skills, good physical health, strong cultural identity, social support, and positive relationships.**

There are also factors that contribute to poorer mental health and these are called the risk factors. Risk factors can include biological factors, like the human body’s brain chemistry or genes, long term physical health problems and personal life experiences like trauma or abuse.

The tree diagram below shows examples of protective factors that contribute to better mental health and risk factors that contribute to poorer mental health. The diagram also shows that some of these factors relate to an individual’s situation and others relate to the community and environment around us. A key aim for Public Health is reducing risk factors and increasing protective factors, so that good mental health and wellbeing can be promoted.

**Figure 2. Factors that influence mental health**





## 5 Mental health through the life course

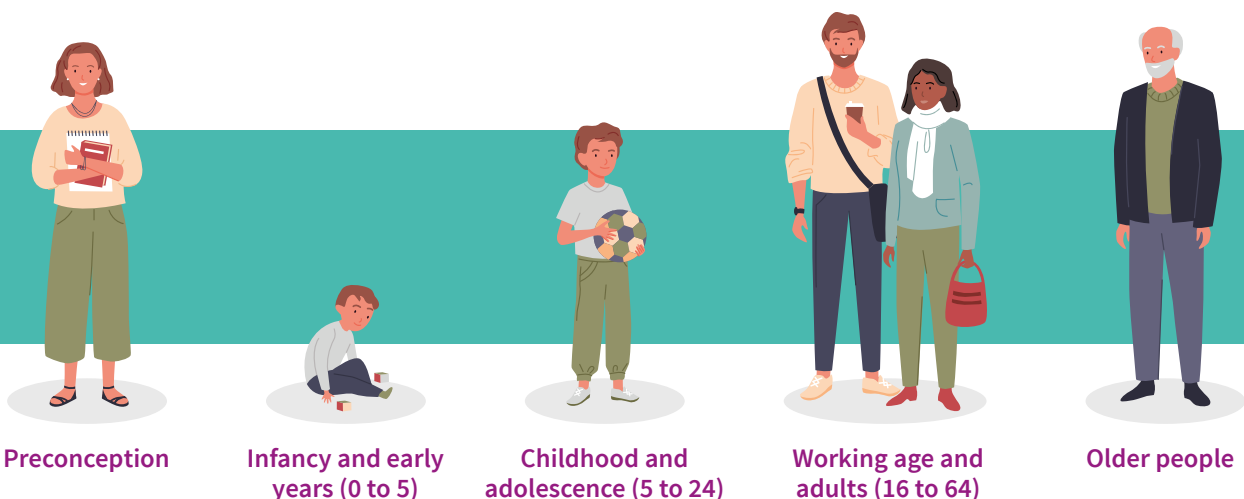
The introduction discussed the broad range of factors that can influence mental health and wellbeing. This next section will go into more detail on these factors.

The tree diagram, in the previous section, showed that mental health is impacted by individual and community factors, which are often called the wider determinants of health and influence health across the lifespan. The wider determinants of health are defined as the environmental, economic, and social conditions in which people are born, grow up, live, and work in. Some of these factors are protective, whereas others are risks for poor mental health and wellbeing.

A [life course approach](#) is a tool used in Public Health to look at the impact of health across the whole lifespan. The approach looks at points in life where people can be supported to live longer and healthier lives, for example supporting people in the early years of life can have an impact for the rest of that child's life. The approach considers how the wider determinants of health can be changed to support longer, healthier lives. Changes can be through improving the environments in which people live, such as a child having enough food and a safe home. The approach helps to identify how the health and wellbeing of current and future generations can be improved. A life course approach is different to a disease-oriented approach, which often focuses on a single condition at a single stage of life. The life course approach considers when, where and how someone can be supported in all aspects of their health.

The life course approach is not just for physical health, and it can be used for mental health and wellbeing. As described before, everyone has mental health and people can experience problems with mental health at any stage of life. The life course approach can identify points in time where the risks of mental health issues can increase and when action can be taken. These points can be linked to transitions like leaving home, the menopause or the loss of close relationships. Some key transition points for mental health and wellbeing are shown in the infographic below:

### The life course approach



Source: [Public Health England](#)

## Preconception and the perinatal period



Preconception health is a woman's health before she becomes pregnant. Perinatal mental health refers to the emotional and psychological wellbeing of parents during pregnancy and up to two years after having a baby. These are important times during the life course and can have an impact on future generations.

The most common perinatal health problems are depression, anxiety, postpartum psychosis, and postpartum post-traumatic stress disorder. Around [10-20%](#) of women and [10% of men](#) will experience some form of mental ill health when having a baby.

Perinatal mental health issues can affect the parents' ability to bond with the baby. For example, [poor attachment](#) as a baby can affect a baby's brain leading to delays in their thinking, language and social skills. It can affect a baby's relationship formation which can lead to behavioural issues and can continue into adulthood.

Early identification, support and treatment is vital and can help improve the mental health outcomes for both the parent and the baby.

### What support is available in Derbyshire?



The NHS Health Visiting Service is a universal offer for all families. The NHS Health Visitors support women with their mental health and wellbeing and can support them with [perinatal mental illness](#). The offer is not just for women. The health Visiting Service will also support men. A popular option for men in Derbyshire is access to the DadPad app. This free app provides practical support from how to hold your baby to supporting your own health and wellbeing. If men need some more help, the app also provides details of local support groups and services, and guidance on how to seek help when needed for their partners and themselves.

More information can be found on the [Derbyshire Family Health Service website](#).

The NHS also provides a specialist [Perinatal Mental Health Service](#) in Derbyshire that supports women with severe mental health issues. Midwives, GPs, Health Visitors and other professionals can refer mothers and their babies to these services.



## Infancy and early years



The previous section showed that experiences before birth and during the first few years of life can influence physical and emotional development during childhood and into adulthood.

Research suggests that during the first [1,000 days of a child's life](#) the brain has an exceptional ability to develop, adapt to its environment, and learn information. Early life experiences, such as developing positive relationships with caregivers, are central to a [child's development](#) and building good infant mental health.

For some young children they may have poor relationships and emotional wellbeing that can lead to behavioural and developmental problems. In later childhood this can result in [poor mental health outcomes](#) such as anxiety, depression, and self-harm.

When taking a life course approach, it is clear that supporting families early is key. Public Health will continue to support parents and caregivers with their own emotional wellbeing and relationship with their baby as this has an impact on a child's wellbeing in their early years. The case study below describes how this happens in Derbyshire through emotional wellbeing support groups for new parents.

### Let's chat to Vicky about emotional wellbeing postnatal support groups



Vicky is a Specialist Health Visitor at Derbyshire Community Health Services. She is the project lead for the Derbyshire pilot for emotional wellbeing support groups.

#### Can you tell us about the support groups and why these were introduced?

Supporting parents with their emotional wellbeing in the perinatal period is very important for the whole family. Health Visitors reported that due to the restrictions and lockdowns during the pandemic parents were experiencing poor mental health, social isolation and had challenges accessing the support they needed. Recognising this, these groups were set up to provide early support with emotional wellbeing to all new parents. They also aimed to help reduce the need for onward referral to specialist mental health services.

The groups were held at a Children's Centre and were facilitated by a health visitor, an early years' worker and a parent volunteer. Topics discussed included becoming a parent, sleep, understanding your baby and emotional wellbeing.

#### What difference did this make to parents in Derbyshire and what are the next steps for this project?

There was positive feedback from facilitators and parents. The group provided a safe space where parents could share their experiences, allowing them to reflect on being a parent and their relationship with their baby. The groups also strengthened links within the community as volunteers partnered with health and early years staff to deliver the sessions. Due to the success of these groups, there are plans to roll them out to other areas across Derbyshire.



## Children and Young People



As children and young people grow and develop, they face new experiences, transitions, and challenges. Protective factors for children and young people to have good mental wellbeing **include**:

- Having freedom and time to play.
- Eating a balanced diet and getting regular exercise.
- Going to a school that looks after the wellbeing of its pupils.
- Feeling loved, trusted, understood and safe.

There are risk factors that can cause mental health problems for children and young people. These can include traumatic events and changes such as moving home or changing school. Making the transition to adulthood can also be difficult for young people and some may experiment with alcohol and drugs, which can affect mental health.

Half of adult mental health problems start **before the age of 14**. This means that it is beneficial for investment across the health and social care system to focus on younger children to prevent mental health and emotional wellbeing issues that can have long-lasting impacts across an individual's life.

Nationally, since 2017 mental health issues are increasing across England, so there is work ongoing locally to monitor current patterns of mental health problems in children and young people to ensure that services are planned, and appropriate support is put in place.

Every year we ask the young people of Derbyshire about their views on a wide range of issues in the My Life, My View Survey.



### What is the My Life, My View Survey?



My Life, My View is the name of a confidential online survey of young people in Years 8-11 attending Derbyshire secondary schools. It asks young people about emotional health and wellbeing and looks at their perceptions, beliefs and opinions on behaviours, relationships and communities. The survey is developed with colleagues from Public Health Nursing, Education Psychology, Education Improvement, Safeguarding, Schools, and with feedback from students. 13 of 45 mainstream secondary schools participated in 2022. The 2023 survey aims to reach more children and young people and those who are elective home educated.

## What did young people say about mental health and wellbeing?

- **63%** of Derbyshire students who participated in the survey responded that they are happy with their life, however, there is a group of students with poor emotional wellbeing, with important findings being:
  - **35%** of students said they have been feeling depressed or hopeless at least sometimes in the last two weeks
  - Worried young people may engage in risky coping strategies, with **11%** saying they ‘hurt myself’ ‘usually’ or ‘always’
  - **15%** of students responded that feeling worried, sad or upset often makes it hard to do or enjoy anything
  - **23%** of students said they have been feeling lonely ‘often’ or ‘always’ in the last two weeks
- **49%** of Derbyshire students who responded to the survey stated that they find it easy to talk to parents, carers or trusted adults (including teachers) about things that bother them.
- **65%** of students said that if they were concerned about a friend’s mental health, they would know where to get help.

The findings of this survey help Public Health and partners in education and Children’s Services to raise the profile of, and act on, specific issues surrounding mental health and young people in Derbyshire. One approach to this currently ongoing in Derbyshire is the Whole School Approach Project below.

## Adopting a whole school approach to mental health and wellbeing in Derbyshire



### What is a whole school approach and what does this involve?

The whole school approach programme commenced in Derbyshire in September 2021. The Children’s Services Education Improvement Team and Derbyshire Schools are working alongside Public Health as part of the project. A whole school approach involves all parts of the school, including pupils, leadership team and teachers working together and being committed to mental health and wellbeing. The commitment goes beyond learning and teaching in the classroom by involving parents, carers and the wider community working together.

A whole school approach enables schools to:

- Develop peer support for children and young people, teachers and school staff as well.
- Undertake coaching and supervision.
- Improve transition for children between home, early years’ settings and school.
- Develop a clear action plan for improving wellbeing, focusing on building on their strengths as a school.
- Develop mental health and wellbeing [pathways and policies](#).
- Attend regular network events to share good practice, support one and other, and receive training.
- Support the [Smilers programme, which targets primary school aged children](#).



In 2022, over 50 schools in Derbyshire engaged with the whole school approach. The programme has received positive feedback from all schools involved and from other partners.

## Working-age adults



A focus on promoting good mental health and wellbeing early in the life course does not mean that support and actions later in the life course are not needed. Adulthood is an important time for building resilience for later life but also a time when mental health problems are common. [One in four adults](#) experience at least one diagnosable mental health problem in any given year, including depression and anxiety.

Protective factors like reducing stress at work, long-term unemployment and social isolation can contribute to improved mental wellbeing in working-age adults.

There are many examples of promoting mental health and wellbeing into adulthood in Derbyshire. Below are two case studies focussing on men's emotional wellbeing and those working in the Voluntary, Community and Social Enterprise sector (VCSE).

### Let's chat to James about Mentell:



James is the Public Health Lead for Mental Health and has been part of a team that has partnered with Mentell:

#### **James, can you tell us about Mentell and why it is important?**

We know research suggests men are less likely to discuss or seek help for their mental health problems. Studies also show the valuable role that men can have by providing informal support to each other with emotional wellbeing. The Public Health team is working on behalf of Joined Up Care Derbyshire with [Mentell](#) to provide emotional wellbeing support through a network of peer support groups for men.

Groups are open to all men aged 18 and over living in Derbyshire wanting to make positive changes to their emotional wellbeing in a peer support group environment. The groups, known as circles, are based on sharing feelings and thoughts, however small. Mentell also raises awareness and engages with communities through campaigns such as 'Turn Your Bar/Business/Borough Blue' which encourages businesses to raise awareness of men's mental health and to signpost staff and customers to Mentell.

#### **How many people have been involved so far?**

It has been really successful and over 300 men have attended circles, and 500 referral partners have engaged. Finally, over 650 businesses have engaged in the Turn Your Bar/Business/Borough Blue campaign.



## Let's chat to Mel about the mental health and wellbeing support available to the voluntary, community and social enterprise sector



Mel is a Public Health Wellbeing Counsellor who works closely with voluntary sector partners in relation to mental health:

### **Can you tell us a bit about what you do to support mental health and wellbeing?**

The voluntary sector, known as the VCSE, is a key partner in helping people to live fulfilling lives and maintain their health and wellbeing. The VCSE has a strong understanding of community needs and reaches the most vulnerable in society. Due to current climates, demands for many services have increased and the complexity of issues has increased, which has impacted the mental health and wellbeing of some volunteers and employees from the sector. Some of these organisations do not have employee assistance programmes or mental health support offers so we wanted to fill that gap by doing three things.

Firstly, providing health and wellbeing support for all employees and volunteers from the VCSE sector, including a one-to-one wellbeing support service. Secondly, promoting ways that employees and volunteers can improve their health and wellbeing. Finally, we are connecting VCSE organisations together for peer-to-peer support.

### **What difference has this support made?**

In a one-year period from November 2021 to October 2022

- 128 individual VCSE employees and volunteers accessed the wellbeing service.
- 14 bespoke wellbeing groups were delivered.
- 84 group sessions were delivered.
- 200 individuals and 50 VCSE organisations registered for wellbeing support.

There has been lots of positive feedback from the programme. There were examples where people had reached a point where they intended to leave their jobs, but after they accessed the wellbeing intervention they did not.





## Older people: Ageing well and long-term conditions

Our physical health and mental health are closely connected, and poor physical health can lead to or worsen mental health. As people get older and they are more likely to have long-term health conditions like cardiovascular (heart) disease and diabetes. For example, in England [58% of people over 60](#) have one or more long-term physical conditions, compared to 14% of people under 40.

More than two in three people with a heart condition report that their emotional health suffers because of their physical condition, with [anxiety](#) being the most common symptom. Also, mental health symptoms can then make dealing with the physical symptoms more [difficult](#).

This does not mean mental ill health is inevitable later in the life course though as physical conditions become more common. There are ways in which mental health can be promoted and support is available.

As people age, the connections with others including family, friends and the wider community is important for mental health and wellbeing and can increase feelings of happiness and self-worth. Time Swap allows older people with different skills, knowledge, and experience to support their wider community. The case study below explores Time Swap Derbyshire.

### Time Swap Derbyshire



Time Swap is a time banking programme. This is where people swap their time to help others and in return receive help for themselves or donate their time. The programme started in Derbyshire in 2015 and is part of the [Timebanking UK](#) scheme.

Since 2015 Time Swap has helped hundreds of Derbyshire residents to share their skills and talents and almost 17,000 hours of time has been swapped. Derbyshire Time Swap helps bring individuals and groups together, it helps people to feel more connected to their community and can enrich lives with meaning and purpose. This can promote or support good mental health.

#### **An example of Time Swap supporting an older person's mental wellbeing can be shown in the following case study:**

A resident wanted to get her garden ready for spring and was struggling to manage on her own. A very kind gentleman, also part of Time Swap, offered to help and brought along his lawn mower and other gardening tools to complete the job. A couple of hours later the garden was transformed! Now that the garden is more manageable for the Time Swap member, she will be able to go out more and enjoy the fresh air and see the bulbs and plants come through in spring.

Stuart who manages the project in South Derbyshire & Erewash commented: *“This is a perfect example of the difference Time Swap can make to individuals and communities in our local area and has a real impact on reducing loneliness and supporting our Time Swap members to improve their health and wellbeing”*.





## 6 The impact on mental health from Covid-19

The impacts of the pandemic continue to be seen across communities in Derbyshire. One of the legacy factors of the pandemic includes a lasting impact on mental health and wellbeing for some people. During the pandemic many people faced long periods of loneliness and isolation and for some it has been challenging to re-establish networks of support as society re-opened. The lockdowns and disruption to education throughout the various Covid-19 waves is likely to have impacted people's mental wellbeing, the evidence for this impact is developing (as it can take a while from the event for issues to be identified in research and data). Early indications are that some children, young people, and adults experienced poorer mental wellbeing and this will be explored in more detail in the following section. The evidence for impact across the life course is also developing. Some examples that many people in Derbyshire have experienced include:



### Short term impacts

- Anxiety over outbreak and possible illness
- Loneliness due to isolation and social distancing
- Stress caused by adjusting to new routines, financial and employment insecurity
- Depression caused by lack of activity, loss of normal routine, increased caring responsibilities

### Medium term impacts

- Post traumatic stress
- Depression caused by loneliness and isolation
- Increased risk of suicide and self-harm
- Relationship breakdown

### Long term impacts

- Grief caused by bereavement
- Reoccurrence of previous mental health problems
- Developmental and behavioural issues in children and young people from isolation or social distancing at key milestones
- Development of mental health disorders as a result of the stress.

Source: [Derbyshire Observatory](#).

The Public Health Knowledge and Intelligence Team have [estimated](#) that an extra 80,000 people in Derbyshire would require support for mental health. This estimate shows the scale of need for people who may require services, support, and interventions to address their mental health issues.

The following sections provide an overview of the evidence for the impacts of Covid-19 on mental health.

## Impact on children and young people

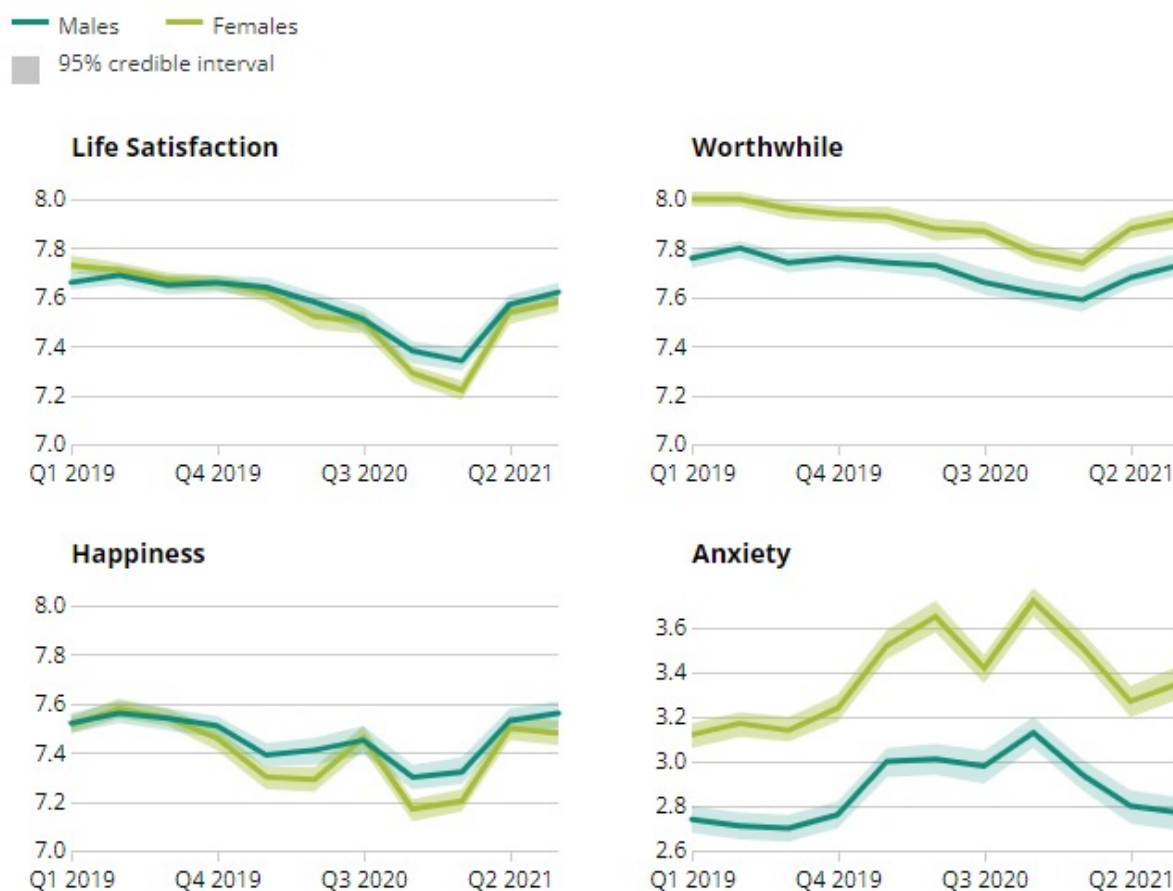
During and after the pandemic there have been changes to the mental health and wellbeing of children and young people. The [Mental Health and Young People Survey](#) looked at the mental health of children and young people in England from February and March 2021. The results from this survey were compared to the previous survey that took place in 2017 with over 3,600 of the same children and young people. Key findings included:

- The proportion of children and young people with possible eating problems increased since 2017. This went from 6.7% to 13.0% in 11- to 16-year-olds, and from 44.6% to 58.2% in 17- to 19-year-olds.
- Rates of probable mental disorders increased since 2017. In 6- to 16-year-olds there was an increase from one in nine (11.6%) to one in six (17.4%), and in 17- to 19-year-olds from one in ten (10.1%) to one in six (17.4%). Rates in both age groups remained similar between 2020 and 2021.

## Impact on adults

The Office for National Statistics (ONS) measures wellbeing of people in the United Kingdom. The graphs below show how measures of wellbeing significantly worsened at the start of the pandemic. By the third quarter of 2021 these had moved back towards 2019 levels although levels of self-reported anxiety remained higher than before the start of the pandemic in part due to [higher anxiety among women](#). This can be seen in the graph below.

**Graph 1: Personal wellbeing in the UK January 2019 to September 2021**



Source: [Office for National Statistics](#)

As more data and information becomes available it's likely more impacts from worry, anxiety and social isolation will be seen. The risks of social isolation are high and have been estimated to be as damaging to health as smoking [15 cigarettes a day](#). Research also shows that [loneliness is associated](#) with a greater risk of inactivity, heart disease, stroke, depression, low self-esteem, sleep problems and dementia.

As a result of these emerging issues Public Health recognised the potential short, medium, and long-term impact of the pandemic. Public Health have invested additional resources to provide practical help, support, and advice to residents. A particular area of focus is social connectedness as the pandemic changed the way in which everyone was able to interact with each other for long periods of time. The following case studies described how Public Health has brought people together. Connect Derbyshire was created to support people to feel less lonely and isolated, Let's Get Creative brought people together to allow social bonds to form and Swanwick Men's Shed helps to make friends while making things.

## Connect Derbyshire



Connect Derbyshire has involved creating local social connectedness groups across Derbyshire, which provided a tailored approach to supporting social isolation. The groups are hosted by local voluntary sector organisations.

Different partners and members of the community have come together through the work of these groups to understand what makes residents feel isolated and identify what can make people feel more connected. The groups have highlighted issues including digital poverty, fear of crime, cost-of-living pressures, a lack of friends and poor transport connections. Each area has developed an action plan to focus on key issues for local communities and put practical preventative solutions in place. The groups have played a key part in recovery from the pandemic. For example, some groups have set up befriending support, food banks and general community groups to re-engage people after the pandemic.

In addition to local groups a county-wide 'Connect Derbyshire Forum', led by Public Health, helps to share good practice, and look at what works well and what needs to be improved. The Forum organised a conference in 2022, which was attended by 130 partners, to highlight the impact of loneliness and isolation and showcase local action to tackle the issue. 100%



of participants said that their understanding of loneliness and isolation had improved as a result of the conference and all participants reported they felt motivated and more confident in trying to reduce loneliness and isolation.

Connect Derbyshire has resulted in a range of activities which enables people within communities in Derbyshire to feel better connected and well supported.

## Let's Get Creative



Public Health has supported a programme for young people with special educational needs and disabilities to come together and develop digital skills. The project provided the space for young people to come together and develop social connections after they had experienced increased isolation during the lockdowns.

In summer 2021 an event was held in Chesterfield to recognise the achievements of the 'Let's Get Creative' team. The team are an exceptional group of young people who are contributing towards an app promoting local walks in the Chesterfield area.

The app can be accessed by using the QR code below and enables you to link in with a local walk in the Chesterfield area. Taking time to be outside and a break from our busy days will support our mental health and wellbeing, and the app makes this easy to plan and do.

The group was facilitated by staff from Derbyshire Education Business Partnership (DEBP) in collaboration with Kakou CIC, and supported by Chesterfield College's Digital, Media & Graphics department.



## Swanwick Men's Shed



Tucked away on a farm on the outskirts of Swanwick in Amber Valley the Men's Shed provides a safe, friendly place to meet and join in a variety of projects ranging from building garden benches to making picture frames and reviving old furniture. Since its establishment it has won both regional and national awards.

The shed is a vibrant community space and is providing a lifeline to local men, and women, who would otherwise be socially isolated or experiencing poor mental health. Charles Parkes helped to set up the Men's Shed and explains: "The original idea was to deal with isolation for older males. A lot of men who've finished work for whatever reason - whether they've retired, been made redundant or finished due to ill health - don't have the social network that their wives would probably have through schools, playgroups, Women's Institute and all sorts of things".

"We've had a few people move into the area and then become widowed so they're in a new place with no social contact at all. They have found new friends and a family in the shed. They enjoy coming and helping out, making items for their grandchildren or cooking the sausages on a Saturday. We get new members to buddy up with a shedder on a project. It is good to see them smiling and enjoying the banter. It's something to do and keeps them physically fit and mentally active".

"We support each other. We've got two or three at the moment who've got health problems within their family and we're rallying around speaking and supporting each other. We closed over Christmas, and we kept in contact with people who needed contact and help".

To summarise the impact of the project Charles said:

"I get a lot of satisfaction out of it in terms of what we've achieved. When you hear their stories it's great to see the effects it's had on other people being there. We've got people there who would readily openly admit it's saved their lives."

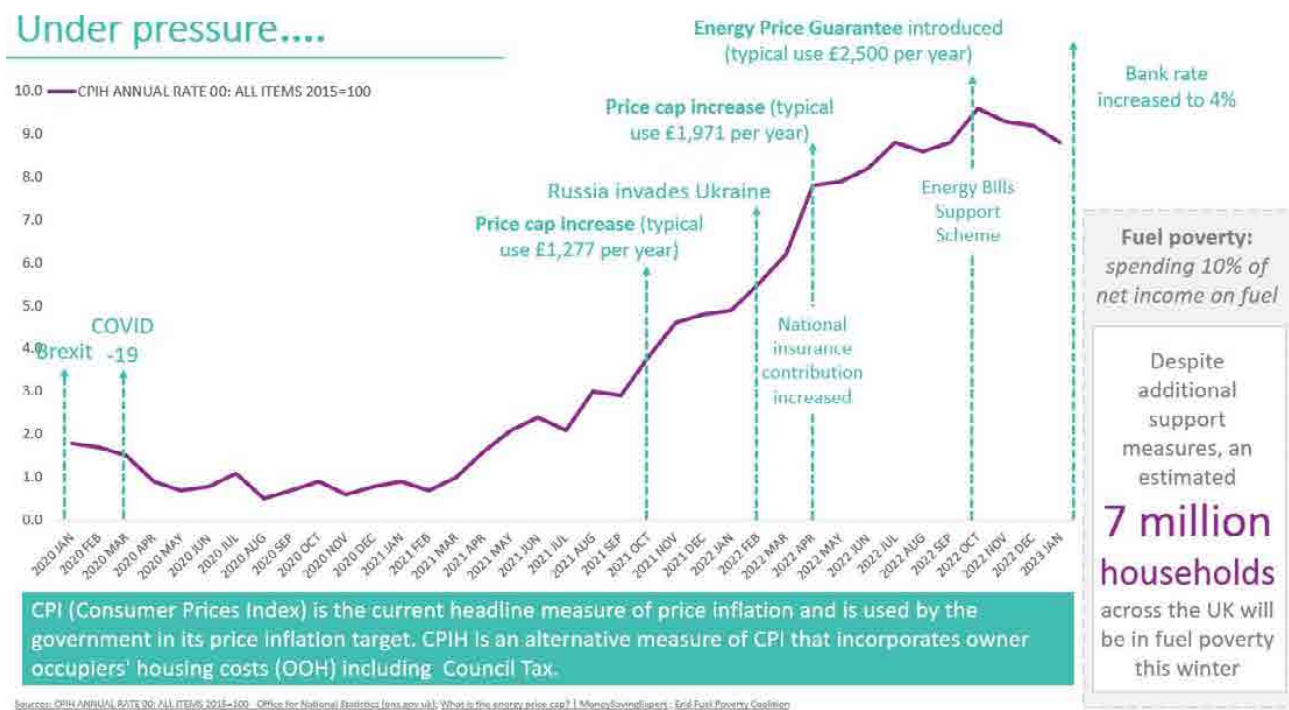


# 7 The impact of cost-of-living pressures on mental health

As the main Covid-19 pandemic restrictions eased, the cost-of-living in the UK increased sharply during 2021 and 2022. The costs of petrol, food, utility bills and housing increased rapidly. These pressures, combined with the longer-term impacts of the pandemic represent a challenge to mental health and wellbeing. A further challenge is that the pandemic may have [reduced resilience](#), or how individuals adapt to difficult situations.

The graph below shows how key events impacted the cost-of-living. It uses the Consumer Price Index, which is a key indicator when considering the cost-of-living for people in the UK. The graph also shows how several big global and national events have linked together. Public Health recognises that the cost-of-living pressures can impact our mental health and wellbeing as many people struggle to adapt to these increased costs.

**Graph 2: Consumer Price Index January 2020 to January 2023**



Source: Derbyshire County Council, Public Health Knowledge and Intelligence Team

These cost-of-living pressures, as shown in the graph above, have impacted on [millions of households](#) across the UK and in Derbyshire, affecting peoples' ability to:

- buy enough food.
- heat their homes.
- access support to live healthier lives.
- save money for the future and manage bills.
- increase their risk of having problems with [debt](#).

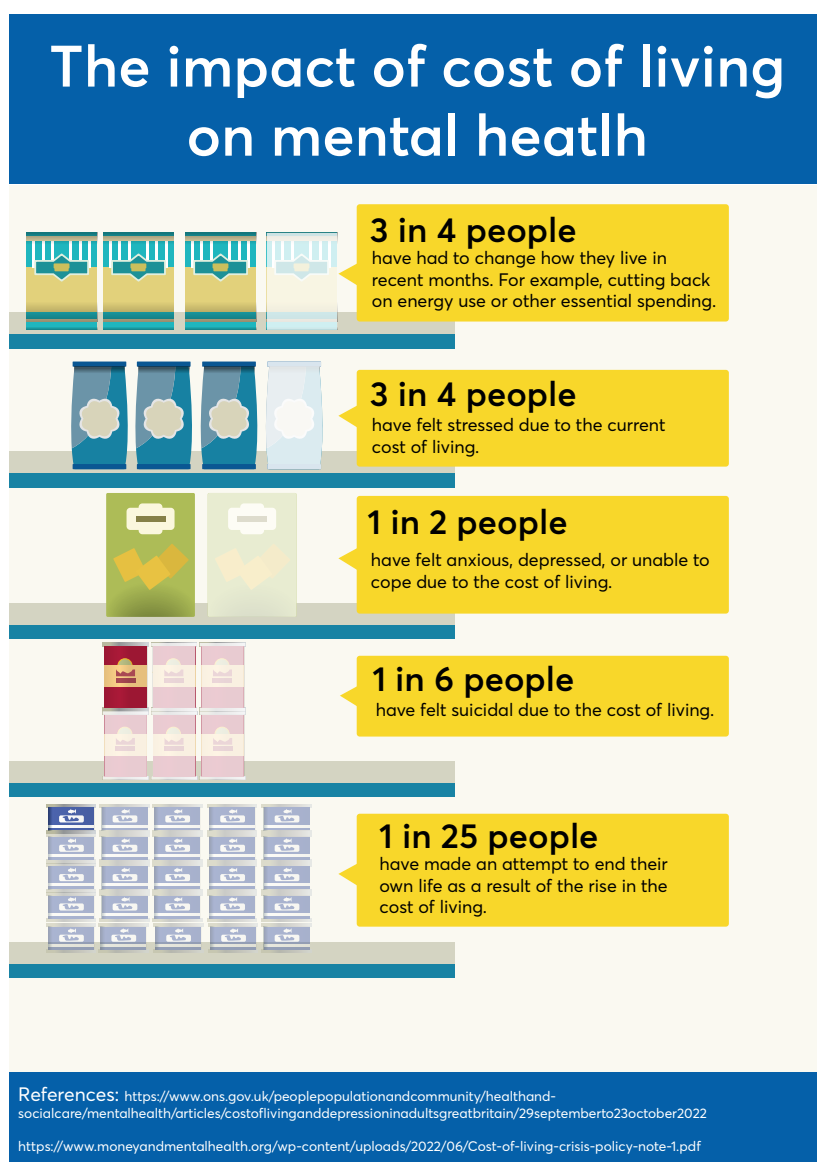
These issues can all have significant negative impacts on mental health and wellbeing. [Spikes in mental health distress](#) have been seen in previous periods of economic stress. As data emerges there may be similar patterns of mental health distress as a result of the current cost-of-living pressures.

## Impact on mental health and wellbeing

National surveys that have asked a cross section of the population about their mental health during the current cost-of-living pressures have shown a negative impact on their mental health and wellbeing. For example, [one survey](#) conducted from December 2022 to January 2023 by the mental health charity Mind showed that 78% of people surveyed said that cost-of-living pressures was impacting their mental health.

Other research carried out by the [Office for National Statistics](#) and [Money and Mental Health Policy Institute](#) in 2022 found a link between the current cost-of-living pressures and levels of mental health distress. The graphic below shows some of the key statistics from this research:

**Figure 3. Impacts of cost-of-living on mental health**



The longer-term impacts of pressures on our finances and struggling to make ends meet can cause people to be living in poverty and could result in chronic stress, depression or anxiety.

Chronic stress is also linked with an increased risk of physical health problems such as [circulatory \(heart\) system problems and increased fatigue](#). On top of this, poverty can result in difficulties in managing long-term conditions, such as meeting the [cost of prescription charges](#).

The [Mental Health Foundation](#) suggests the effects of the cost-of-living pressures on public mental health could be on a scale similar to the Covid-19 pandemic.

Public Health are concerned about these impacts on mental health, so have responded by increasing support to our residents. In Derbyshire there are existing services and advice to help residents with their finances, energy

efficiency, sourcing good quality food, family support and many more aspects of life relating to the current cost-of-living pressures, and Public Health have enhanced these. Public Health, alongside partners, have created information for the public, supported people with money for emergencies with the Derbyshire Discretionary Fund (DDF), helped people claim benefits that they are entitled to with the Welfare Rights Service and set up warm and welcoming spaces.

## Derbyshire Discretionary Fund



The Derbyshire Discretionary Fund (DDF) helps provide grants or emergency cash payments for those in urgent need of financial help following a crisis. The fund aims to support people in such situations to continue to live independently or cope with exceptional pressure when they have no other source of funding. The fund can also put individuals in touch with other services and support to help make sure it is less likely to happen again.

In 2022 the DDF made:

- **31,003** Emergency Cash Payments for food and heating – over twice as many as in 2021.
- **775** awards for Exceptional Pressure Grants providing essential furniture, white goods, and other items for residents in need.

**88%** of applicants who received funds felt that the award helped them to feel less stressed.

One applicant was supported with rent in advance, white goods, furniture and help with carpets after being resettled from emergency accommodation following domestic abuse. They explained: “I’m so pleased that DDF could help as I don’t know what I would have done without you as it was a very stressful time for all the family. I’d like to thank everyone in DDF for their support and help. I feel like I can breathe again.”



## Welfare Rights Service



The Welfare Rights Service provides benefits information and advice to individuals and families across Derbyshire. For many the benefits system is complex and overwhelming and can worsen existing mental health difficulties, which can result in financial worries. The team provides an advice line, casework support for adult social care clients, and representation at benefit appeals.

In 2022 the service responded to over 19,000 requests for support and helped residents to access a confirmed £26.2 million of additional benefits income. Here are some quotes from Derbyshire residents about their experiences:

- “The advisor was extremely friendly and helpful. They stopped my anxiety levels from increasing. I was having suicidal thoughts as I had no money”
- “The Advisor provided confidence to continue with the appeal – changed day to day life for the better”



There is also targeted support for those households with someone who is living with cancer or a terminal illness, and a project to improve Pension Credit uptake for those who are missing out. The service supports clients and their families by ensuring they have their full entitlement and can navigate the benefit system.

Gwen Sandford from the Welfare Rights service team describes the support one client received: “The service helped a father with his son’s Disability Living Allowance claim. Both father and son had chronic anxiety problems and found completing the form for the claim challenging and overwhelming. They were supported through the process by the Welfare Rights Service (including looking at a range of other benefit problems) with advice tailored to their needs. The Welfare Rights Service removed barriers and empowered this gentleman – this helped improve mental health and the family’s ability and resilience to respond to issues in the future”.

## Let’s chat to Sam about Warm Spaces in Derbyshire

Sam works in Public Health and has been part of a team that has grant funded Warm Spaces across the county.

### **Tell us more about the project and what it aimed to achieve?**

A Warm Spaces fund was launched in Derbyshire to support organisations to provide a warm refuge for residents who might be struggling to heat their homes over last winter. VCSE organisations in Derbyshire could apply for a grant towards the cost of opening up community venues or to extend their opening hours during the colder months.

### **What difference did this make to people in Derbyshire, especially in relation to their mental health?**

Venues offered a heated space, provided seating, offered refreshments such as a warm drink, and were free of charge. People visiting these warm spaces are offered information to help them with cost-of-living support, as well as advice on looking after their mental health and wellbeing.

Staff and volunteers at organisations and groups running Warm Spaces in Derbyshire are also supported with their own mental health. Public Health developed a short film to provide advice to help people look after their wellbeing, and Derbyshire Voluntary Action developed and circulated a Mental Health Support Pack. Support is also offered by a Public Health Wellbeing Counsellor who could provide more specialist help and advice. People valued the social connections of a warm space which can help with mental health and wellbeing.





## 8 Population mental health

This report has described different ways of providing individual support for mental health and wellbeing. However, there are other ways to support Derbyshire residents. One of these is by taking a population health approach to mental health.

A population health approach looks at promoting mental health across the whole population by looking at the needs of different groups of people. For some groups of people, this may be support that enables them to recover and thrive whilst they are experiencing a mental illness. For other groups who are not currently experiencing mental health problems, this may be about promoting mental health to prevent mental illness from developing. A population health approach aims to improve health across the entire population and to reduce health inequalities.

[Health inequalities](#) are ultimately about *differences in the status of people's health*. The term is also used to refer to other differences that can contribute to a person's health status such as:

- Access to care (e.g., availability of treatments)
- Quality and experience of care (e.g., levels of patient satisfaction)
- Behavioural risks to health (e.g., smoking rates)
- Wider determinants of health: the environmental, economic, and social conditions in which people live (e.g., quality of housing).

**There are inequalities in mental health. Some groups of people are more likely to have poor mental health and less likely to get the support that they need. For example:**



**People in urban areas** have better access to services



**Young women** experience higher rates of reported self-harm



**Black and Asian males** have much higher rates of psychotic disorder

**Those with poorer mental health may also have poorer physical health problems and social issues. For example:**



**People with severe mental illness** die 15-20 years earlier than people without severe mental illness



**People with mental illness** are less likely to be employed



**Adults with depression** are twice as likely to smoke as adults without depression

A population health approach can be used to help reduce these health inequalities by responding to the mental health needs of different groups of people.

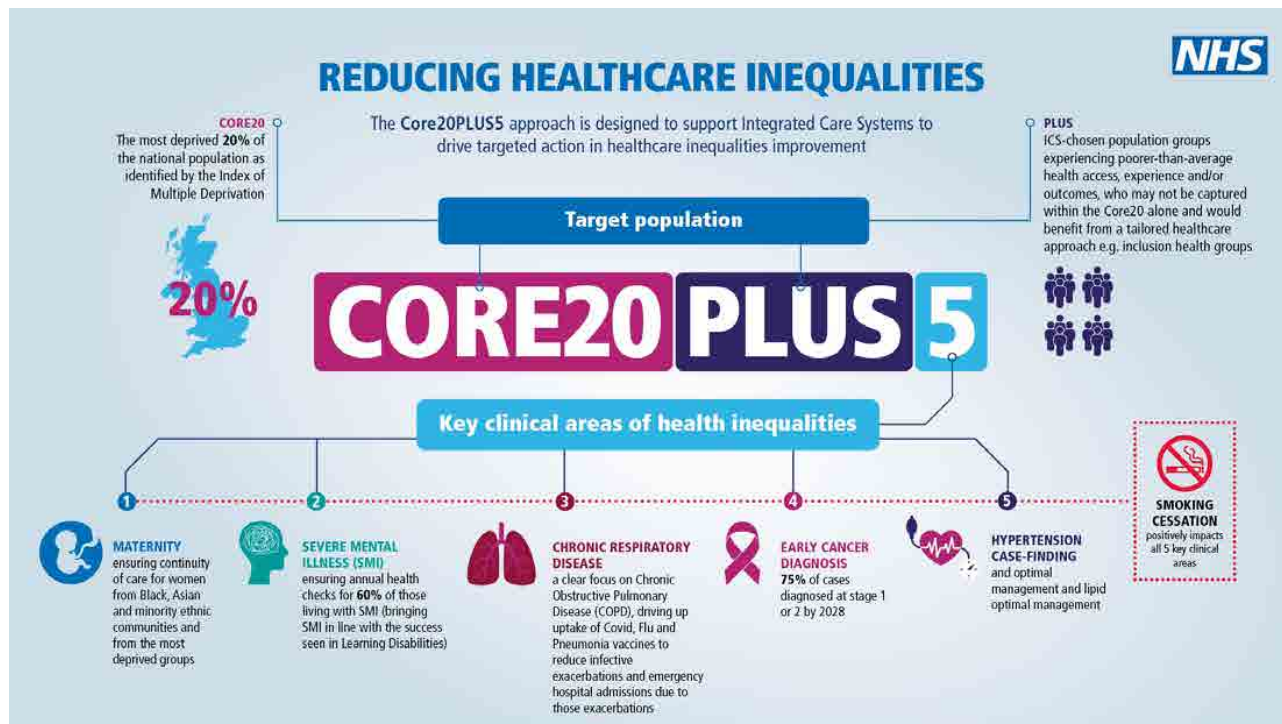
### What work is ongoing in Derbyshire?

In 2023 Public Health started a Health Needs Assessment (HNA) or a deep dive into the data, experiences, and services for deaf people, and for black people. These two groups are impacted by mental health illness in different ways than other people in the population. Public Health want to understand why this is and how changes can be made to services to reduce this difference.

## Core20PLUS5

The NHS has developed the [Core20PLUS 5 approach](#), which aims to reduce inequalities in healthcare across the population. The infographic below identifies how we reduce inequalities in access, experience and outcomes in health services.

**Figure 4. Core20PLUS 5 approach infographic**



Source: [NHS England](#)

The CORE20PLUS5 approach focusses on specific population groups who are known to experience health inequalities. These include:

- The most deprived 20% of the national population, identified by the national [Index of Multiple Deprivation \(IMD\)](#).
- Population groups, decided locally that are experiencing poorer-than-average health access, experience and/or outcomes. This could include ethnic minority communities, people with a learning disability and autistic people, and people with multiple health conditions.

The NHS has identified five clinical areas of attention for this approach. One of these is specifically related to mental illness and focuses on annual health checks for 60% of those living with Severe Mental Illness (SMI). This is important as people experiencing SMI are more likely to have poor physical health and live on average [15 to 20 years less](#) than the general population. Other areas of focus are maternity, respiratory disease, cancer, and hypertension (high blood pressure).

Public Health will continue to work with NHS partners in Derbyshire to reduce inequalities in healthcare for those experiencing mental and physical illness by working through the CORE20PLUS5 approach.

# 9

## Working together to support people with their mental health and wellbeing across Derbyshire

This report has discussed how Public Health has taken an individual approach and a population approach to mental health and wellbeing. Public Health teams can't do this on their own and need to work with lots of different organisations so more people can be helped and supported more of the time.

### Let's chat with James, the Public Health Lead again.



#### **James, can you tell us how we can all work together to support people with their mental health and wellbeing?**

We all have mental health, we all have experience of mental health in ourselves and others and we can all play a positive role. We are all mental health aware which is an important yet simple skill. Inherently we all have kindness and empathy, and we all have a built-in desire to help others. We want to help people develop this skill and desire to help each other.

#### **How can we become more aware of other's mental health?**

Understanding emotional distress is a key starting point. Emotional distress can manifest in different ways. In children it may be a tantrum, in teenagers it may be self-isolation and in adults it could be a risky behaviour. To think beyond the behaviour, to realise that someone is struggling and to support with compassion in a non-judgmental way is something that we all can do.

We can also create a culture and an environment at home, at school, in the workplace, in other settings and on social media that is one where people feel comfortable talking about mental health. We can develop our awareness and our skills to be confident to ask people about how they are feeling and the listening skills to truly hear what people are saying.

There is a lot of information, support and services out there, but sometimes the simplest interactions can make all the difference or be the first step to seeking help. Don't underestimate the difference that you could make. Mental health is everyone's business!

So, everybody can have a part in supporting others with their mental health and creating an environment that promotes mental wellbeing to improve the lives of individuals and communities.



The ‘Let’s Chat’ campaign in Derbyshire is a method of improving our mental health awareness and supporting others. It launched in 2022 to start conversations about mental health, helping people connect and reducing isolation. Luke, from the Public Health team talks about this project below.

## Let’s Chat to Luke about getting people talking



### Luke, can you tell us about the Let’s Chat project?

Derbyshire County Council have put up 700 Let’s Chat bench signs across the county, aiming to get people talking about mental health and making connections with others in the community. The signs also give information via a QR code and link to mental health support.

The signs are on benches in parks, town centres, community venues and other locations such as Chatsworth, Hardwick Hall, and the Chesterfield Royal Hospital. A map of locations can be found [here](#).



Resources were also developed for the winter months including posters, window stickers and table cards. Over 120 organisations have signed up for indoor resources and over 3000 resources have been sent out to Derbyshire organisations. In 2023 bench signs will be produced to reflect Joined Up Care Derbyshire branding and will include Derby City. Smaller gate post and signpost signs are also in development.

Local photographer Tony Fisher supported the campaign by taking pictures of the benches being used and had conversations with people across Derbyshire about their emotional health and wellbeing. Some of these have been printed on canvas to exhibit around the county.

### What difference has this project made to the mental health of Derbyshire residents?

From April 2022 to January 2023 the Let’s Chat online map had 11,500 views and the Tackling Loneliness webpage had 1,500 page views.

There has been good feedback from the public and employees about how they are helping people to have conversations about mental health and wellbeing. One resident explains:

“I was out taking photos of the signs and a member of the public came and spoke to me, we got chatting and she said they were such a good idea, she never had the confidence to ask for help as she’s really struggling, she rarely leaves the house unless to drop her child off at school or nip to the corner shop. As she was walking back from the school drop off she saw the sign, scanned the QR code and found the contact details for the Derbyshire mental health support line number. She rang them that afternoon after building up the confidence and found it really helped speaking to someone and getting support from them and signposting to other services”.

There are other ways Public Health is working in partnership with the goal of making mental health and wellbeing everyone’s business. These include:

- Increasing awareness and reducing stigma, for example through campaigns.
- Helping people to become more confident and competent, for example through training.
- Providing information such as via websites about services and support.

## Increasing awareness and reducing stigma

Not everyone will understand mental health problems and some people may have misconceptions or [negative attitudes](#) towards people experiencing mental health problems. It is important to reduce this stigma. [Ways](#) to do this include raising awareness about mental health problems and how they can affect anyone, individuals speaking out and sharing their stories, and social marketing campaigns.

One way this has been done across Derbyshire is by using football to connect with people and raise awareness about mental health.

## Football and mental health, a winning match



Football is England’s national game, and it has a powerful impact on many people’s lives. As well as the fans who attend matches every week and those who watch it on television, there are also those who talk about it in daily conversations and follow it though different formats including via social media. Football has the power to reach and connect with people especially men and boys. Evidence shows that more men die of suicide than women with three quarters of deaths by suicide being men. As football is so important to many men it’s a great way to start a conversation around mental health and wellbeing.

In recent years Public Health has partnered with Chesterfield FC, Alfreton Town FC, Belper Town FC, Matlock Town FC and Sheffield FC to host World Suicide Prevention Day events at their matches. On this day volunteers have handed out club-specific leaflets, raised awareness and engaged in conversations with fans. Awareness has also been raised with activity on social media. Derby County FC have provided support for the suicide prevention agenda using films and social media messaging.

### How many people in Derbyshire do these events reach?

The World Suicide Prevention Day events directly reach over 10,000 fans at matches each year and thousands more via social media and communications.

Building on this success, Derbyshire County Council are piloting a project with Chesterfield Football Club by using the club’s stadium facilities and media channels to share crucial messages relating to mental health. The messaging will reach several thousand fans on match days or at other events and those who connect on social media.



## Helping people to become more confident and competent

As well as reducing stigma and raising awareness, helping people to become more confident and competent supporting others with their mental health is an important approach. This can be achieved by activities such as training. For example, in the [work environment](#) this can build resilience amongst colleagues and increase recognition of when others need support. Mike works in the mental health and suicide prevention team and describes a workforce training approach in Derbyshire.



### Let's chat to Mike about Let's Talk Mental Health: A workforce training approach in action



#### **Mike, tell us about the workforce training approach in Derbyshire?**

The project has been running since 2015 and aims to upskill volunteers and paid staff so they can raise awareness about mental health and deliver messages about positive mental wellbeing at work.

The training reflects that mental health is everyone's business so anyone can take part. Training is adapted to suit the needs of the workforce. There are free places for the VCSE and public sector organisations. There is ongoing support with a regular newsletter that provides practical tips and information on events, resources, campaigns and other mental health news.

A key part of this project is the nationally promoted MHFA training. This two-day course provides attendees with a deeper knowledge and practical skills to identify and support people. A community mental health first aider network has been set up to provide ongoing peer support.

#### **What difference has this approach made to people in Derbyshire, especially in relation to mental health?**

In 2022 more than a hundred mental health courses were delivered with over 500 hours of live training time. These mental health courses were attended by over 1,000 participants from over 300 different Derbyshire organisations and 350 individuals gained the nationally recognised MHFA training qualification.

## Providing information

Having access to information about support and services is another key part to ensuring mental health is everyone’s business. This allows everyone, whether they are seeking support for themselves, a friend, a colleague, or a client to access advice and resources. Public Health have worked in partnership to create a website as a single point of access for residents and professionals to find this information and support.

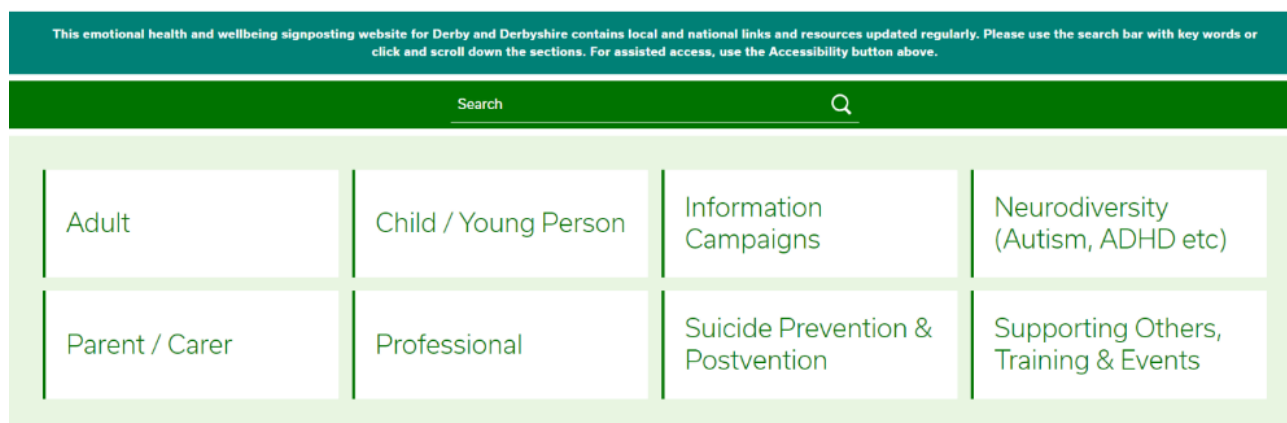
## Log on for more information, advice and support



Derby & Derbyshire  
Emotional Health & Wellbeing  
Transforming Health and Wellbeing for Everyone



Joined Up Care  
Derbyshire

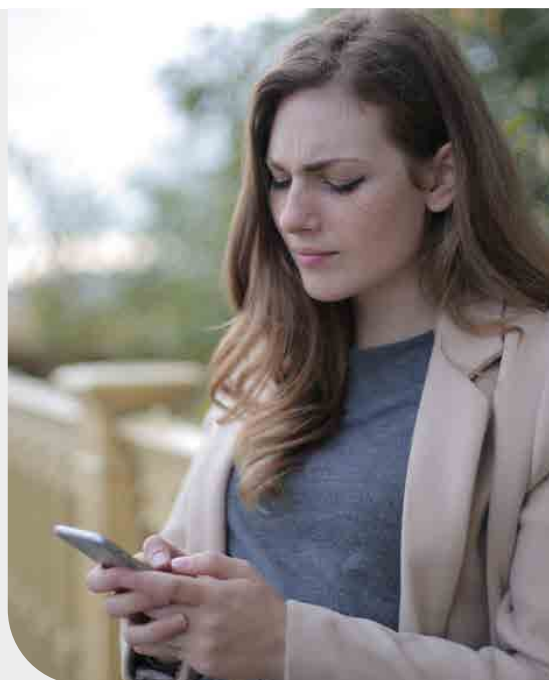


Launched in April 2020, the [Derby and Derbyshire Emotional Health and Wellbeing website](#) is a central point for local information, signposting and resources, so that it is easier for people to find the information they need. It is used by people of all ages living, visiting and working in Derbyshire and Derby City.

This website has been designed collaboratively with specialists and people with lived experience. The site provides access to information about local services including urgent support and helplines in case of crisis. It includes information about training and national links for mental health, suicide prevention and wellbeing. The site is continuously evolving and regularly updated with new information as the demand for support changes over time.

There are several partners involved including NHS Derby and Derbyshire Integrated Care Board, who fund the project, Derby City Council, Derbyshire Voluntary Community Partners and Derbyshire Deaf Alliance.

From April 2020 to 31 January 2023, the number of users reached 50,735, with 221,103 pages viewed.



## 10 Do you need further advice or support?

You may be reading this report and reflecting about your own mental health and wellbeing or looking at it because you are concerned about a friend, family member or loved one. Often, talking to someone who is not involved in your situation can help. You might find it easier to contact someone in writing, by email or by text. Let's have a look at some contact details for organisations that can support.

- Derbyshire Mental Health Support Line:** 0800 028 0077 – Free, 24h
- Carers UK helpline:** 0800 808 7777; Contact form: [www.carersuk.org/about-us/contact-us](http://www.carersuk.org/about-us/contact-us)
- Samaritans helpline:** 116 123 – Free, 24h; email [jo@samaritans.org](mailto:jo@samaritans.org) or write a letter to Freepost SAMARITANS LETTERS
- SANEline:** 0845 767 8000; email: [support@sane.org.uk](mailto:support@sane.org.uk)
- Mind Info Line:** 0300 123 3393 and for callers with a hearing or speech impairment: 18001 0300 123 3393; email: [info@mind.org.uk](mailto:info@mind.org.uk) Text: 86463
- Campaign Against Living Miserably (CALM) helpline:** 0800 58 58 58; webchat - [www.thecalmzone.net/get-support](http://www.thecalmzone.net/get-support)
- National Bullying helpline:** 0845 22 55 787; email: [help@nationalbullyinghelpline.co.uk](mailto:help@nationalbullyinghelpline.co.uk)
- Refuge Domestic Abuse helpline:** 0808 2000 247 – Free, 24h and Refuge
- Domestic Abuse BSL helpline:** [www.nationaldahelpline.org.uk/en/Contact-us](http://www.nationaldahelpline.org.uk/en/Contact-us)
- Respect Men's Advice helpline:** Freephone 0808 8010327. For male victims of domestic abuse.
- 999 BSL – UK Emergency Video Relay Service - About :** 999 BSL
- Support Line:** 01708 765200; email: [info@supportline.org.uk](mailto:info@supportline.org.uk)
- Derbyshire Victim Support helpline:** 0800 612 6505 and Derbyshire Victim Support BSL helpline; Live Chat - [www.victimsupport.org.uk/resources/derbyshire/](http://www.victimsupport.org.uk/resources/derbyshire/)
- SHOUT – Free Mental Health Text Messaging Service:** Text SHOUT to 85258; if you are deaf, text DEAF to 85258
- Cruse Bereavement Derby and South Derbyshire helpline:** 01332 332098 email: [derbyshire@cruse.org.uk](mailto:derbyshire@cruse.org.uk)
- Cruse Bereavement Chesterfield helpline:** 01246 550080
- Hope Again helpline:** Freephone 0808 808 1677 for young people (from Cruse Bereavement Support)
- Child Bereavement UK helpline:** 0800 02 888 40 email: [helpline@childbereavementuk.org](mailto:helpline@childbereavementuk.org)
- The Survivors of Bereavement by Suicide (SOBS) helpline:** 0300 11 5065 email: [email.support@uksobs.org](mailto:email.support@uksobs.org)
  - Chesterfield SOBS helpline:** 07507 692029
  - Derby SOBS helpline:** 07930 096112
  - Ilkeston SOBS helpline:** 07538 796867
  - Swadlincote SOBS helpline:** 07399 552142
- NHS 111** is also available for urgent, non-life-threatening medical help and advice, and NHS BSL 111 for British Sign Language users.



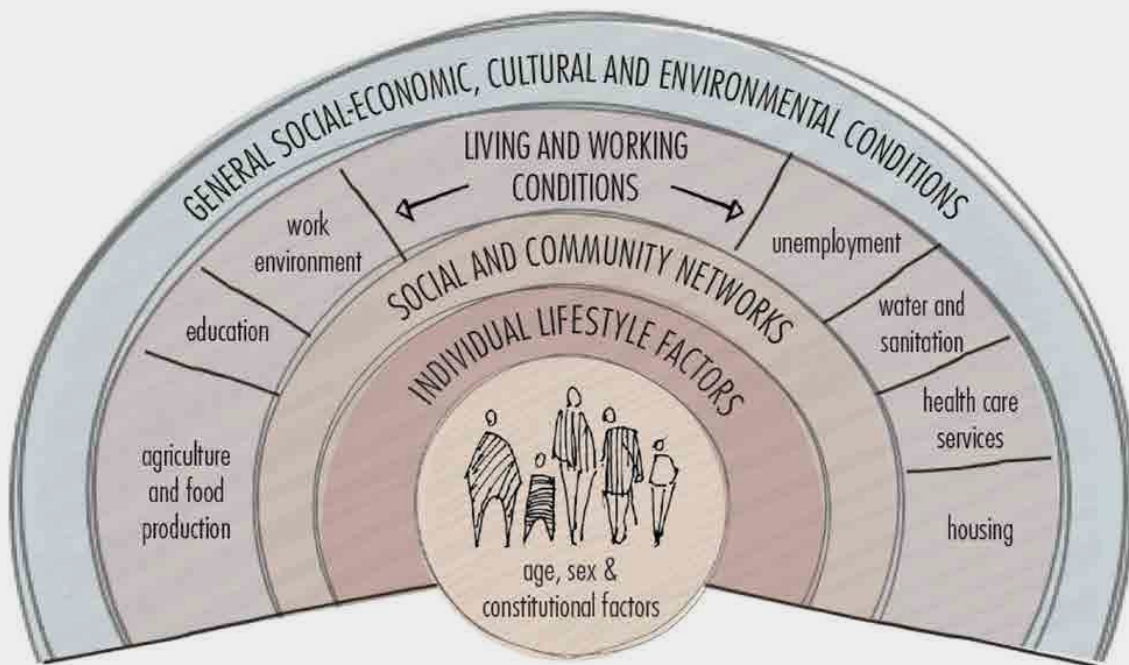


# 11 Next steps and recommendations

## A need for a whole system approach to mental health

This report has described and shown how mental health and wellbeing is an important part of everyone's life, no matter what age. Mental health and wellbeing are influenced by the conditions in which people are born, grow up, live, and work in and the Covid-19 pandemic and current cost-of-living pressures highlighted this. These wider determinants of health have been described in this report and more joined up action is needed.

The diagram displays the wider determinants and how the conditions people live in, can contribute to mental health and wellbeing. Some of these factors are protective factors and contribute to good mental health, whereas others are risk factors and contribute to poorer mental health.



Source: Dahlgren and Whitehead 1991 and Sustainability Journal

To promote good mental health and wellbeing an approach is needed that looks at all of these factors. This is called a whole system approach. A whole system approach to mental health recognises that the conditions people live and work in are as important as individual factors to shaping someone's mental health and wellbeing. This means that action and support is focussed not just on individuals but within communities, businesses, schools, housing services and many other areas. It is about mental health being everyone's business.

This report has described a snapshot of how Derbyshire County Council's Public Health Team and partners, alongside communities, have worked together to support people with their mental health and wellbeing. Public Health have worked in collaboration across many different areas and organisations in Derbyshire including in schools, at workplaces, and at football matches. More work is needed, and the following recommendations identify the next steps for 2023/24.

## Recommendations

**1) Across the System, Public Health recommends a whole system approach to mental health is adopted in Derbyshire.**

**2) Locally, Derbyshire Public Health alongside partners and communities will build on this positive work over the next 12 months by:**

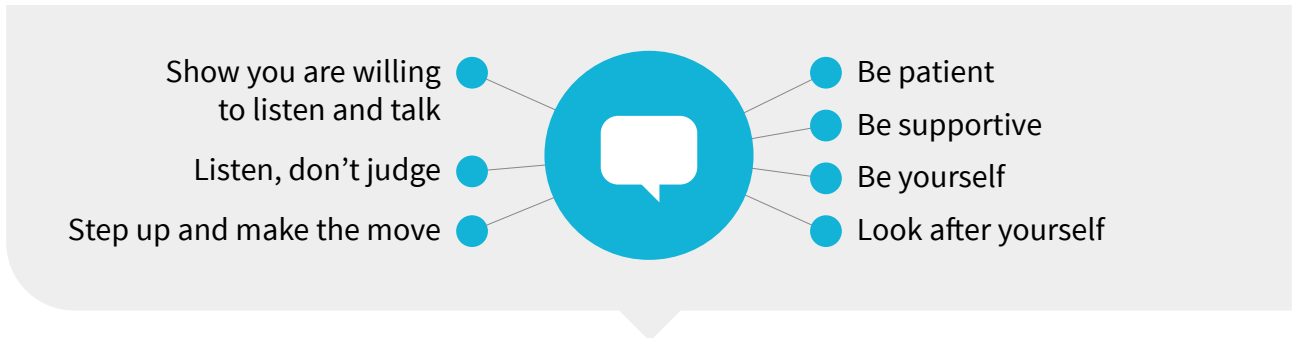
- Continuing to utilise a life course approach to mental health, with a focus on children and young people's support and projects, including reviewing their impact. The aim is to give children and young people the best start in life and positively influence wellbeing into adulthood.
- Monitoring and responding to the mental health effects of the Covid-19 pandemic in Derbyshire, with a recognition that medium and longer-term impacts may yet be seen.
- Continuing to support those who are facing the greatest challenges from the cost-of-living pressures. Winter 2023/24 may be equally as challenging for many as winter 2022/23.
  - This requires a focus on financial and mental health support in the short term as well as embedding early intervention approaches to help prevent potential mental health impacts longer term.
- Using the Core20PLUS5 population approach to focus action for the 20% most deprived communities and those experiencing SMI, with the aim of reducing health inequalities in mental and physical health.

**3) Individually, everyone can have a positive role to play in supporting others with their mental health and wellbeing.** So, the call to action in this report is simple, we want as many people as possible across the county to do the following:

- **Let's Chat** • **Let's Ask** • **Let's Listen**



### Let's Chat 1 – Tips on how to start the conversation



### Let's Chat 2 – How to support or check in on someone



### Let's Chat 3 – Spotting signs of poor mental health



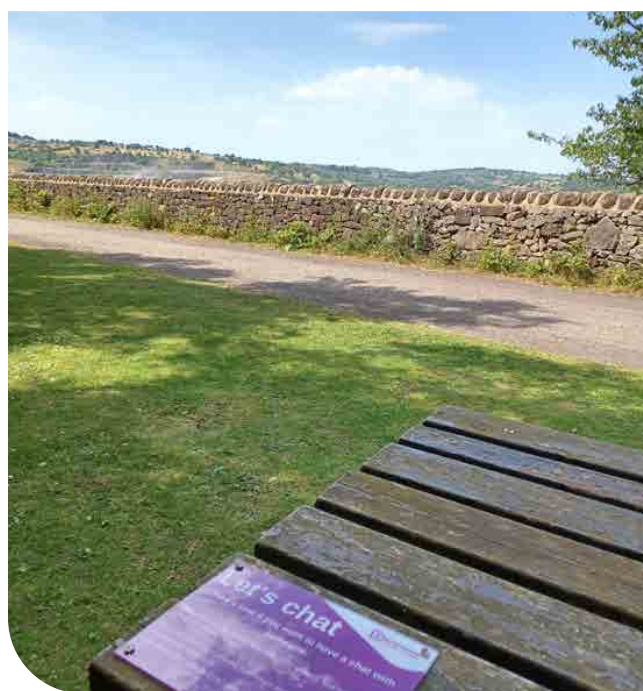
### Let's Chat 4 – People with good emotional and mental health



## 12 Acknowledgements

### With thanks to:

- Annette Appleton, Project Officer (Strategic Intent)
- Andrea Barber, Health Improvement Practitioner (Health Improvement)
- Lauren Bird, Advanced Public Health Practitioner (Knowledge & Intelligence)
- Rosanna Brown, Public Health Practitioner, (Localities Team)
- James Creaghan, Public Health Lead (Health Improvement Team)
- Michael Davie, Health Improvement Practitioner (Health Improvement Team)
- Shirley Devine, Group Manager (Knowledge & Intelligence)
- Helene Denness, Assistant Director of Public Health
- Thom Dunn, Assistant Director of Public Health
- Carol Ford, Public Health Lead (Best Start)
- Marina Fournier-Farmer, Website & Information Coordinator (Mental Health and Suicide Prevention Team)
- Richard Flint, Advanced Public Health Practitioner (Knowledge & Intelligence)
- Jo Hall, Principal Clinical Psychologist/ Clinical Lead (Psychological Insights Team)
- Melanie Hani, Public Health Wellbeing Counsellor (Mental Health and Suicide Prevention Team)
- Ellie Houlston, Director of Public Health
- Victor Jeganathan, Behavioural Scientist (Psychological Insights Team)
- Claire Jones, Public Health Lead (Health Protection)
- Amelia Kwan Su Yin, Junior Doctor (F2)
- Ellen Langton, Group Manager (Commissioning and Strategic Intent)
- Iain Little, Assistant Director of Public Health
- Caroline Mackie, Public Health Lead (Healthcare Public Health and High Peak Locality)
- Jo McGarrigle, Healthcare Public Health Practitioner (Best Start Team)
- Nicky Mount, Project Manager (Prevention Team)
- Louise Noon, Public Health Lead (Health Improvement)
- Luke Oldham, Service Development Officer (Mental Health and Suicide Prevention Team)
- Gillian Quayle, Service Development Officer (Wider Determinants)
- Lois Race, Public Health Lead (Financial Inclusion)
- Nicola Richmond, (Knowledge & Intelligence)
- Ruth Shaw, Project Officer (Strategic Intent)
- Vicky Smyth, Group Manager (Health Improvement)
- Rebecca Symes, Speciality Registrar in Public Health
- Jon Townshend, Service Manager (Commissioning Team)
- Luan Wilde, Advanced Public Health Practitioner (Localities)

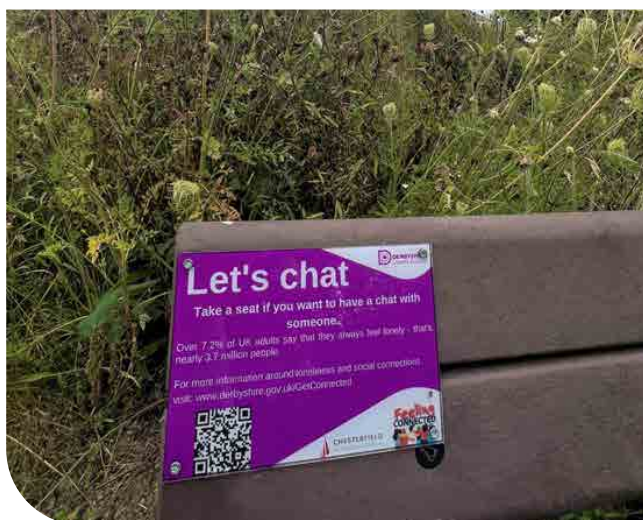


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