

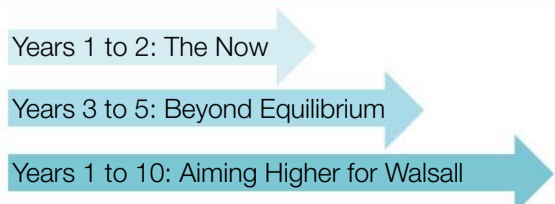


Walsall Multi-Agency Mental Wellbeing Place Based Strategy – Together We Can



Making it Happen:

- Deliver the Walsall Mental Wellbeing Strategy and Concordat through the Walsall Mental Wellbeing Strategic Partnership
- Launch the Walsall Wellbeing Outcomes Framework and service directory
- Develop the Children and Young People’s Emotional Wellbeing Strategy and support work of family hubs
- Progress the Walsall Health in all Policies approach
- Work to understand the impact of racism on mental wellbeing, and explore ways to improve outcomes





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Mental Wellbeing Need In Walsall

 <p>1 IN 4 ADULTS experiences a mental health condition in any given year</p>	 <p>Carers are more likely to suffer mental health problems than non-carers.</p>	 <p>21% bereaved people nationally said that they had not spoken to a support service about their bereavement but would have liked to</p>	 <p>19.4% of Walsall residents experience anxiety or depression</p>	 <p>People living in the most deprived areas of England were 2x as likely to be referred to IAPT</p>	 <p>On average people with serious mental health illness die 15-20 years earlier</p>	 <p>On average people with serious mental health illness die 15-20 years earlier</p>
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Common Risk Factors

- Financial problems
- Having not many healthy relationships
- Stress
- Bereavement
- Crime/ fear of crime
- Bullying
- Poor nutrition
- Pregnancy
- Substance misuse
- Poverty
- Personal history of trauma
- Abusive relationship
- Lack of support services
- Poor sleep
- Low self-esteem
- Poor academic achievement
- Discrimination

Common Protective Factors

- Coping and problem solving skills
- Financial Security
- Positive self-regard
- Moral belief and/or faith
- Participation in sports team, club and community
- Good housing Good education, training, employment
- Secure attachment as a child
- Healthy diet, exercise
- Positive peer and family relationships
- Optimism and Ambition
- Access to support



8 Steps to Wellbeing

 <p>Be Active</p>	 <p>Learn Something New</p>	 <p>Connect</p>	 <p>Give Something to Others</p>
 <p>Take Notice</p>	 <p>Hydration and Nutrition</p>	 <p>Sleep for Wellbeing</p>	 <p>Hope for the Future</p>