

## **Health and Wellbeing Board**

**4 January 2018**

### **Mental Health and Suicide Prevention Strategy**

#### **Purpose**

The purpose of this report is to advise of the plan to develop a Walsall Mental Health and Prevention Strategy.

#### **Recommendations**

The HWBB is to note the proposal to develop a Walsall Mental Health and Prevention Strategy.

#### **Introduction**

Mental illness has a healthcare, human cost and also a social and economic one. The wider costs in England amount to £105.2 billion a year which includes the costs of health and social care for people with mental health problems, lost output in the economy (sickness absence, unemployment etc) and the human costs of reduced quality of life including suicide.

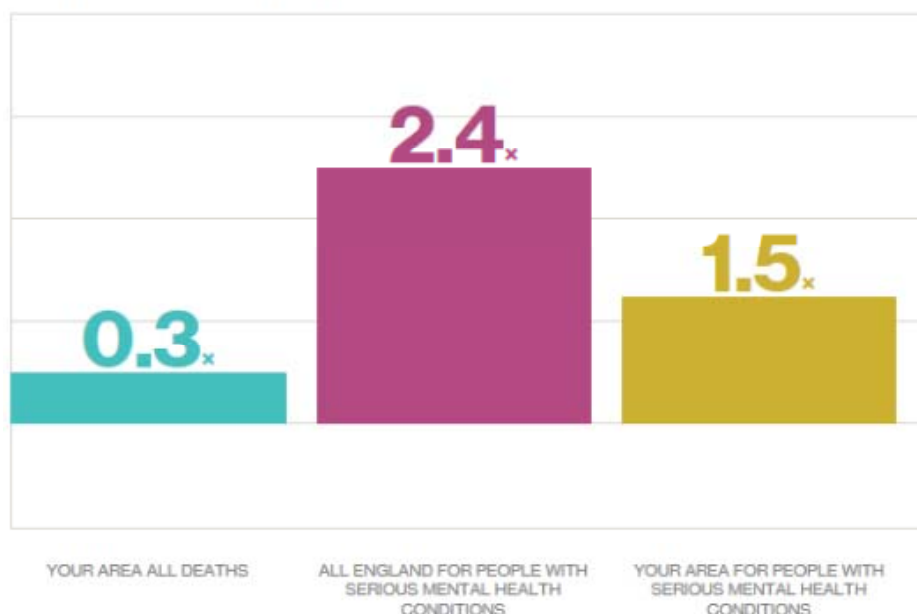
The most recent Walsall Suicide Strategy refresh was completed in 2013 for the period between 2013-2016. This strategy is due to be updated and integrated into the Mental Health Strategy as recommended within the Adult Mental Health Needs Assessment 2016.

#### **Data**

Every year one in four people in England will experience a mental health problem. In England, people living with a serious mental health condition are more than twice as likely to die before the age of 75 and are 2.4 times more likely to die before 75 compared to the general population.

## Death rates compared for people with serious mental health conditions

Gap in life expectancy in years

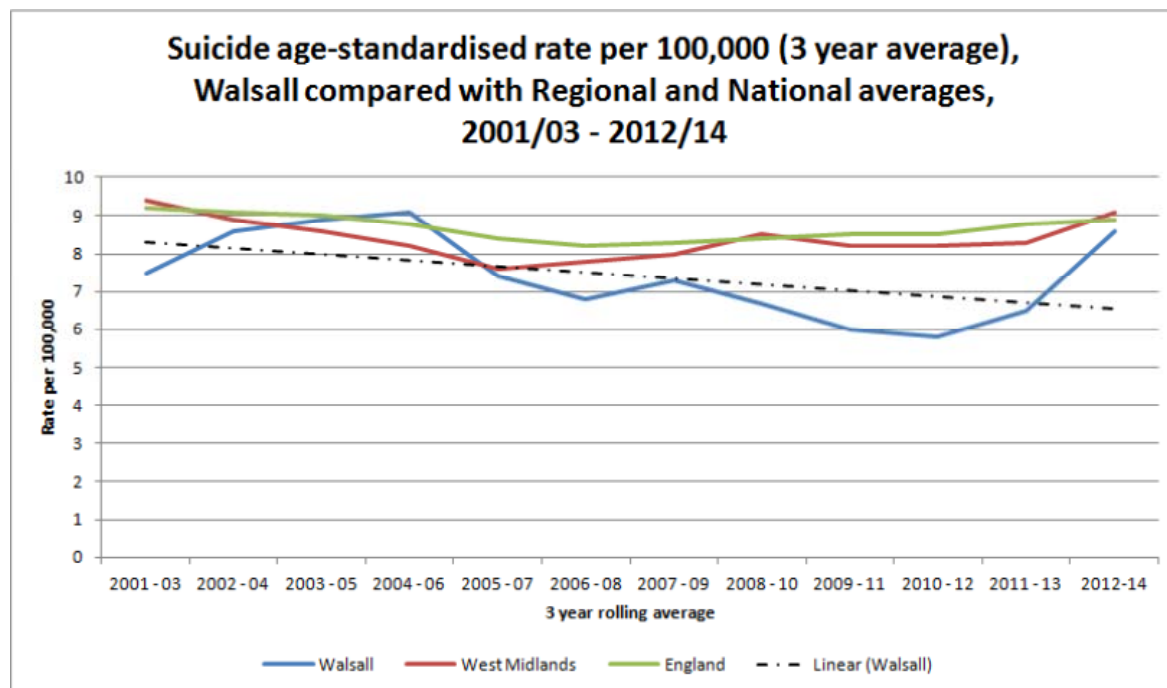


**Source:** The RSA

The gap in life expectancy between people with mental health illness and the general population can range from 10-20 years.

## Suicide

In most years, the suicide rate in Walsall has been well below the England and West Midlands averages. The most recent data shows an increase in Walsall and a narrowing of the rates between the local with regional and national averages.



**Age Standardised Mortality Rates from Suicide and Injury Undetermined, Persons All Ages, 3-year rolling average.**

**Source:** Public Health England (based on ONS source data)

Suicide is often the culmination of a complex array of risk factors, mental ill-health, and distressing life events; however, it is not inevitable. Developing a multiagency mental health and suicide prevention strategy to improve the Mental Health of the population and lower the risk of suicide in Walsall is essential.

### **Walsall Mental Health Needs Assessment, 2016**

A mental health needs assessment was completed by Public Health Walsall in 2016. This needs assessment focused on adults because a mental health needs assessment for children and young people was completed in 2015.

This needs assessment included an analysis of relevant data and a review of the evidence base. Some of the areas explored in greater detail within this needs assessment included dementia, suicide, emotional wellbeing and the mental health of vulnerable groups.

A copy of this needs assessment is available on request from the PH Intelligence Team.

A wide variety of stakeholders were consulted and involved in the development of the Walsall Mental Health Needs Assessment 2016. The stakeholders consulted included:

- GPs and Practice Nurses
- Dudley and Walsall Mental Health Trust staff
- WM Police
- Midwives and Health visitors

### **Public Consultation undertaken as part of the mental health needs assessment:**

We undertook 500 short telephone interviews across Walsall using randomly created telephone numbers to gather public views on the following:

- Where do people go to for support when feeling low or fed up
- Isolation/ loneliness – impact loneliness and isolation has on mental health and wellbeing
- Information – Where people obtain information about mental health
- Knowledge of mental health services
- Access of services – where people would go if they were worried about their mental health
- Attitudes to mental health
- Stigma and mental health.

We also held 7 targeted focus groups (50 participants) to explore the following themes:

- Understanding mental health and wellbeing and risk factors
- Help seeking behaviour
- Support from general practice
- Perceptions inequalities in care
- Exploring stigma of mental ill health
- Awareness of local services
- Raising awareness of mental health
- Supporting people with mental ill health

The groups targeted included:

- Carers
- The unemployed (Job Centre users)
- Young men

- Older people
- Black and minority ethnic groups
- Mental health service users

A multiagency consultation workshop was held involving a wide range of stakeholders to share the findings of the needs assessment.

This needs assessment was presented to the Walsall CCG Mental Health Programme Board in August 2016 with a view to support the development of a Mental Health and Suicide Prevention Strategy.

### **Development of a Mental Health and Suicide Prevention Strategy**

A mental health and suicide prevention strategy will be developed in 2018. Given below are the key milestones within this process.

<b>Key Milestones</b>	<b>Date</b>
CCG to establish and coordinate working group for the development of strategy for mental health and suicide prevention	<b>December 2017</b>
Draft mental health and suicide prevention strategy to be shared at the H&W board for consultation	<b>March 2018</b>
Final mental health and suicide prevention strategy sign off	<b>May 2018</b>
Transition of working group to monitoring and implementation group	<b>June 2018</b>

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