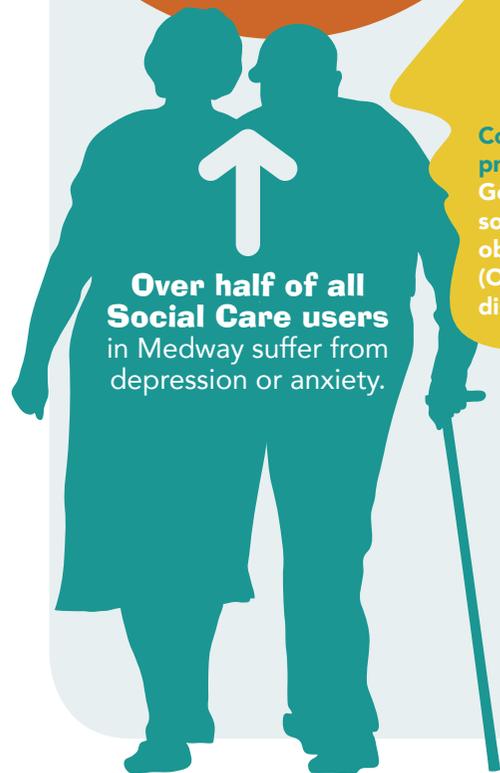


# Mental Health and Well-Being



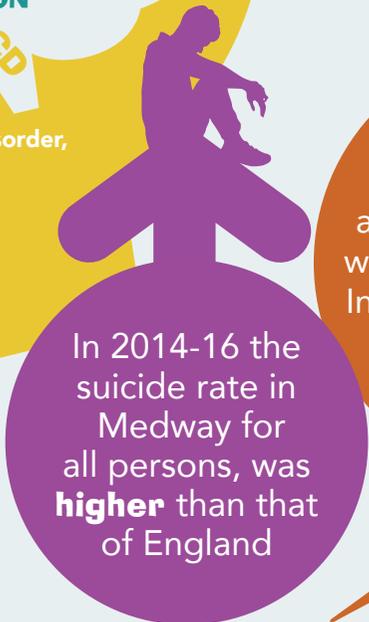
Every week, 1 in 6 adults experiences a common mental health problem



Over half of all Social Care users in Medway suffer from depression or anxiety.



Common mental health problems include depression, General anxiety disorder (GAD), social anxiety disorder, panic disorder, obsessive compulsive disorder (OCD) and post-traumatic stress disorder (PTSD)



In 2014-16 the suicide rate in Medway for all persons, was **higher** than that of England

**44.3%** Medway  
UK 40.5%

In 2014/15 the smoking prevalence in adults with a serious mental illness was **higher** at 44.3% in **Medway**, compared to 40.5% in England



**78%**

In Medway, 78% of admissions for intentional self-harm in 10-19 year olds were for females (2014/15 - 2017/18)



In England, hospital admissions as a result of self-harm were 407.1 per 100,000. In Medway the rate was **lower** at 290.2 per 100,000



The rate of hospital admissions for intentional self-harm in Medway was **higher** among 15-19 year olds compared to 10-14 year olds (2017/18)



## INEQUALITIES

Poor mental health is a cause and consequence of social, economic and environmental inequalities and is more common in areas of deprivation. It is linked to unemployment, poor education, low income and maternal standard of living in relation to poor physical health.

Poor mental health and wellbeing are associated with a broad range of adverse outcomes, including high levels of health risk behaviours such as smoking, alcohol and drug misuse, and obesity.

## WHAT'S AVAILABLE IN MEDWAY

### For 0-19 year olds (U25 SEND)

North East London Foundation Trust (NELFT) provides Medway's Young Persons' Wellbeing Service, providing emotional wellbeing and mental health support for children and families. Support is provided for a wide range of issues, either 1-1 or within a group setting. Referrals via school, GPs and health professionals, adults and young people can self-refer.



### For adults...

Talking Therapies which is a free confidential service common issues, including; anxiety, depression, bereavement or family problems.

Medway Council also commissions or hosts a range of services for local residents which support good mental wellbeing including;

- Kent and Medway NHS and Social Care Partnership Trust provide Secondary Care Psychological Services for severe and enduring mental health problems, such as Obsessive Compulsive Disorder, Post Traumatic Stress Disorder and Bipolar disorder.
- A single point of access to the service for new patients in urgent situations.
- A Men in Sheds scheme providing skills based activities which improve wellbeing.
- MEGAN group support for adults that have or have had mental health issues.
- Read yourself well – books on prescription scheme at all Medway Libraries.
- Mental health matters/ release the pressure helpline - 0800 1070160.
- Medway Public Health provides cycling groups, health walks and free swimming for over 60's.



## RECOMMENDATIONS



### Find out about:

- Five Ways to Wellbeing
- Local Groups and organisations

### Attend training such as:

- Connect 5
- Youth Mental Health First Aid training
- Suicide Awareness and Prevention training

