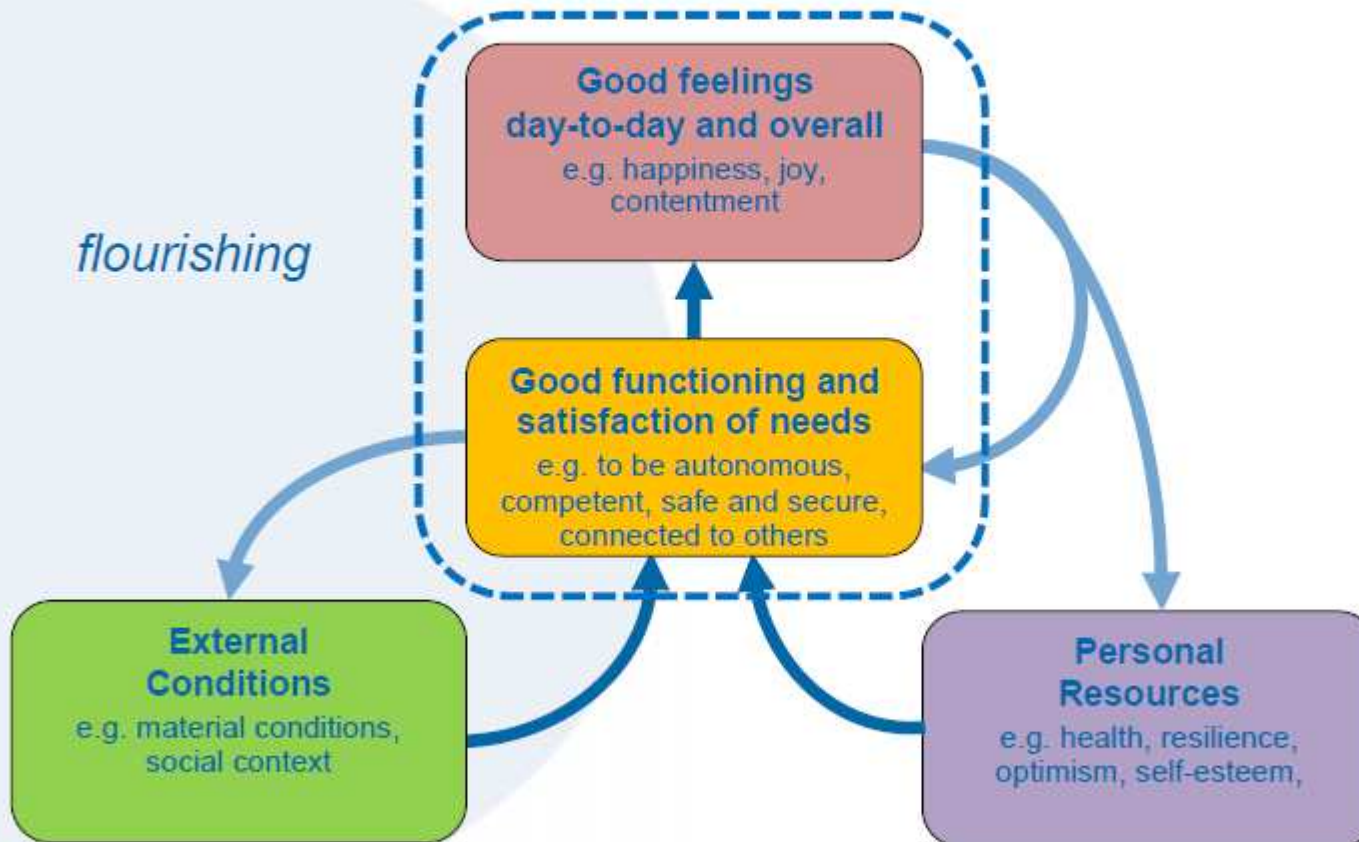


# **Emotional Health & Wellbeing including Mental Health**

## **Background Information Pack**

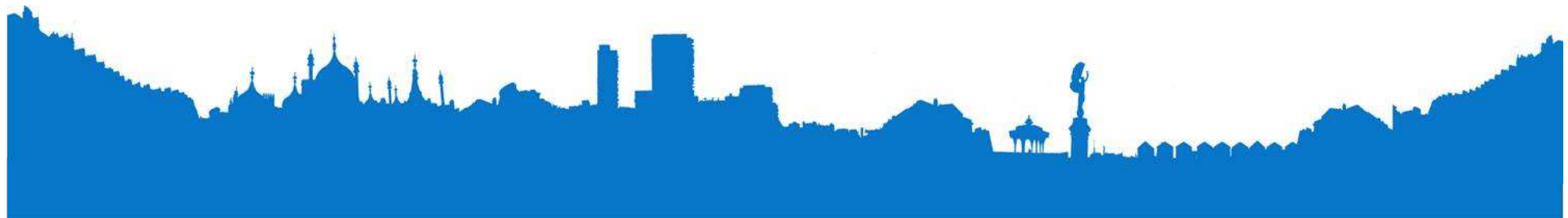


# The dynamic model of well-being



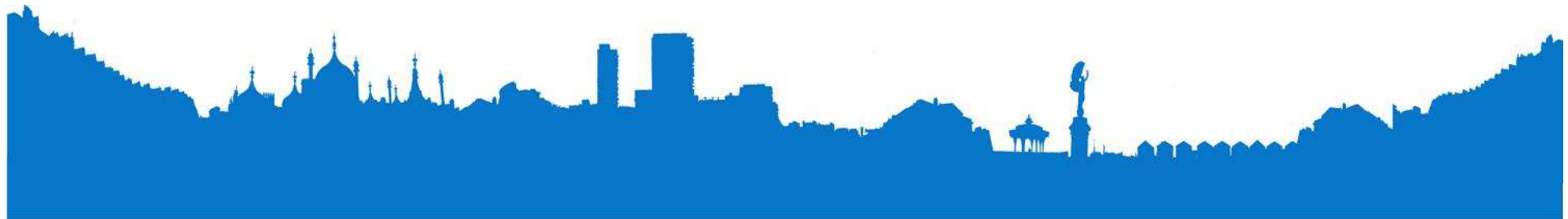
## Five Ways to emotional wellbeing

- Connect
- Be active
- Keep learning
- Take notice
- Give



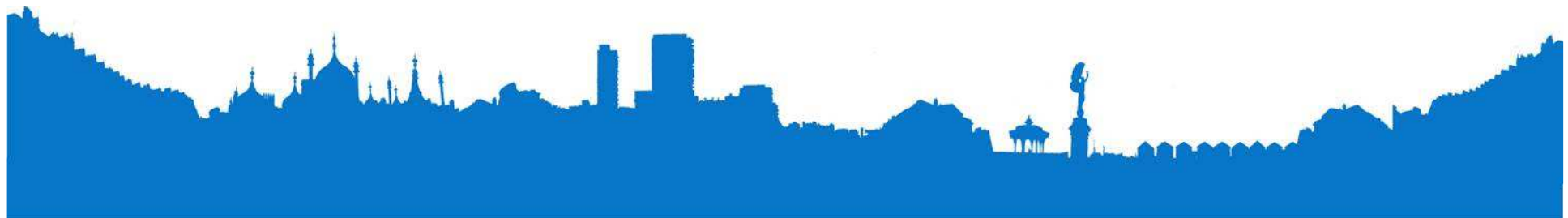
# Brighton and Hove data

- 37% higher SMI, 12% higher depression than England average (GP registers)
- Suicide – 10<sup>th</sup> worst rate in England & Wales 2009-11
- Self harm – B&H rate for hospital stays for self-harm is 50% higher than national average (950 per year)



## Satisfaction with Life

- Since 1970, the UK's GDP has doubled, but people's satisfaction with life has hardly changed.
- 81% of Britons believe that the Government should prioritise creating the greatest happiness, not the greatest wealth.

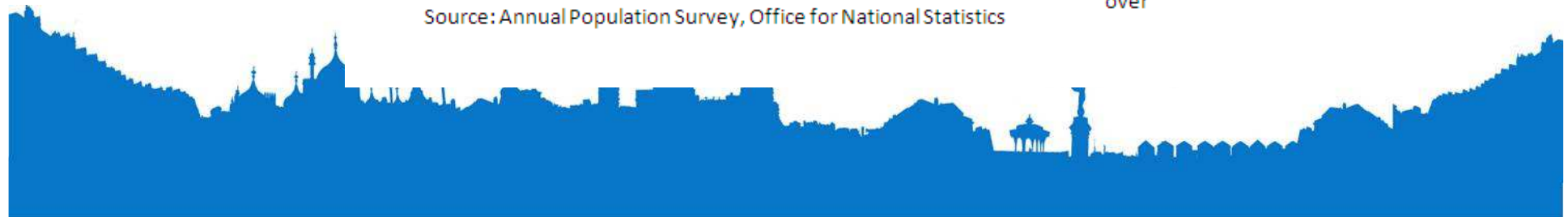
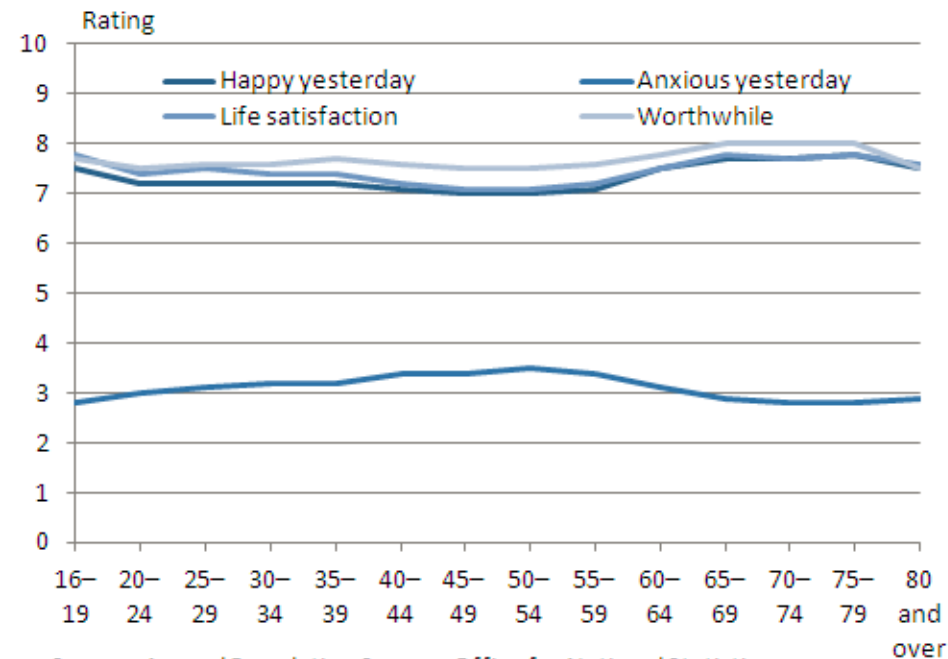


# Self reported wellbeing

- ONS Subjective Wellbeing Survey 2011/12: Brighton & Hove residents reported slightly higher than national average levels of life satisfaction, feeling that things you do are worthwhile, happiness yesterday and anxiety yesterday.
- Health Counts survey 2012/13: slightly lower levels of wellbeing reported.
  - Women are more likely to report life satisfaction and worthwhileness;
  - 65 – 74 year olds are happiest;
  - Happiness is strongly associated with satisfaction with and belonging to the local area, use of parks and open spaces, strong social connections, relative affluence, a healthy lifestyle and good health.



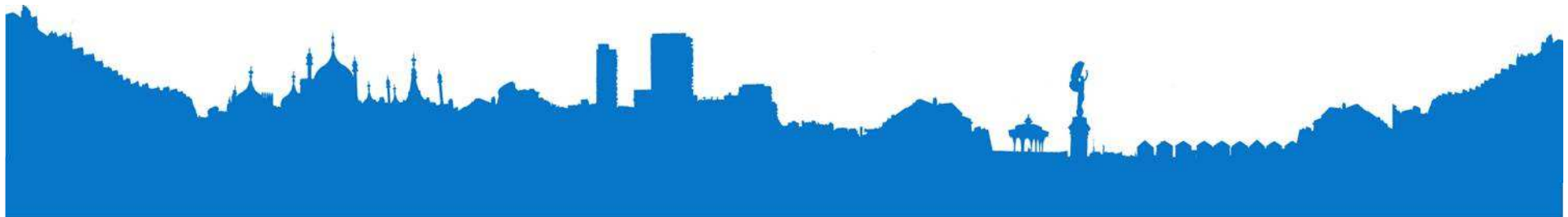
# Age & self reported wellbeing



# Groups at higher risk of mental illness

- Socio-economically disadvantaged including unemployed people
  - Homeless people
  - Offenders
  - Certain BME groups
  - Military veterans
  - Looked after children and young people
  - Transgender people
  - LG&B community
  - Gypsies and travellers
- Vulnerable migrants
  - Victims of violence
  - People approaching the end of life
  - Socially isolated older people
  - Bereaved people
  - Substance misusers
  - People with learning disabilities
  - People with personality disorders

*No Health without Mental Health*





# Mental Wellbeing Impact Assessment

- **Mental Well-being Impact Assessment (MWIA)** enables people and organisations to assess and improve a policy, programme, service or project to ensure it has a maximum equitable impact on people's mental well-being.
- <http://www.apho.org.uk/resource/item.aspx?RID=95836>

