

Bolder Healthier Champions Plus

Mental Health Webinar

Birmingham Public Health 2022



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Mental Health in Winter - a time to be alert!



Everyone has down days, but when someone is feeling low, or have been feeling worried for weeks or even months, it could be a sign of mental health issues.

In winter we often see people struggle more than in summer. Some of this can be because of SAD or seasonal affective disorder which [affects more than 2 million people in Britain](#). But also the festive season can be a lonely or difficult time for people without social networks and the end of year often is a time for reflection which isn't always positive.

People may be in more debt due to spending during the festive season, and sometimes there is a longer wait until the next pay day. This year there is the added pressure of the costs of heating.

So plenty of reasons to be a bit more alert about mental health at this time of year.

What are mental health problems?



[Watch the video on YouTube](#)

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What are mental health problems?



What do we mean by mental health?

Mental health refers to cognitive, behavioural, and emotional well-being.

Looking after mental health can preserve a person's ability to enjoy life. Doing this involves balancing life activities, responsibilities, and efforts to achieve psychological resilience.

Stress, depression, and anxiety can all affect mental health and disrupt a person's routine.

Poor Mental Health

Can affect daily living, relationships, and physical health.



Affects around 1 in 4 people every year



Can be caused by factors in people's lives, interpersonal connections, and physical factors.

How many people are affected by mental health?

In the West Midlands, 17.7% of people over 16 are estimated to have a common mental health disorder (2017)

- 1 in 4 people will experience a mental health problem of some kind each year in England [\[1\]](#).
- 1 in 6 people report experiencing a common mental health problem (like anxiety and depression) in any given week in England [\[2\]](#).

Suicidal thoughts and self-harm aren't mental health diagnoses. But they are related to mental health. Over the course of someone's lifetime [\[2\]](#):

- 1 in 5 people have [suicidal thoughts](#)
- 1 in 14 people [self-harm](#)
- 1 in 15 people attempt suicide.

What can impact people's mental health?

Loneliness

Loneliness has worsened during the Covid-19 pandemic and can be particularly difficult during the winter months. 7.2% of people in a 2021 study felt lonely all or most of the time.

Bereavement

Covid-19 has led to a disproportionate amount of bereavement.

Grieving can be emotionally overwhelming and impact our mental health.

Life challenges

Challenges in our every day life can often affect our mental health, including the loss of a job or relationship, work stress, housing situation, or financial problems.

Physical health

Poor physical health, whether temporary or a long-term condition, often impacts how we feel. Getting the right amount of sleep can have huge benefits for our mental health.

Our environment

Family, relationships and friendships can impact how we feel, and so can the world around us; for example the weather, national concerns or global issues.

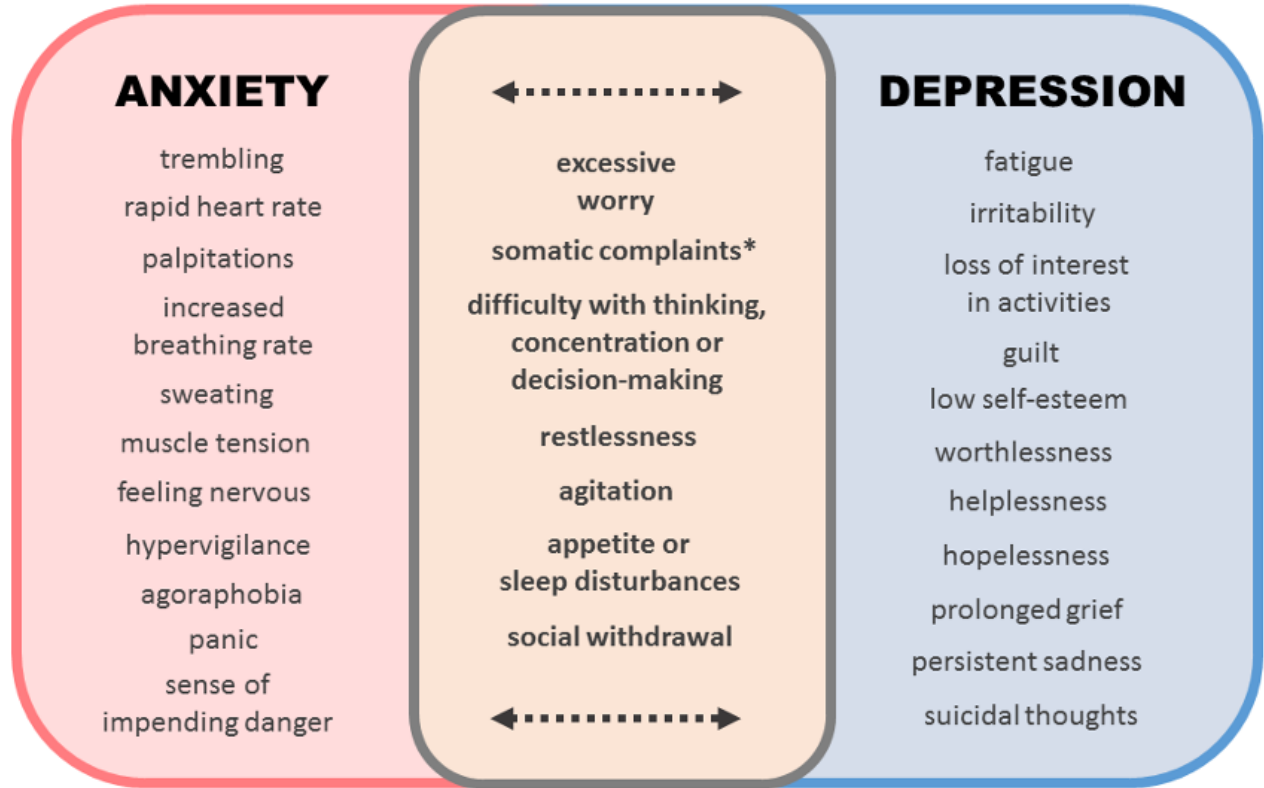
Social media

People who use over 2 hours of social media a day are more likely to report poor mental health.

Use of social media is linked to anxiety, low self-esteem and feeling self-conscious.

There is some overlap of symptoms between anxiety and depression, these are the most common mental health conditions.

(*) Somatic complaints:
unexplained physical complaints such as headache, stomach ache, chronic pain.

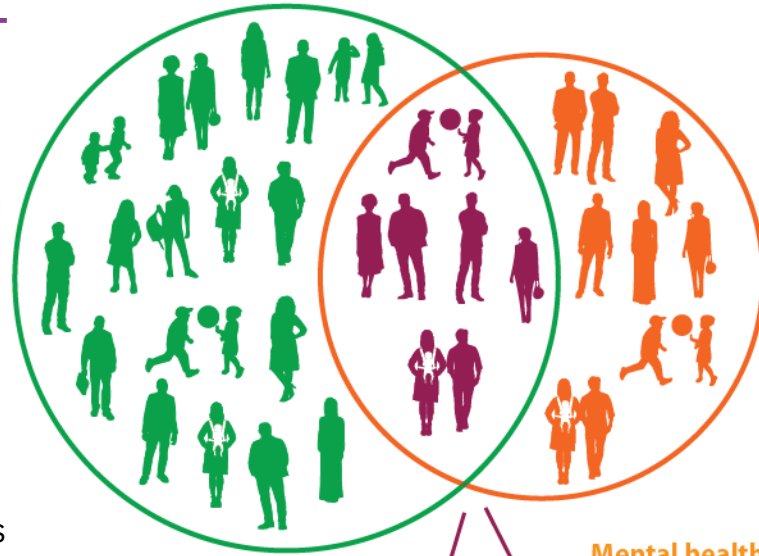


Physical health and mental health – both are important!

Mental health and physical health are closely connected. People living with a physical health problem are twice as likely to have poor mental health, and this can have a detrimental effect on their physical condition.

And many people living with mental health difficulties struggle with their physical health. In fact, people living with a severe mental illness have a life expectancy that's 15-20 years shorter than those without.

So it's important that people working to support physical health don't forget about mental health, and similarly mental health professionals need to support physical health as well in those they support.



Long term conditions:
30% of population of England
(approx. 15.4m people)

Mental health problems:
20% of the population of England
(approx. 10.2m people)

30% of people with a long-term condition have a mental health problem
(approx. 4.6m people)

46% of people with a mental health problem have a long-term condition
(approx. 4.6m people)

[From Long-term conditions](#) and mental health: the cost of co-morbidities
[Centre for Mental Health](#) © Centre for Mental Health, 2015

What to do in a crisis

- If urgent mental health help is needed you can ring **0121 262 3555** or **0800 915 9292** for advice and support.
- This line is **available 24 hours, 7 days a week** and can be used whether you are known to our services or not.
- You can also email help@birminghammind.org or get in contact the webchat service [Helpline - Birmingham Mind](#)
- If someone is in immediate danger, call **999**.

Coping during a crisis

The mental health charity Mind has information on [ways to help yourself cope during a crisis](#). This includes calming exercises and a tool to get you through the next few hours.

Bolder Healthier Champions Plus



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Making Every Contact Count in Birmingham



[It's good to talk: Making the most of our conversations - UK Health Security Agency \(blog.gov.uk\)](https://www.blog.gov.uk/2020/07/16/its-good-to-talk-making-the-most-of-our-conversations/)

Making every contact count is an approach to improving health and reducing health inequalities developed by the NHS and local government but it can be applied to any professional or volunteer working with citizens.

Making Every Contact Count is about...

- Increasing **confidence** in communicating key healthy lifestyle messages
- **Awareness** of the benefits of lifestyle changes
- **Understanding** the current health issues in Birmingham
- **Signposting** support to enable you to assist individuals to make healthy lifestyle changes
- Please access free [e-learning for healthcare](#) training to support you to improve your skills



What is the role of Bolder Healthier Plus Champions?

Talk about mental health with the people you work with, make it part of your regular conversations, and don't forget your colleagues as well!

Connect people to support for their mental wellbeing, and where appropriate mental health services.

Feedback to us where more help is needed so we can continue to improve the support for citizens

Talk about mental health with the people you work with, make it part of your regular conversations, and don't forget your colleagues as well!

As Bolder Healthier Plus Champions you are professionals but it is important you remain within your area of competency; this is your responsibility to judge. Many professional bodies have specific mental health awareness training to help you integrate mental health advice in line with your realm of practice.

Case study 1: George's story

Lead developers Sam and Nelly at the Royal Society for Public Health shaped a training offer that aimed to meet the needs of staff who said they felt a lack of confidence around the topic of mental health.

"In the materials, we have a case study about a fictional "George" who is recently bereaved of his wife and struggling to find the positives in his life. In our pilot delivery with colleagues in Lancashire & South Cumbria, we covered this case study.

Then in our session the following week, we checked in to see if people had been able to make use of the MECC for mental health conversations in any of their work. A colleague shared with us that she had seen "George" in her clinic, a recently bereaved gentleman who had become upset when she asked him how he was really coping. She offered some support but the gentleman declined - he didn't want to make a fuss. But the following week, when he returned for a follow-up appointment, he had reflected on the conversation and said he thought perhaps it might be good to get some support after all.

The case study of the real-life "George" is really at the heart of what we hope this training can achieve. Normalising a conversation about mental health with as many people as possible, and perhaps not just in our professional roles but also with friends and family. We want to ensure that people can access available support when they may need it."

Example: the role of pharmacy in mental health

The pharmacy is among the most accessible of health professional groups, with the public turning to pharmacists as a trusted source of advice.

The Royal Pharmaceutical Society has outlined [the role of pharmacy in mental health and wellbeing](#):

- Identify people struggling with their mental health and wellbeing by careful monitoring of requests for over the counter.
- Ensure safe and effective use of medicines by providing support and benefit from a pharmacist's expert medicines knowledge.
- Increase access to support for people, including signposting and referral depending on the severity of the symptoms.
- Safeguard communication of diagnoses and prescribed medicines, by having access to up-to-date patient health records to improve patient care and patient safety.
- Access training and information so that pharmacists and their teams have the knowledge, skills and confidence to effectively manage the challenges of mental health.

Want to learn more?

- Birmingham and Solihull Mental Health NHS Foundation Trust's [Recovery College for All](#) offers a range of sessions, which are open to service users, their carers and families, members of the Trust and staff.
- [Mental Health First Aid England](#) offers a variety of training courses which teaches people how to identify, understand and help someone who may be experiencing a mental health issue.
- [NHS Health Education England](#) has a selection of mental health education and training opportunities and information. This enables health and care professionals to have an awareness of mental health needs and how they may affect their patients and service users.
- [elfh](#) is a Health Education England programme in partnership with the NHS and professional bodies providing e-learning to educate and train the health and care workforce.

Mental Health First Aid Training



[Watch the video on YouTube](#)

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Connect people to support for their mental wellbeing, and where appropriate mental health services.

As Bolder Healthier Plus Champions you will be working within organisations who may have established referral pathways, so use this as a prompt to check out with your team and manager what pathways are there, as these may go beyond the information we have provided. Also ask about pathways for support for staff within your organisation.

Case study 2: Michelle's story

Michelle first developed flashbacks and panic attacks after the traumatic birth of her first child Caleb in February 2017, which left her “physically and mentally battered”. Twelve months later Michelle was forced to confront her fears after receiving the bittersweet news that she was pregnant with her second child, Caron.

“I couldn't even talk about it without crying - and I mean lots of crying. I broke down in my initial appointment and I feel so grateful that I was taken seriously. “I can't thank the Rewind service enough for helping me to deal with the trauma of my first birth, which then enabled me to confidently plan for and look forward to the arrival of my second.”

Michelle was referred to a Perinatal Mental Health Service and offered an innovative therapy called 'Rewind', which helps women to overcome birth trauma. Team Leader Donnalee explains: *“It's important that new and expectant mums know that it's quite common to struggle with mental health problems and sharing how they're feeling with their health visitor, GP or any health professional involved in their care can be the first step to getting the help they need.*

Michelle's story shows that with the right support, women can overcome perinatal mental health problems and get on with living happy and fulfilling lives.”

Helplines

<p>Alcohol Change UK focuses entirely on reducing alcohol harm, working across the whole range of serious alcohol harms, from mental and physical to societal and economic.</p>	<p>Beat is the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, their mission is to end the pain and suffering caused by eating disorders.</p>	<p>Campaign Against Living Miserably (CALM) stands together with everyone who's struggling with life, no matter who they are, where they're from or what they're going through.</p>
<p>Hearing Voices Network supports people who hear voices, see visions or have other unusual sensory perceptions - and all those who support them.</p>	<p>Mental Health Foundation finds solutions for individuals, those at risk and for society, in order to improve everyone's mental wellbeing.</p>	<p>Mind provides advice and support to empower anyone experiencing a mental health problem & campaigns to improve services, raise awareness and promote understanding</p>
<p>National Self Harm Network is a forum to support individuals who self harm to reduce emotional distress.</p>	<p>Rethink Mental Illness offers practical help on a wide range of topics such as community care, welfare benefits and carers rights.</p>	<p>Samaritans are available day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure.</p>

Connect to specific support for loneliness and bereavement

Loneliness

National Services:

- Age UK offer a [telephone befriending service](#)

Local Services:

- [Birmingham Mind's directory](#) helps to find peer support groups where you live such as [Birmingham Mind](#)

Loneliness support



Bereavement

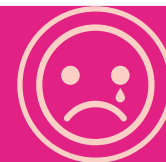
National Services:

- [Cruse Bereavement Support](#)
- [Good Grief Trust](#)
- [At a Loss](#)

Local Services:

- [Beyond the Horizon](#)
- [Cruse Birmingham](#) 0121 687 8010

Bereavement support



Connect to specific support for life challenges

Personal challenges

Health [The NHS website](#)

Youth [Forward Thinking Birmingham](#)

Relationships [Relate](#)

Pregnancy [NHS - Pregnancy](#)

Parenthood [Foundation Years](#)

Separation & Divorce [Gingerbread](#)

Retirement [Age UK](#)

Personal challenges
support



Practical challenges

Money [Money Saving Expert](#)

Debt [StepChange](#)

Housing [Shelter England](#)

Workplace disputes [ACAS](#)

Unemployment [Advicenow](#)

Redundancy [www.gov.uk](#)

Legal issues [Citizens Advice](#)

Practical challenges
support



Connect to specific support for physical health

Activity resources

There are lots of [things you can do to keep physically active](#) besides exercise.

[The Active Wellbeing Society](#) run free, accessible peer support groups and activities across Birmingham including:

- Walk and Talk sessions
- Cycling groups
- Gardening groups

Activity support



Sleep resources

If you're not getting 7 hours sleep, try moving more or reducing caffeine intake and screen time close to bedtime to help improve your sleep

For further self-help tips to sleep better visit the [NHS's self-help tips to fight tiredness](#).

Sleep support



Connect to support for our environment and social media

Our environment

Birmingham City Council has lots of helpful information to support its residents:

[Weather disruptions affecting schools and services](#)

[Roadworks and closures](#)

[Cost of living support](#)

[Climate emergency](#)

Our environment
support



Social media

Social Media Tips

- Unfollow or Mute Accounts
- Delete Social media Apps
- Limit your time online
- Think before you post
- [The Emoji Scale](#)

Social media support



Feedback to us where more help is needed so we can continue to improve the support for citizens

Email the Bolder Healthier team on:
BolderHealthierChampions@birmingham.gov.uk

Bolder Healthier Champions Plus – Self-Care



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Working on the front line is stressful



Although during Covid-19 there was more recognition that working in front line services is stressful, the reality is the pressure was there before and it is still here now.

There is a well established evidence base highlighting higher rates of self-harm, substance abuse and suicide in health and social care professionals.

Working with people has a level of emotional labour and it is important to recognise this.

Across the world there are similar issues, this is data from research in the UK (RCGP to the right) and from the USA (below). Although these are about doctors the issues are similar for other health and social care professionals.

The suicide rate for doctors is between **two and five times** the general population; the highest risk is in female doctors¹



The prevalence of common **mental health conditions** among UK doctors is between 17% and 52%¹



The most common presenting problems include depression, anxiety and low self-esteem¹




1 in 3 doctors use alcohol, drugs, self-medication or prescribing as a way to cope with a mental health condition regularly or occasionally²



33% of consultants and 36% of junior doctors report feeling unwell due to work-related stress in the previous 12 months¹




IN A 2012 SURVEY OF 2,000 U.S. PHYSICIANS, ROUGHLY 50 PERCENT BELIEVED THEY HAD MET CRITERIA FOR A MENTAL HEALTH DISORDER IN THE PAST, BUT HAD NOT SOUGHT TREATMENT.

About **400** doctors in the United States complete suicide each year.

A 2011 study found that more than **60 percent** of surgeons who had experienced suicidal thoughts were reluctant to get help because of licensing concerns



Only 41% of doctors who have experienced mental ill health disclosed this³



97% believe the NHS has a culture of viewing excessive stress and workload as the norm⁴



47% feel able to raise concerns within their organisation regarding their wellbeing and stress/workload⁴



28% will try and deal with a mental health issue alone; **57%** look to their family; very few know of or look for help elsewhere⁴

Doctors have a reluctance to admit personal illness and take a **third of the sick days** of other NHS staff⁵




Health care workers like nurses and physicians often experience elevated stress due to **unique occupational stressors** like long hours, sleep deprivation, lack of social support and dealing with death and dying.

Mental wellbeing in the workplace



FACT

Mental health problems quadrupled in NHS staff during the first wave of COVID-19.¹



FACT

Nurses have consistently reported higher levels of depression and anxiety during the COVID-19 pandemic.²



COSTS

Poor mental health in the NHS equates to £1,749 - £2,174 per employee, per year.³ ROI in workplace mental health interventions is £4.20 for every £1.⁴

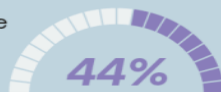
CAUSES



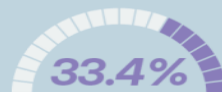
NHS staff have felt unwell due to work-related stress.⁵



of managers say there are barriers to them providing mental health support.⁶



of NHS staff reported feeling unwell as a result of work related stress in 2020.⁷



of NHS staff reported that their trust definitely takes positive action on health wellbeing in 2020.⁸

IMPACT

Top factors affecting mental wellbeing in learners are:



Fear of being judged.



Stress.



Finding confidence to discuss mental health problems.



Stigma that mental health problems are seen as a weakness.⁹

ACCESSING SUPPORT



Wellbeing hubs have been set up to provide health and social care colleagues rapid access to assessment and local evidence-based mental health services and support where needed.¹⁰



Our emotional wellbeing toolkit explains the contributors to decreased emotional wellbeing and shows you how to encourage improvements.¹¹

STIGMA



Staff are more likely to seek support for musculoskeletal conditions (**66%**) than mental health conditions (**52%**).¹²



73% of doctors would disclose mental ill health to family / friends rather than a healthcare professional*.¹³ *based on a survey of 3,500

1. Nursing times 'Staggering rise' in mental health issues among NHS staff since Covid-19
2. Greater Manchester mental health trust, The Impact of the COVID-19 Pandemic on the Mental Health of Healthcare Workers
3. NHS Staff and Learners' Mental Wellbeing Commission (2019) Health Education England

4. NHS Staff and Learners' Mental Wellbeing Commission (2019) Health Education England
5. NHS Staff and Learners' Mental Wellbeing Commission (2019) Health Education England
6. Mental Health at Work 2019: Time To Take Ownership Business in the Community
7. NHS Staff Survey 2020 National results briefing
8. NHS Staff Survey 2020 National results briefing

9. NHS Staff and Learners' Mental Wellbeing Commission (2019) Health Education England
10. Staff mental health and wellbeing hubs
11. Emotional wellbeing toolkit
12. The John Lewis Partnership Working Well Report (2019) John Lewis Partnership
13. NHS Staff and Learners' Mental Wellbeing Commission (2019) Health Education England



NHS Employers

www.nhsemployers.org
enquiries@nhsemployers.org
[@nhsemployers](https://twitter.com/nhsemployers)

How are you feeling NHS?



Free confidential website
[How are you feeling NHS](#)

Starts with the question,
how are you feeling today?

On the edge

On a good day

On a go slow

Then depending on your
answer provides more info
and advice.

Your Psychological PPE

to Promote Mental Health and Well-Being



These recommendations are based on a review of published literature and the experience of health systems. For more information visit ihi.org

Individual



Take a day off and create space between work and home life



Avoid publicity and media coverage about COVID-19



Receive mental health support during and after the crisis



Facilitate opportunities to show gratitude



Reframe negative experiences as positive and reclaim agency

Team Leader



Limit staff time on site/shift



Design clear roles and leadership



Train managers to be aware of key risk factors and monitor for any signs of distress



Make peer support services available to staff



Pair workers together to serve as peer support in a "buddy system"

Take time to take a breath

- Our breath regulates our physical and emotional wellbeing. Pausing, slowing our breathing, taking deeper breaths will help re-balance us

Pace Yourself

- Take time off - REST & REPLENISH
- Exercise
- Spend time on the things that bring you joy and contentment
- Spend time with family, friends

Mind your mind

- Be careful of getting stuck in negative, worrying thoughts.
- Take time to chat through worries with friends
- Have covid free time
- take time off from news etc
- Sleep/ eat well/ keep hydrated
- this help our attention and concentration

Look after Yourself

- Providing care is emotional and it affects us emotionally
- Feeling sad and upset is ok
- factor in time to your day to experience the feelings of the day
- Be compassionate to yourself as well as to others

Produced by Psychological Services, BHCT

Ask for help

As professionals we often feel ashamed of needing help ourselves, but we are human too, and it's important to reach out for support.

Most organisations have occupational health services which are confidential, you can also access support from your GP, or often through your trade union or professional body as well.



[Dr Jake Goodman talks](#) about a doctor who takes medication for a mental health issue in the [TedxUoflChicago series](#).

Thank you for being a Bolder Healthier Plus Champion!



[We look forward to working](#) together to improve the wellbeing of everyone in Birmingham.

By volunteering to receive the latest health information, you can use these messages to help you support yourself, your family, your friends and your wider community with:

- **Monthly themed webinars**
- **Tailored resource packs**
- **Health awareness training**

If you know someone else who might like to get involved, they can read more about the programme at [Bolder Healthier Champions](#)



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Thank you for your time!



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