

Prevention and Wellbeing Factsheet: Mental Health

Key messages

- You're not alone. Research suggests that one in four of us will have problems with our mental health and emotional wellbeing at some point in our lives.
- Help is available and getting help early can prevent things from getting worse.

Why is it important?

- Poor mental or emotional wellbeing can cause feelings of sadness and loneliness, anxiety and low self-esteem as well as difficulties sleeping. It can also cause people to drink more alcohol or smoke excessively to relieve stress.
- Good mental health allows us to reach our potential, cope with stresses, work productively and contribute to our community.

The picture in Barnet

- In Barnet, the prevalence rate of depression in adults over 18 (recorded on GP practice disease registers) is 5.5%
- The rate of people with a mental illness in residential or nursing care is 34.9 per 100,000 in Barnet compared with 32.7 per 100,000 nationally.
- The rate of detentions under the National Mental Health Act per 100,000 population is higher in Barnet (23.3) compared to the average for England (15.5).

Other important messages to consider

- The Five Ways to Wellbeing are simple lifestyle changes that can improve how we feel.
 1. **Connect to people** - Spend time with friends and family, speak to someone new at work or chat to your local shopkeeper.
 2. **Be active** - Go for a walk, ride a bike or play football; take the stairs; get active with housework or gardening.
 3. **Take notice** - Of the world around you and your own thoughts and feelings; enjoy the moment.
 4. **Keep learning** - Take up a new hobby; cook something new, or teach yourself a new skill; read the news or do a crossword.
 5. **Give** - Small acts of kindness such as saying thank you or helping out a neighbour, or larger ones like volunteering can make you feel happier and more satisfied about life.
- Hoarding may be associated with a mental health problem. It is when a person acquires an excessive amount of items and stores them in a chaotic manner. The resulting clutter may interfere with the person's everyday life (e.g. prevent them from accessing rooms), cause significant distress or negatively affect the person's quality of life or their family's. People who hoard may not see it as a problem or realise the impact it is having on their life or the lives of others; or they may be reluctant to seek help due to embarrassment or guilt.
- If anyone feels they need support with any aspect of their mental health, including dementia, they should talk to their GP. Doctors aren't only there to help with physical health; they can also help with diagnosing and treating mental or emotional problems, as well as helping access other support.

Signposting to local services and online support

Barnet Mind Matters

An NHS service for people who have mental health conditions such as stress, anxiety, phobias and depression. The service is available to those who are resident in Barnet, work in Barnet or have a Barnet GP. Self-referrals are accepted

- <http://www.mindmattersnhs.co.uk/barnet>
- 0300 222 5940

Barnet Depression Alliance

Provides support for people with depression and/or anxiety. They run a local peer support self-help group; it is not a therapy group. The group meets regularly in North Finchley on Monday and Thursday evenings

- <https://barnetdepressionalliance.org>

Citizens Advice Barnet

Provide specialist information, advice and advocacy for people with care and support needs, including people with mental health conditions.

Information, advice (including welfare advice) and specialist mental health advocacy (provided by Mind in Barnet)

- Barnet CAB Hub, 40-44 Church End, Hendon, NW4 4JT
- New Barnet CAB, 30 Station Road, New Barnet, EN5 1PL
- <http://barnetcab.org.uk/care-and-support/>

Wellbeing Hub

The Barnet Wellbeing Hub is a new service providing a flexible, holistic, person-centred approach focusing on individual needs and wellbeing.

A Wellbeing Navigator works with individuals to understand their needs, support and encourage them to improve their wellbeing.

They do this by offering an Emotional Health Check. This helps identify community services and activities that individuals can benefit from.

- The Meritage Centre, Church End, Hendon, NW4 4JT
- 03333 449088
- www.barnetwellbeing.org.uk

Some people with a high level of need require support from a **health or social care professional**.

They can be directed to their GP or Social Care Direct (020 8359 5000;

socialcaredirect@barnet.gov.uk; 07506 693707 for text messages; 020 8359 2000 for urgent out of hours queries) as appropriate.

For anyone with **caring responsibilities** who lives or works in the borough, Barnet Carers Centre can offer advice, information, emotional and practical support. They can be contacted on the following numbers: 020 8343 9698 (Adult Carers Outreach & Support Service and Carers Hospital Discharge Coordinator); 020 8432 2092 (Barnet Young Carers and Siblings); 020 8432 2091 (Community Home & Support Services) or via email admin@barnetcarers.org.