



We're in!

The Mental Health Challenge

Local councils championing mental health

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Mental Health



Mental health during Covid-19

8 July 2020

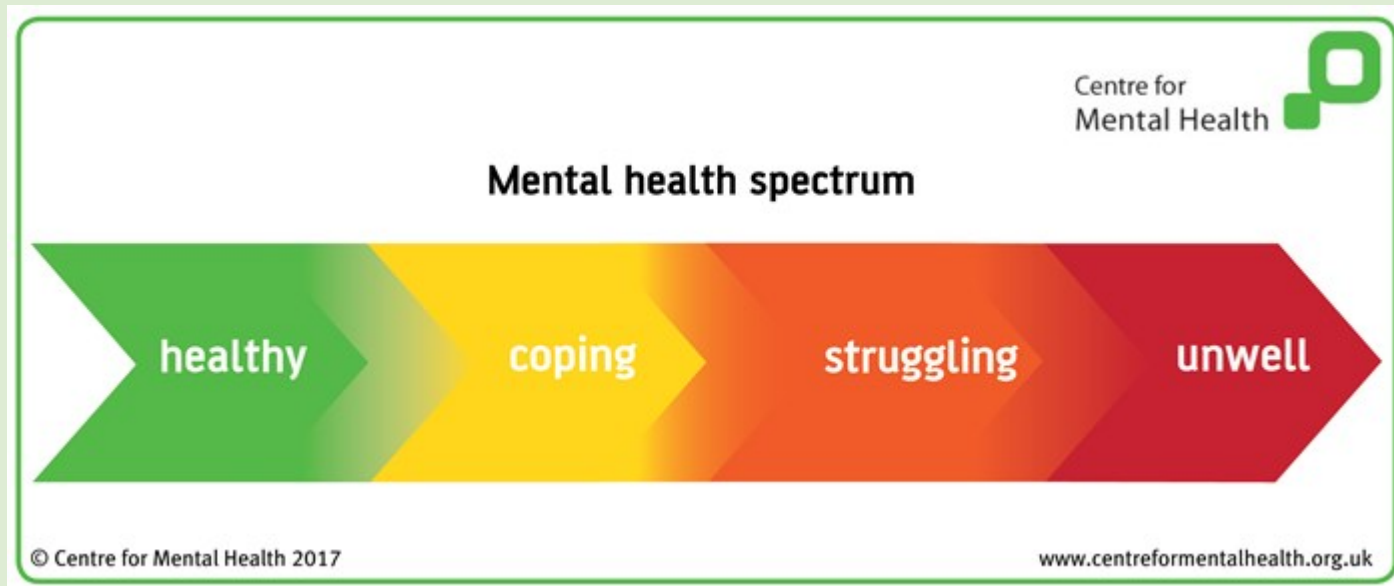
@Andy__Bell__ @CentreforMH @MH_challenge

“We all have mental health”

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- About 1 in 4 have a current mental health difficulty
- Lifetime risk approx. 3/4
- Risk and protective factors determine our positions on the spectrum during our lives



Traumatic impacts of coronavirus

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- Covid-19 is a collective trauma (it's happening to all of us)
- But we're *not* all experiencing it the same ways
- Impacts of trauma likely to be greatest and longest on those worst affected:
 - By the virus
 - By the lockdown
 - By the recession
- Psychological impacts also likely to be greater for those with pre-existing traumatic experiences & facing systemic discrimination and exclusion

Mental health impacts of Covid-19

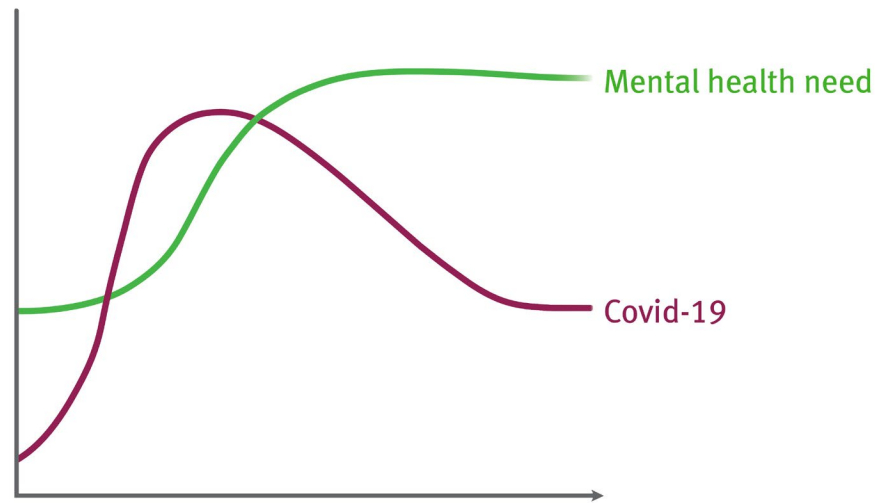
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Projection of mental health need relating to Covid-19 and how it compares with the trajectory of the virus itself



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Economic impacts and mental health

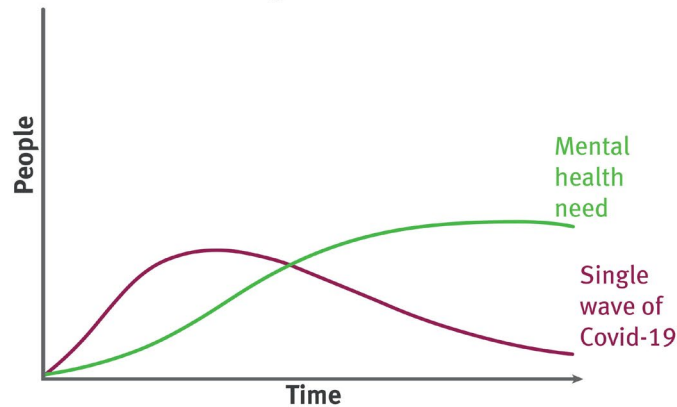
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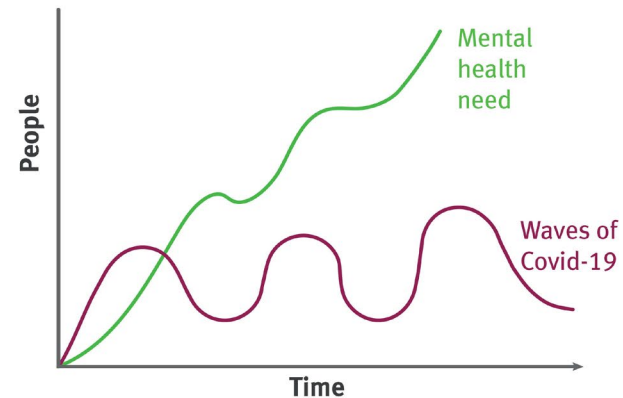
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Scenarios of mental health need relating to Covid-19 and how they could compare with the trajectory of the virus itself

Scenario 1: A single wave of Covid-19



Scenario 2: Two or more waves of Covid-19



Groups facing higher risks to mental health

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- ❑ Children and young people
- ❑ People with long-term conditions (especially those asked to shield)
- ❑ Black, Asian and minority ethnic communities
- ❑ People with existing mental health difficulties
- ❑ People on low incomes and most precarious livelihoods
- ❑ Older people, especially in care homes

What can councils do?

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- ❑ Be aware of groups at higher risk
- ❑ Support people with mental health difficulties through the crisis – e.g. emergency help
- ❑ Work with community organisations #
- ❑ Communicate clearly, consistently & honestly
- ❑ Help schools and workplaces adjusting to new circumstances & coping with trauma
- ❑ Look after your own mental health

Reports and resources

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- ❑ Mental Health Challenge brief guide for cllrs
<http://www.mentalhealthchallenge.org.uk/briefings-for-councillors/>
- ❑ Looking after mental health during Covid-19
<https://www.centreformentalhealth.org.uk/mental-health-covid-19-brief-guide>
- ❑ Mental health inequalities during Covid-19
<https://www.centreformentalhealth.org.uk/covid-19-inequalities-mental-health>



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Thank you

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www.centreformentalhealth.org.uk