

Centre for
Mental Health



Mental health - Covid-19 and beyond

5th November 2020

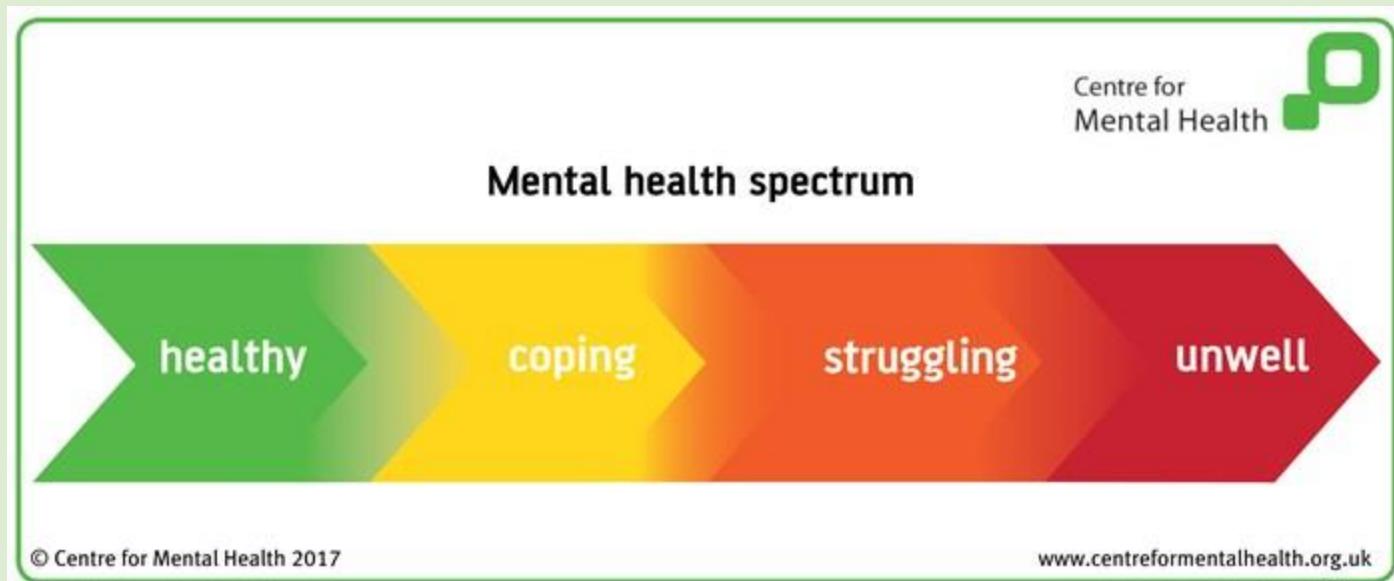
@_Sarah_Hughes_ @CentreforMH

"We all have mental health"

Centre for
Mental Health



- 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

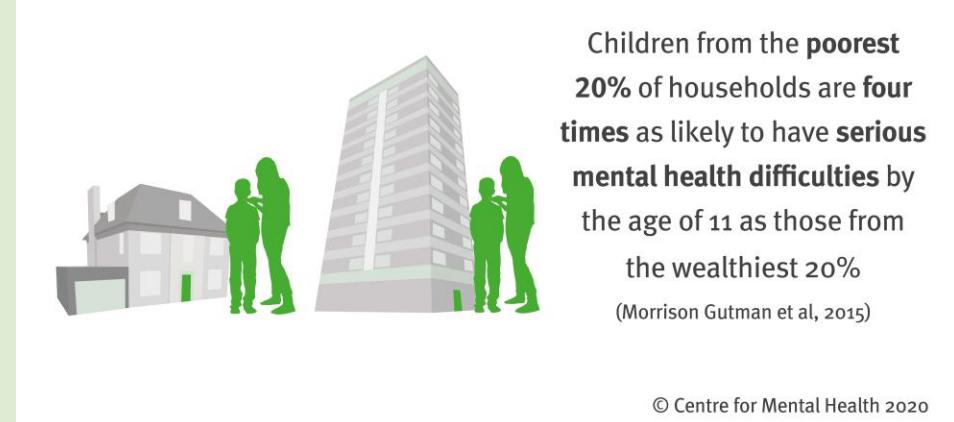


Recent trends in public mental health

Centre for
Mental Health



- Gradual increase in prevalence of mental health difficulties
- Biggest rise among young women
- Linked to wider social & economic inequalities



Covid-19 & mental health: what we know so far

Centre for
Mental Health



- Surveys show sharp rise in emotional and psychological distress during lockdown, followed by gradual reduction
- Rising prevalence of common mental health conditions (anxiety & depression) and coping mechanisms including alcohol misuse
- Worsening situation for people with existing mental health problems

Traumatic impacts of coronavirus

Centre for
Mental Health



- 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

Groups facing higher risks to mental health

Centre for
Mental Health



- Children, young people and young adults
- People with long-term conditions
- 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
- Prisoners

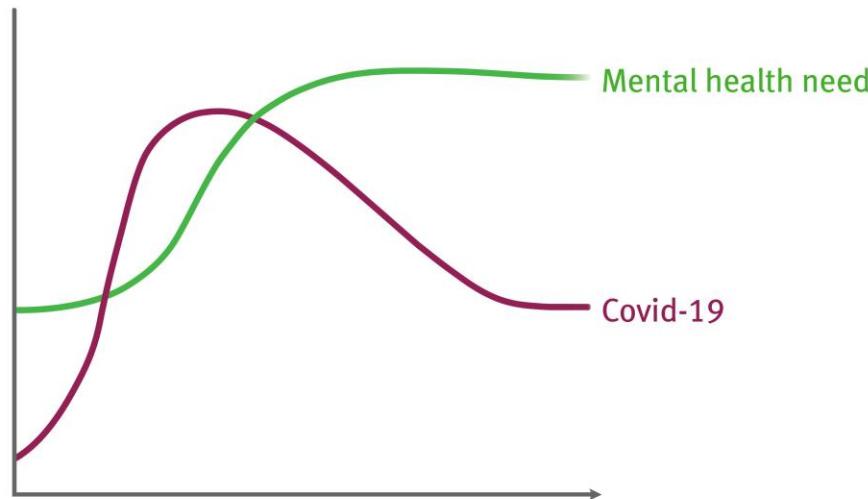
Mental health impacts of Covid-19

Centre for
Mental Health



Centre for
Mental Health

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



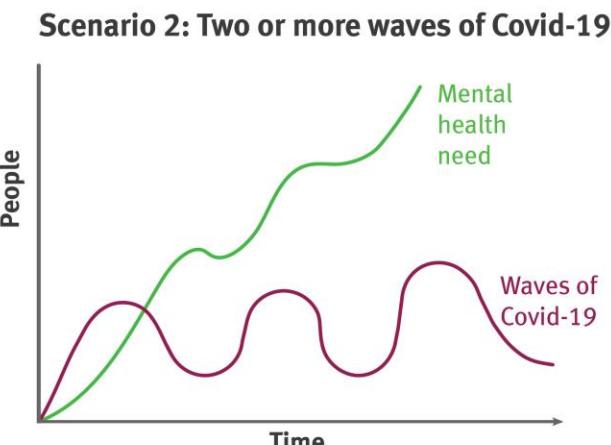
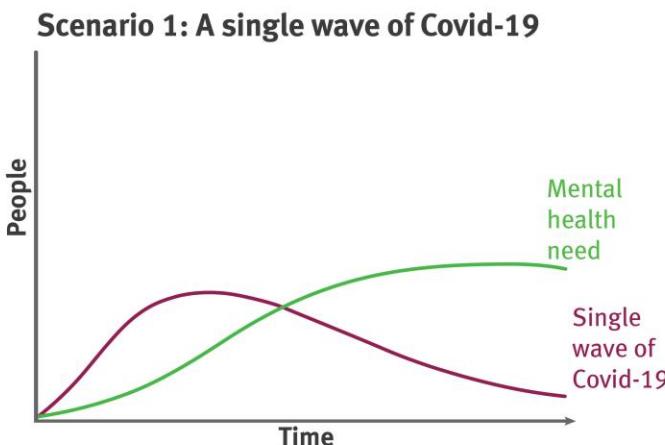
Two future scenarios

Centre for
Mental Health



Centre for
Mental Health

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



Tsunami or rising tide?

Centre for
Mental Health



- Higher need for mental health support:
 - Up to 10 million people will need support
 - Two-thirds of these are people with existing mental health problems
 - 1.5 million children and young people
- But likely to grow over time:
 - Low and slow help-seeking among many of those worst affected
 - Impact of recession won't be immediate and may be prolonged

What would help?

Centre for
Mental Health



- Sustain financial safety nets, especially for the most vulnerable and precarious
- Support schools, colleges and workplaces to create trauma-informed spaces & approaches
- Tailor employment programmes for young people & support millennial generation
- Proactive mental health support for highest risk groups
- Support people with ongoing mental health needs including physical health & finances

Effective local partnership working

Centre for
Mental Health



- Enabling VCS staff and volunteers to work safely alongside NHS, social care and public health colleagues
- Valuing peer supporters, advocates, welfare advice workers
- Supporting smaller organisations that work with groups with higher risks to mental health
- Maintaining safeguarding to protect people at risk of abuse or exploitation
- Valuing organisations that provide key functions such as supported housing, advocacy and support for children, young people and young adults

Reports and resources

Centre for
Mental Health



- ▢ Looking after your mental health:

<https://www.centreformentalhealth.org.uk/publications/supporting-mental-health-during-covid-19-brief-guide>

- ▢ Briefing for local councils:

<http://www.mentalhealthchallenge.org.uk/briefings-for-councillors/>

- ▢ Understanding local needs:

<https://www.centreformentalhealth.org.uk/forecast-modelling-toolkit>

Centre for
Mental Health



Thank you

sarah.hughes@centreformentalhealth.org.uk

www.centreformentalhealth.org.uk

T: @_Sarah_Hughes