



**Partneriaeth**  
Ranbarthol  
Gorllewin  
Morgannwg

West  
Glamorgan  
Regional  
**Partnership**



POPULATION NEEDS ASSESSMENT  
2022 - 2027

MENTAL  
HEALTH

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# 1. MENTAL HEALTH - WHAT IS IT AND WHY IT IMPORTANT?

## 1.1 Definition of Mental Health

Mental health is a term that is used to include a number of circumstances that describe or explain the state of a person's mental, psychological and emotional wellbeing. A good state of mental health means feeling safe and able to cope, with a sense of connection with people, communities and the wider environment.

Traditionally it may have been a way of describing a severe and enduring condition that impacts on a person's everyday life over a long period of time and this might be the set of circumstances that bring a person into close regular contact with formal Mental Health services and require the support of a multi-disciplinary team.

Increasingly, the term mental health has been more widely linked with the psychological and emotional wellbeing of a person and has raised the profile and possibility that many of us will experience good and poor mental health during isolated or prolonged periods during our lifetime.

Psychological and emotional distress is from time to time part of a person's life experience. It could be debilitating for a period of time, reduce our ability to engage in everyday life or something we live with. This is likely for all of us whether we have a formal diagnosis of a mental health condition or be the case that many of us with or without a diagnosis may require some support with the emotional and psychological stressors that occur in and as part of our lives.

Many of us will require mental health support as some point during our lives. This could be low level support for depression/anxiety, early intervention is crucial and this can include providing information, or referrals to voluntary sector or community services. Inpatient services are available for people who cannot be treated in the community and present a risk to themselves or others. More severe mental health conditions may include schizophrenia, bipolar or personality disorders.

According to the mental health industry:

- One in four people experience mental health problems at any time
- Common mental health problem such as anxiety and depression are experienced by 1 in 6 across the UK in any given year
- One in 10 young people will experience mental health difficulties<sup>1</sup>.

## **1.2 Our regional approach to Mental Health Services**

Swansea Bay University Health Board [SBUHB] provides a wide range of community and inpatient mental health services, in partnership with the Social Services Departments of Neath Port Talbot County Borough Council, Swansea Council and the voluntary sector, including a number of mental health organisations operating locally.

The transformation of mental health service provision for the West Glamorgan Regional Partnership Board [RPB] is driven by the principles and evidence set out in national strategies and plans and by regional strategic drivers including the Strategic Framework for Adult Mental Health Services. It is worth noting that mental health is an issue that impacts on a wide range of health and social care services – such as housing, carers, etc. – as well as impacting on the health and social care workforce. This means that transformation will be a broad challenge across the regional partnership.

The focus is to deliver a whole system service model with more emphasis on early, community-based intervention and keeping people in their own homes for as long as it is safe to do so. Almost all of the care for people with mental health needs is provided in the community, supporting people to live in their own homes with additional support where required from the NHS, family doctor services, social services, the voluntary sector, communities, carers, and families.

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<sup>1</sup> [www.mentalhealth.org.uk/a-to-z/c/children-and-young-people](http://www.mentalhealth.org.uk/a-to-z/c/children-and-young-people)  
[Time to Change Wales](#)

## **1.2 Demographics and trends for West Glamorgan**

### **1.2.1 Children and Young People**

#### **Emotional and Mental Health**

Children and young people are facing challenging times, and there is increasing demand on services for support with their mental health. Progress has been made to ensure that the emotional and mental health of children & young people is a shared priority for all partners across the West Glamorgan partnership. There is multi-agency agreement that children and young people's emotional and mental health is everybody's business, and we will achieve this by taking a partnership and commissioning approach acknowledging the support provided by the voluntary sector and the existing mature relationships with the sector.

There has been new guidance published this year to support improvements to services that support children and young people including the Together for Mental Health Delivery Plan for 2019-22 (NYTH/ NEST Framework), and the Statutory framework on embedding a whole school approach to Emotional Health & Wellbeing. These frameworks are considered to be strategic drivers for agencies, and the Health Board leads on the delivery of the Children and Young People's Emotional & Mental Health Delivery Plan.

The feedback from agencies is that an increasing demand for both emotional and mental health services has been seen as the pandemic has progressed, and particularly as the schools have re-opened. Partners agree that we are still learning about the emerging impact of the pandemic on children and young people's emotional health and wellbeing. The Child & Adolescent Mental Health Service (CAMHS) have introduced the Schools In-reach service during 2020/21 and the predominant themes are of anxiety, emotion regulation, anger and self-esteem and resilience. The CAMHS has seen a slight increase in referrals, however acuity levels of young people presenting are a lot higher at referral.

	Full Year @ 31/03/2021	Full Year (forecast) as @ 31/03/2022
Number of CAMHS Referrals	1701	2278
Number of CAMHS Assessments	774	730

\* Data above provided by CAMHS and includes Primary and Specialist CAMHS and Eating Disorder activity

The estimated number of children with any mental disorder, by age group and gender (Wales), 2014. These figures pertain to the former Abertawe Bro Morgannwg University Health Board (ABMU) footprint and will be updated when new data becomes available.

ABMU	5-10	11-16	5-16
Boys	1,795	2,320	4,115
Girls	875	1,775	2,650

However, it is important to note these are the figures of children and young people who have received services from Child and Adolescent Mental Health Services (CAMHS) rather than a reflection of current need.

Local data systems from SBUHB indicate the total number of referrals received by the Local Primary Mental Health Support Service [LPMHSS] for 2020/21 for children and young people was 489.

The table below shows the total number of referrals received during 2020-21 by age category.

Swansea Bay University Health Board			
Measure	Annual Referrals	Age	Totals
The number of referrals for an assessment by LPMHSS received during the month for:	Total number of referrals received during the month	<18	489
The number of referrals for an assessment by LPMHSS received during the month for:	Total number of referrals received during the month	18-64	4,197
The number of referrals for an assessment by LPMHSS received during the month for:	Total number of referrals received during the month	65+	187
The number of referrals for an assessment by LPMHSS received during the month for:	Total number of referrals received during the month	All Ages	4,873

LPMHSS is aimed at individuals of all ages who are experiencing 'mild to moderate', or 'stable, severe and enduring' mental health problems.

While there are many reasons children and young people are referred for counselling, the top three are: anxiety, family issues and anger.

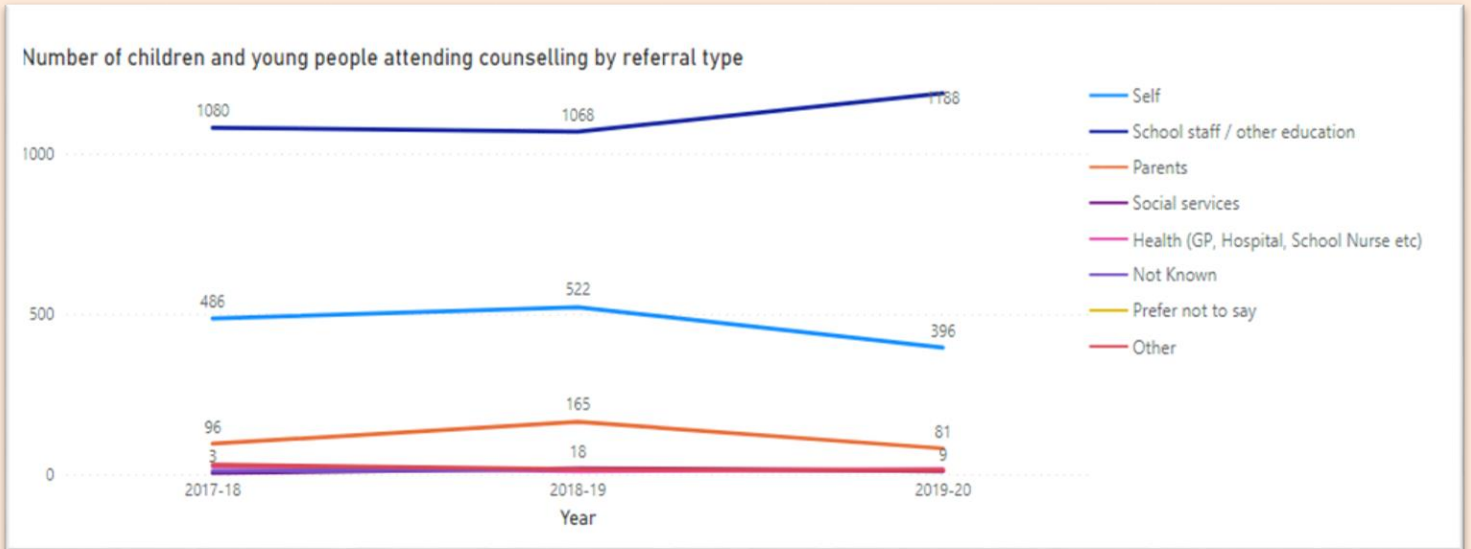
**Main presenting issues on referral for children and young people receiving counselling**

Issue	Year <input type="checkbox"/> 2019-20	Neath Port Talbot	Swansea	West Glamorgan
Anxiety		273	411	684
Family		246	369	615
Anger		144	156	300
Depression		33	183	216
Self-worth		111	105	216
Stress		81	111	192
Behaviour related		69	120	189
Relationships other		63	117	180
Self-harm		57	120	177
Bereavement		69	87	156
Suicide		42	87	129
Bullying		66	42	108
Academic		27	27	54
Illness		21	21	42
Abuse (including sexual)		9	27	36
Relationships with teachers		15	15	30
Eating disorders		9	15	24
Other		24		24
Relationship with boyfriend/girlfriend		21		21
Not Known		18		18
Sexual (including orientation)		6	9	15
Transgender issues		9	6	15
Caring responsibility		6	6	12
Domestic abuse		3	6	9
Substance misuse			9	9
Cyber safety (including cyber-bullying and sexting)		3		3
Financial concerns/poverty		3		3
Offending				0
<b>Total</b>				<b>3,477</b>

There are a number of different ways referrals can be made to counselling. Evidence indicates school / educational referrals, self-referrals and referrals by parents are the main routes by which children and young people access counselling.

### **By referral type**

The latest information from Stats Wales indicates the largest referral avenue for young people attending counselling is through school staff and other education sources.



### Referral by ethnicity

The referral data recorded by Stats Wales, indicates 88% of referrals are White. Data from the 2011 Census for the Black and Minority Ethnic (BAME) population across the Health Board shows an above average BAME population in Swansea at 6.0% and lower percentage in Neath Port Talbot of 1.9%. When we have access to the latest Census results, we will review the referral data to identify whether population trends are being followed.

Type	Neath Port Talbot	Swansea	West Glamorgan
Any other ethnic background		12	12
Asian or Asian British	6	18	24
Black or Black British	3	18	21
Mixed Race	9	24	33
Not Known	3	117	120
White	531	966	1497
<b>Total</b>	<b>552</b>	<b>1155</b>	<b>1707</b>

### 1.2.2 Adults

There are many adults who have mental health and wellbeing issues that are supported by families, friends and the voluntary sector. These

numbers are likely to be significant, but accurate data around this area of work is difficult to obtain.

## Referrals

The Single Point of Access Team provides a services within Adult Mental Health Services for all referrers where their needs will be triaged by qualified nurses and then directed to the relevant services within mental health services, or signposted to the voluntary sectors. SBUHB plan to expand this service further in the coming year to provide a mental health assessment hub for all ages under the national 111 platform, which will provide better access and manage any future increase in demand for assessment.

Single Point of Access Teams	2020	2021												2022	
	Referrals to Team by month	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan
Neath Port Talbot SPOA	142	156	166	234	203	177	199	196	157	168	124	141	112	177	153
Swansea SPOA	258	227	348	366	180	277	278	304	258	315	240	264	242	242	268
<b>Total</b>	<b>400</b>	<b>383</b>	<b>514</b>	<b>600</b>	<b>383</b>	<b>454</b>	<b>477</b>	<b>500</b>	<b>415</b>	<b>483</b>	<b>364</b>	<b>405</b>	<b>354</b>	<b>419</b>	<b>421</b>

## Referrals to the LPMHSS Service

The data available provides information on referrals to NHS mental health services. During 2020-2021, a total of 4,197 adult referrals were made to LPMHSS. In the same time period 2,118 assessments were undertaken.



Swansea Bay University Health Board

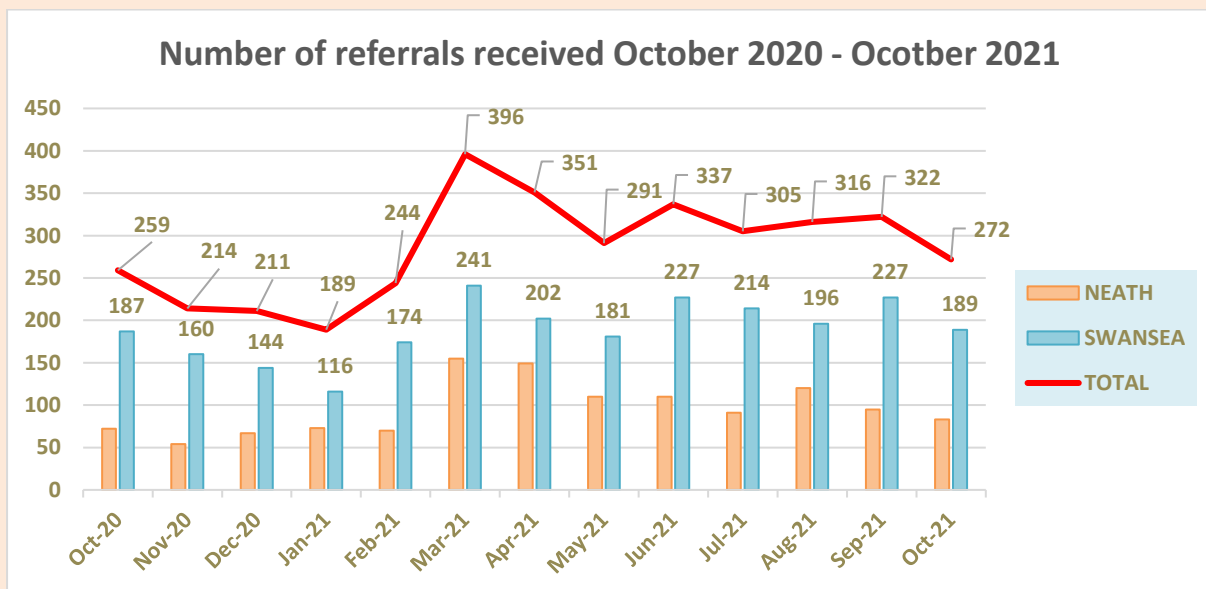
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Swansea Bay University Health Board

Measure	Annual Referrals	Age	Totals
Of the assessments undertaken by LPMHSS during the month, how many were for:	Total number of assessments undertaken during the month	18-64	2,118
Of the assessments undertaken by LPMHSS during the month, how many were for:	Total number of assessments undertaken during the month	65+	88

The research and evidence was predicting an approximate increase of 30% in referrals to this type of services post COVID-19 for the type of needs that this service provides. In preparation for this, resources to the LPMHSS and the GP clusters have been increased to cope with the predicted demand.

**Number of referrals waiting for High Intensity Psychological Therapies**



The above chart shows the numbers of referrals waiting for High Intensity Psychological therapies. Psychological therapies are delivered by Psychologists and High Intensity Psychological Therapists across all

services covered by the Mental Health Measure and other specialist services. The type of intervention received will be according to the evidence based intervention identified as most appropriate to work towards recovery. Referrals are required to be actioned and therapy begun within 26 weeks, which is routinely achieved in SBUHB. Throughout COVID-19, all interventions have been delivered on virtual platforms or telephone unless a clinical condition requires face to face and in this case the intervention will be thoroughly risk assessed and delivered in a COVID-19 safe way.

### Primary Care Data

Data from the GP Quality Outcome Framework indicates during 2018-2019, 4,688 patients were registered on the mental health disease register (StatsWales). The majority of these patients will be managing their mental health within the community setting, with support and input from family, the voluntary sector, primary care, social care and community teams.

Number of patients on the mental health Quality Outcomes Framework (QOF) disease register

Years	SBUHB	Afan	Bay Health	Cwmtawe	Llchwyr	Neath	Penderi	Upper Valleys	City Health
2018-19	4668	765	769	427	470	635	479	360	763
<b>Total</b>	<b>4668</b>	<b>765</b>	<b>769</b>	<b>427</b>	<b>470</b>	<b>635</b>	<b>479</b>	<b>360</b>	<b>763</b>

Source: StatsWales

### Community Mental Health Team Referrals

The Community Mental Health Team (CMHT) provides specialist care to patients that have a diagnosis of serious mental illness and require specialist input that cannot be met within LPMHSS or Primary Care. Like other parts of mental health services, there is also a predicted increase in demand for this service.

<b>Community Mental Health Team Referrals</b>	<b>2018-19</b>	<b>2019-20</b>	<b>2020-21</b>
Swansea Adult Community Mental Health Teams	3,635	4,075	1,498

**Crisis Resolution Home Treatment Activity (2017 – 2019) (NICHE, 2019)**

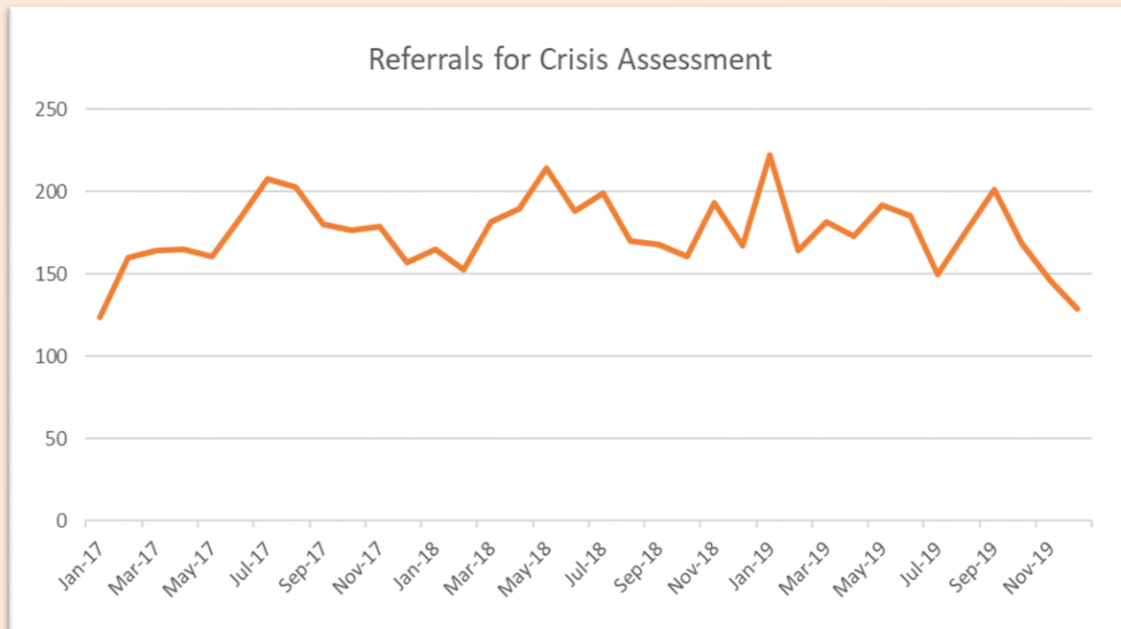
Requests to the Crisis Resolution Home Treatment services have increased significantly. This has represented an increased demand and a shift in how the unscheduled services have operated to meet this demand. Despite increases in population the average monthly referrals for crisis assessment have been relatively stable. There are on average 2,100 referrals per year, approximately 175 per month.

This level of stability in referrals is positive as it demonstrates other part of the sector are managing demand and preventing escalation of care into a crisis situation.

This has also been aided by the development of the joint pilot with the three Health Boards and South Wales Police on the Police Nurse Triage scheme. This has had an impact on the Section 135/136 rates across the region.

## Crisis Resolution Home Treatment Activity (2017 - 2019) (NICHE, 2019)

Total number of referrals received for crisis assessment:



### In-patient data

Mental health patients who are most unwell will require support in an in-patient setting, such as a mental health hospital or unit. Admissions to in-patient units over the last three years have been relatively stable. The average total admissions per year are 260 per 100,000 adult population.

### Admissions to In-patient Units 2018- 2021

In-patient numbers have reduced since 2018. This is linked to the additional community service provision Swansea Bay University Health Board has invested in, meaning patients can have support and be treated in the community who may have traditionally required in-patient care. In relation to the future provision of in-patient services, an external review established that the current bed numbers would continue to meet the demand for the future providing ongoing investment and expansion of community services continued.

Admissions	2018-19	2019-20	2020-21
Adult	708	671	633

### **1.2.3 Older People**

The vast majority of care for older people with mental health needs is provided in the community, supporting people to live in their own homes or in care homes with additional support where required from the NHS, family doctor services, social services, the voluntary sector, communities, carers and families.

The focus continues to be on ensuring people are cared for at home or as close to their home as possible, with the right people supporting them to do this.

Evidence shows that where people can be treated at home, outcomes are better than if hospital admission is required because, particularly for older, frail patients, people's physical strength and abilities decline. For older people with mental health conditions, particularly dementia, the sudden loss of routine and familiar surroundings increase the risk of their condition worsening and can also increase their risk of falling, resulting in longer stays in hospital and then needing more care when they are discharged than might otherwise be required.

#### **Older People's Mental Health (OPMH) Referrals**

Referrals to the Community Mental Health Team (CMHT) are for patients with a mixture of mental illness such as complex dementia, depression and anxiety. The teams are multi-professional and can manage complex presentations of illness that cannot be managed within primary care.

These teams work closely with memory assessment services within OPMH to try to achieve early detection and early diagnosis. This allows patients to commence medication for dementia that will stabilise the progress of this degenerative illness and allow them to continue to function at their current level of ability.

Memory assessment services are continuing to expand their services and work more closely with Primary Care to increase early diagnostic rates.

<b>Community Mental Health Team Referrals</b>	<b>2018-19</b>	<b>2019-20</b>	<b>2020-21</b>
Swansea Older People's Mental Health Community Mental Health Team	1,116	1,119	909
Neath Port Talbot Older People's Mental Health Community Mental Health Team	345	465	443

### **Older People's Mental Health Admissions**

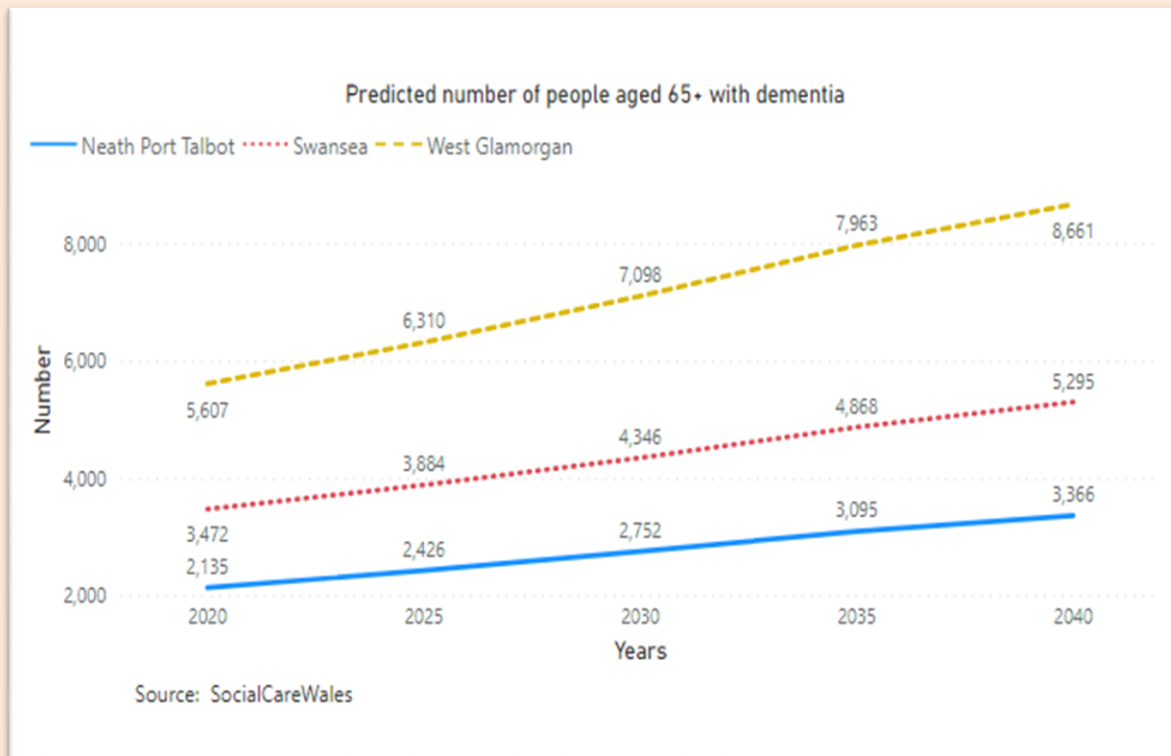
<b>Admissions</b>	<b>2018-19</b>	<b>2019-20</b>	<b>2020-21</b>
Older People's Mental Health	298	285	165

As part of the modernisation of the Older People's Mental Health (OPMH) inpatient services program the reliance on inpatient facilities has decreased over the past five years and this has been achieved by increased investment into the OPMH community services to maintain patients within community settings.

### **Dementia**

Dementia is a syndrome (a group of related symptoms associated with an ongoing decline of brain functioning associated with an ongoing decline of brain functioning). There are many different causes and types of dementia.

Social Care Wales projections for the West Glamorgan area indicate a 65% increase in the number of people with dementia by 2040



## 2. LIFESTYLE FACTORS AFFECTING MENTAL HEALTH

Poor mental health can develop from a number of factors, including life experiences, social factors, lifestyle choices, health inequalities, poor physical health, substance misuse or genetic predisposition. Mental health does not discriminate and anyone can be affected at any time of their lives. The importance of early intervention cannot be underestimated.

### 2.2 The Impact of COVID-19 on Mental Health

The pandemic has affected people's mental health and wellbeing in different ways and at different points in time as the pandemic has progressed.

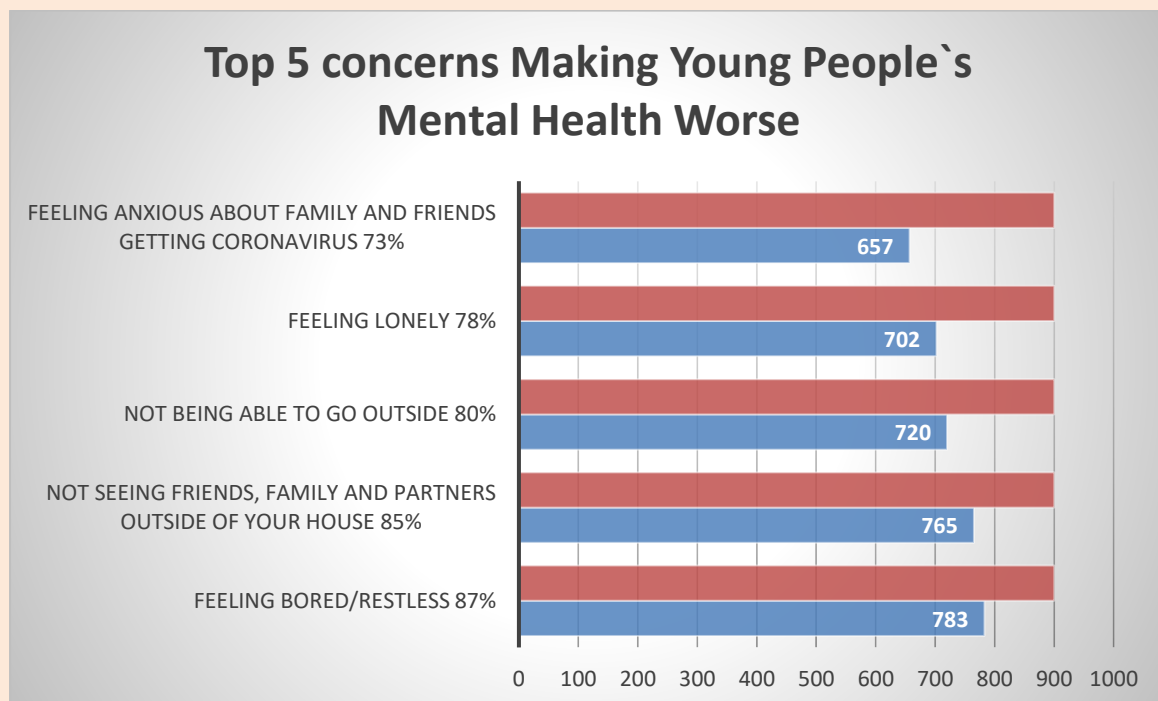
#### 2.2.1 Children and Young People

During the pandemic, mental health services have remained open for children and young people with an alternative delivery model that was mainly by telephone or video calls. Direct referral mechanisms were put into place that bypassed the need for GPs to make referrals. A 24-hour mental health helpline that is also available to children, funded by the

Welsh Government, was established. Third Sector services were also provided with additional funding to maintain reach with children and young people during the pandemic.

Findings of a survey conducted by the Children’s Commissioner for Wales indicated less than half of 12-18 year olds (47%) felt confident in seeking mental health support from a mental health team in their area. Even fewer (39%) were confident to access counselling services offered through their school. Only 52% of these respondents felt confident to go to their own doctor for mental health support.

Source: [Children’s Commissioner for Wales](#)



Mind – Mental Health Emergency

A Welsh Government commissioned literature review on the impact of ‘mass disruption’ on children’s mental health and wellbeing concluded the impact of the pandemic has adversely affected the mental health of children and young people, and that children from lower socio-economic backgrounds appear to be at greater risk of falling behind in their education. International research has found high rates of depressive and anxiety symptoms amongst school-age children confined to their homes.



## **Suicide and Young People**

Welsh Government has been working with partners to monitor closely the available data and evidence on rates of suicide to identify whether any further action is needed. Whilst the most recent Office for National Statistics (ONS) data demonstrated a lower rate of suicide in 2020 compared to 2019 (most likely driven by a decrease in male suicide at the start of the pandemic and delays in death registrations), there are continued concerns about the longer term possible impact, particularly for children and young people, as the pandemic continues. Particular vulnerabilities have been identified as:

- 🌸 Looked after children
- 🌸 Children on the Child Protection Register
- 🌸 Those with a history of self-harm
- 🌸 Those in a family known to social services
- 🌸 Those previously bereaved or directly impacted by a suicide
- 🌸 Those living in more disadvantaged or under-served communities.

### **2.2.2 Adults**

The pandemic has had a significant impact on mental health across the population. The Wales Centre for Public Policy Report 'Wellbeing and the impact of COVID-19 and Brexit identified:

- 🌸 Evidence pointing to the worsening of the Welsh population since the start of the pandemic, with increased reporting of depression, anxiety, and loneliness and social isolation (Green et al., 2020; Public Health Wales, 2021).
- 🌸 Predictions of an increase of up to 20% in the proportion of the UK population needing new or additional mental health support, 1.5 million of these are predicted to be children or young people under the age of 18 (O'Shea, 2020).
- 🌸 COVID-19 had dramatically decreased mental well-being across Wales and this has particularly affected young people, women and those in deprived areas. (Gray et al. 2020)
- 🌸 The experience of loneliness has increased, particularly for those who already felt the loneliest. Those who are young, live alone, are on low incomes, out of work, and experience a mental health

condition are at the highest risk of being lonely (Bu et al., 2020; ONS, 2020).

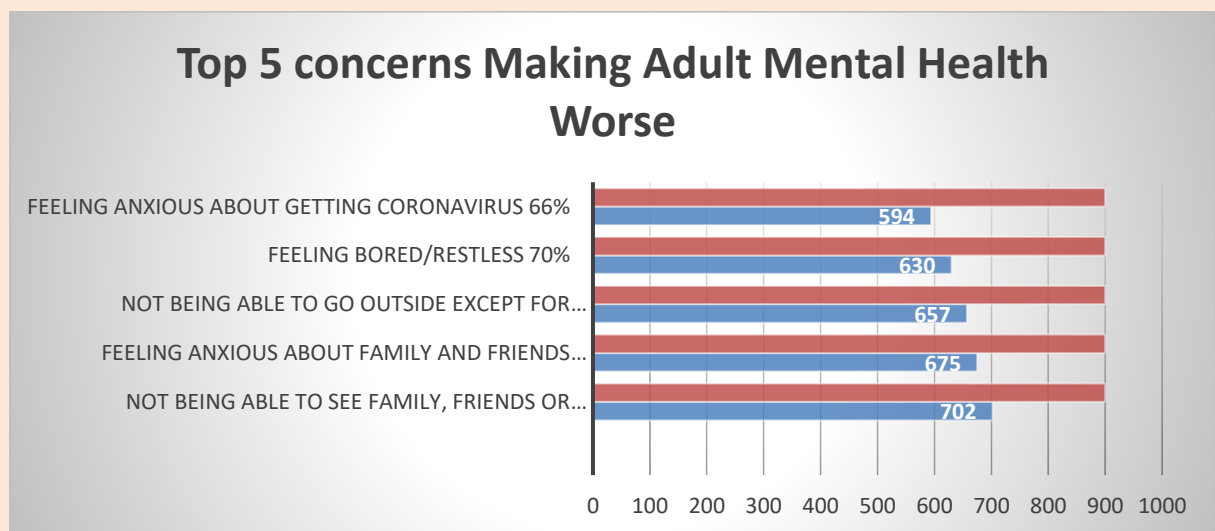
The impact of the pandemic on some groups of people is greater than others, those more at risk of experiencing mental health difficulties due to the pandemic include:

- 🌸 key workers (Green et al., 2020);
- 🌸 people who have been financially affected showed higher levels of anxiety, feelings of not coping well and suicidal thoughts (Mental Health Foundation, 2020);
- 🌸 Young people, who are more likely to have experienced poor mental health during lockdown than adults. 72% of young people in the UK said loneliness had made their mental health worse (Mind, 2020);
- 🌸 Individuals more at risk from COVID-19, including people aged 70+, those with underlying health issues, people from ethnic minority backgrounds, people living in poverty, and the children in these households, reported feeling more anxious (What Works Wellbeing, 2020b);
- 🌸 People with poor mental health before the pandemic have suffered the largest deterioration in mental health during the pandemic. These individuals tend to be young women (Banks and Xu, 2020).
- 🌸 People with additional needs including autism, learning disabilities and sensory impairment with mental health needs have suffered difficulties accessing mental health support services during the pandemic.
- 🌸 There may be particular concerns for local areas that scored low on mental well-being in the 2018-19 National Survey for Wales. Neath Port Talbot had a low mean mental health well-being score in 2016 for the Welsh national indicators for well-being.

The mental health charity Mind undertook research 'The Mental Health Emergency' to understand people's experiences, the challenges faced, the coping strategies used, and the support they would like to. More than 16,000 people across the UK shared their experiences of mental health during the pandemic as part of this research, including more than 900 people from Wales.

More than half of adults (60% of those over 25) and three quarters of young people (74% of those aged 13-24) said that their mental health has worsened during the period of lockdown restrictions, from early April to mid-May.

The restrictions on seeing people, being able to go outside and worries about the health of family and friends affected mental health and loneliness was a key contributor to poor mental health.



**Mind – Mental Health Emergency**

Conversely, some groups have experienced a positive impact on their mental health during the Covid-19 pandemic, including manual labourers, the underemployed (especially if they were male) and to some extent men aged 65 years and over (Foa et al., 2020; Banks and Xu, 2020). There is also some evidence suggesting that anxiety levels in the UK have recently started to fall as people are adjusting to the 'new normal' and as restrictions are being relaxed (ONS, 2021)

Employers have a duty of care to their employees and offer a real opportunity to influence the health and wellbeing of their workforce.

During the pandemic, large employers across West Glamorgan such as the local authorities and the Health Board have put in place additional wellbeing support to support staff during these challenging times.

### 2.2.3 Older People

For some older people, fears and concerns about COVID-19 entering homes has led to the suspension of domiciliary care. There has been an increased burden on families and carers to provide support and the number of unpaid carers in Wales has increased by 196,000 during the pandemic. For some older unpaid carers, and those caring for people living with dementia the combination of the closure of respite facilities such as day centres, together with lockdown restrictions has pushed them towards breaking point. This has had a significant impact on the health and well-being of unpaid carers.

### 2.3 Carers – the state of caring

When asked about their mental health in general, carers ranked their mental health as worse than physical health, with almost a third of carers (30%) stating that their mental health is either bad or very bad, and just a quarter (25%) as good or very good. This shows a worrying trend towards poorer mental health, especially given that this figure has increased from 27% in just two years since 2019. Caring for more than 35 hours a week, or longer term over five years has a significant impact on the carers mental health and wellbeing.

Source: [cukstateofcaring2021report](#)

Further information on the impact of the pandemic on carers can be found in the 'Carers who need support' chapter of the Population Needs Assessment.

### 2.4 Accommodation and poverty and the impact on mental health

Mental health is affected by the social, economic and physical environments within which people live and homelessness, poor accommodation and poverty have a detrimental impact on mental health and wellbeing. These factors will have a different impact at different points in life. People in poverty will have an increased risk of mental health problems.

*“Mental health is, to a great extent, **shaped by the social, economic, and physical environments** in which people live. Inequalities in society*

are associated with a significant increased risk of mental ill health. Poverty is a key player.

People in poverty can face constant, **high levels of stress**, for example due to struggling to make ends meet, overcrowded or unsafe housing, fear of crime, and comparatively poor physical health. Poverty is **clearly linked with a number of mental health problems**, including schizophrenia, depression and anxiety, and substance misuse.

It's a two-way street. Poverty can be both a cause and a consequence of mental ill health, e.g. where debilitating symptoms and stigma around mental illness have an impact on a person's income and ability to work. This disadvantage starts before birth and **accumulates throughout life**.

What does data tell us about poverty and mental health?

In Wales, **20% of adults in the most deprived areas** report being treated for a mental health condition, compared to 8% in the least deprived.

Children from the poorest 20% of households are **four times as likely** to have serious mental health difficulties by the age of 11 as those from the wealthiest 20%.

**Suicide rates are two to three times higher** in the most deprived neighbourhoods compared to the most affluent.

The more **debt** people have, the more likely they are to have a mental health problem. One in four people experiencing a mental health problem is in problem debt. People with mental health problems are three times more likely to be in financial difficulty.












Good quality **employment** is one of the most strongly-evidenced determinants of mental health. In January 2021, **43% of unemployed people** reported poor mental health (compared to 27% of people in employment).”

Source: [Poverty and mental health: it's a two-way street \(senedd.wales\)](https://www.senedd.wales)



### 3. SERVICES USED BY PEOPLE NEEDING MENTAL HEALTH SUPPORT

The voluntary sector provides a wealth of support for people needing help with their mental health.

The range of provision includes:

-  information, advice, guidance and support for service users and / or families and carers
-  counselling, 1-2-1 sessions, drop ins and / or group support
-  respite
-  activities, training, skill building, confidence building, brief intervention
-  practical advice around housing, benefits, etc.
-  support for vulnerable people, including rough sleepers
-  facilitation to ensure vulnerable voices are heard in the development of services
-  facilitation of networks of service users and carers
-  support and training volunteers
-  non clinical therapeutic support
-  supported living.















Local authorities provide services to help with mental health in the community and maintain independent living, including:

-  Swansea Council's residential reablement services for people with dementia - an assessment unit which aims to help more people with dementia to continue to live at home. The service offers a short period of specialist care and support to make this a possibility.
-  Neath Port Talbot Council offers a community independence service which provides housing-related support to help vulnerable people to live as independently as possible. Service provides support that enables individuals to improve their independent living skills whilst promoting their independence.

Both local authorities commission services from the private sector to assist with supporting people with mental health conditions.


SBUHB offers mental health support, care and treatment for adults age 18-65 and older people over the age of 65 from hospitals, community clinics and sometimes in patients' homes.

Services include:

-  psychological therapies
-  community mental health teams
-  assertive outreach team
-  crisis resolution
-  primary health care liaison services / gateway worker's teams
-  perinatal mental health service
-  assessment and admission wards
-  older people community mental health team
-  home treatment / support and stay
-  intensive homes support
-  psychiatric liaison shared care
-  memory clinics
-  primary care education
-  continuing care and respite.

The Health Board is responsible for forensic mental health services for south, mid and west Wales. The Welsh Health Specialised Services Committee (WHSCC) are working closely with Health Boards across Wales to develop their 3 – 5 year strategy for specialist mental health services, which covers forensic services. The aim is to ensure the strategy will cover modernisation and development of those services to meet changing needs.

Child and Adolescent Mental Health Services (CAMHS) are provided regionally by Cwm Taf Morgannwg University Health Board on behalf of several South Wales Health Boards including Swansea Bay. Since the pandemic, additional services are available including:

-  a CAMHS telephone single point of contact / referral line provides an open access service providing telephone advice, support and referral triage.

- 🌸 [tidyMinds](#) a mental health and wellbeing website for young people in Neath Port Talbot and Swansea designed to help young people understand any negative feelings they may be experiencing and finding the right advice and support
- 🌸 [Kooth](#) – a virtual counselling and support for children and young people who use the anonymous digital counselling and mental health support service.

Future plans for improving CAMHS include:


- 🌸 Full integration of CAMHS with one single base for staff
- 🌸 Roll-out of low level emotional health and wellbeing support for children and young people to prevent and avoid the need for referral to specialist CAMHS is being implemented with partners
- 🌸 Secure Welsh Government monies to improve access to crisis care out of hours, Eating Disorders and Psychological therapies
- 🌸 Development of the CAMHS In-reach service on receipt of Welsh Government funding to support the Whole Schools Approach.

### **Working in partnership**

The Regional Partnership Board recognises the importance of taking a strategic regional approach to supporting our population with mental health needs, particularly in response to the impacts of the COVID-19 pandemic. The benefits of working in partnership to design and deliver mental health services has led to key developments to improve mental health services for the population of West Glamorgan. These include:

- 🌸 the development of the Single Point of Access for Adult Mental Health Services, with further expansion of this to develop into an all age Assessment Hub for Mental Health Services, connected to the 111 expansion of services across Wales.
- 🌸 The provision of Mental Health links workers into GP Clusters continues to expand to jointly manage the level of need within the community and primary care.
- 🌸 working with the third sector organisations to plan and develop their services to support prevention and low level mental health need



 the launch of the Mental Health Sanctuary service within the region.

### **Future opportunities**

The RPB has an established Transforming Mental Health Programme which is taking the lead on a regional approach to mental health transformation and development of a Regional Mental Health Strategy. This will provide an overarching strategic direction to improve mental health services for all ages, including a long term Action Plan for transformation.

SBUHB is working on the modernisation of the whole system pathway of care, and the next step is the provision of provide multidisciplinary in-patient services providing acute assessment and treatment services within fit for purpose accommodation. The Health Board has engaged on proposals on Adult Acute Mental Health Services (undertaken between 31st January 2022 to 25th March 2022).

The proposed new unit will have all the inpatient beds on one site, which will include an assessment ward, two treatment wards, and a Psychiatric Intensive Care Unit (PICU) for the West Glamorgan area. There is also a planned inpatient Substance Misuse Detoxification unit and the Health Board is working with the Area Planning Board [APB] and its commissioning team in relation to the future requirements of this service.

## **4. WHAT CAN BE DONE TO IMPROVE MENTAL HEALTH AND WELLBEING?**

There are a wide range of actions that can improve mental health and wellbeing for individuals, which are dependent on the specific needs of the person (hence adopting a person-centred approach to mental health is crucial in taking the right action for the right reasons at the right time).

From an individual's perspective, evidence suggests there are five steps people can take to improve mental health and wellbeing.

# The 5 Ways to Wellbeing



The Five Ways to Wellbeing are a set of practical actions aimed at improving our mental health and wellbeing. They were developed by the [New Economics Foundation](#).

Trying these things could help people feel more positive and able to get the most out of life:

## **Connect with other people**

Good relationships are important for mental wellbeing. They can help build a sense of belonging and self-worth, provide opportunities to share positive experiences, provide emotional support and enable individuals to support others.

## **Be physically active**

Being active is not only great for physical health and fitness. Evidence also shows it can also improve mental wellbeing by raising self-esteem, helps set goals or challenges and achieve them, causes chemical changes in the brain which can help to positively change mood.

## **Pay attention to the present moment (mindfulness)**

Paying more attention to the present moment can improve mental wellbeing. This includes thoughts and feelings, your body and the world around you.

Some people call this awareness "mindfulness". Mindfulness can help people enjoy life more and understand themselves better. It can positively change the way people feel about life and how they approach challenges.

### **Learn new skills**

Research shows that learning new skills can improve mental wellbeing by boosting self-confidence and self-esteem, helps build a sense of purpose and connect with others.

### **Give to others**

Research suggests that acts of giving and kindness can help improve mental wellbeing by creating positive feelings and a sense of reward, giving a feeling of purpose and self-worth, helping connect with others.

## **Together for Mental Health**

The Together for Mental Health Updated Action Plan: 2019-22 identified the following priorities:

Priority 1: Promoting well-being and reducing inequalities

Priority 2: Improving support for children and young people

Priority 3: Improving crisis and out-of-hours support for everyone

Priority 4: Improving the quality and range of therapies available

Priority 5: Improving the quality of mental health services for pregnant women and new mothers

Priority 6: Transforming services to improve quality.

These priorities inform the plans developed by the RPB and Health Board including the development of the Regional Mental Health Strategy. This is where we will identify priorities for taking action / providing services and support for people with mental health needs. We anticipate that this will include working closely with local communities and people with lived experience of mental health problems.

Welsh Government are planning to consult on the next part of [Together for Mental Health Strategy](#) later this year, and there will be key objectives that we will need to consider going forward.

## **Dementia Action Plan**

Welsh Government have introduced a national programme for dementia, which focuses on implementation of the [Dementia Action Plan](#) and delivery of a range of transformational changes across dementia and memory assessment services. This includes implementing the All Wales Dementia Care Pathway of Standards, Dementia Friendly Hospital Charter and a range of dementia initiatives.

## **5. CONCLUSION AND GAPS IDENTIFIED**

The emotional well-being and mental health of our population has faced considerable challenges over recent years. The evidence from this chapter highlights areas where the need for mental health services is increasing, including where the trajectory was increasing prior to the COVID-19 pandemic and where the pandemic has escalated issues. There are some really important challenges facing our region such as suicide, mental health of young people and lack of suitable accommodation solutions.

We recognise that the number of cases of mental health conditions such as dementia are increasing, the effect of related factors like loneliness are getting more prominent, ongoing barriers such as mental health inequalities remain a problem and the workforce faces increasing pressures (including their own emotional well-being on the back of a high pressure period as a result of the global pandemic). These challenges require a collaborative, co-productive, regional approach to transforming services and changing attitudes to mental health (covering prevention, assessment, treatment and ongoing support for all people of West Glamorgan facing mental health challenges).

There will need to be a significant programme of change across the partnership as well as management of dependencies across other programmes to embed the importance of our vision for mental health in all of our transformational activities. While there are good examples of recent achievements such as the Sanctuary Service, we recognise that there are gaps within our understanding of population needs at local,

regional and national levels so we must invest our time and effort to improving our understanding so we can correctly target our transformation programme.

The development of this chapter has identified the following needs to be addressed:

- 🌸 This chapter offers the baseline starting positions. We will continue to refresh and update as part of an iterative process.
- 🌸 The need for improved data to inform future PNA development
- 🌸 Greater emphasis on prevention and wellbeing through improved data to measure outcomes and provide intelligence for future iterations of the PNA.
- 🌸 Addressing mental health inequalities and taking a regional approach to the prevention of poor mental health.
- 🌸 Continued implementation of national and regional priorities through partnership working, including co-producing care plans
- 🌸 Young people and suicide – more preventative measures are required.
- 🌸 Developing our regional strategic approach to mental health through the creation of strategies, frameworks and action plans to address the needs of our population.
- 🌸 Mapping all services provided across the partnership to identify gaps, threats and opportunities, including regional commissioning.
- 🌸 Delivering meaningful and effective co-production of mental health services in partnership with those receiving services, families and carers. A suite of resources has been produced to support services and organisations to co-produce. This piece of work was led by the West Glamorgan Co-production Group and comprises a framework, toolkit and charter: [click here to view](#).

Therefore, to address the issues highlighted by this chapter, our commitment to transformation of emotional well-being and mental health must include:

- 🌸 A strategic approach to emotional well-being and mental health driven by the needs of our population, including a person-centred approach to working with people;

- 🌸 Embedding the right principles across our organisations and services including how we address common issues like language, stigma and discrimination;
- 🌸 More engagement with and representation of service users, carers and other key stakeholders including co-production activities;
- 🌸 Better quality data including real life experiences and case studies from across our population groups;
- 🌸 Better use of resources, assets and skilled workers to deliver better outcomes more efficiently;
- 🌸 Greater focus on prevention of poor mental health from many different perspectives (e.g. community-led initiatives);
- 🌸 Transforming how mental health services are delivered through trialling new models of care and integration of service provision;
- 🌸 Recognising the factors that impact on mental health (such as poverty, substance misuse, employment, etc.) which need to be addressed with our partners and stakeholders.

## Links / references

- 🌸 [mind-social-prescribing-final-report-141220-whisc.pdf](#)
- 🌸 [Well-being-and-the-impact-of-Covid-19-and-Brexit-WCPP-Evidence-Briefing-Paper.pdf](#)
- 🌸 [CoronavirusUS\\_ENG.pdf \(childcomwales.org.uk\)](#)
- 🌸 [CovidUS2021\\_ENG\\_FINAL.pdf \(childcomwales.org.uk\)](#)
- 🌸 [Leave no-one behind - Action for an age-friendly recovery.sflb.ashx \(olderpeoplewales.com\)](#)
- 🌸 [the-mental-health-emergency-wales-summary-report-english-1.pdf \(mind.org.uk\)](#)
- 🌸 [Together for Mental Health Updated Action Plan: 2019-22 \(gov.wales\)](#)
- 🌸 [https://www.carerssupportcentre.org.uk/download/carers-uk-state-of-caring-2021/](#)