

Hampshire Mental Wellbeing Strategy

This strategy has been developed with partners of the multi-agency Hampshire Improving Mental Wellbeing Board (HIMWB). It will focus on actions required to support adults to prevent mental ill health, promote positive mental wellbeing and reduce death by suicide, rather than on mental health services.

Vision

The people of Hampshire will:

- be encouraged and supported to achieve the best mental wellbeing they can;
- be enabled to maintain positive mental wellbeing, irrespective of their circumstances, with the understanding that some individuals and groups may need extra support to achieve this;
- know that organisations are committed to working in partnership and with local people to put in place integrated approaches to mental wellbeing promotion, support, and care, and improve wider factors that can help or hinder mental wellbeing.

Strategy aim

This strategy shows how organisations will work together to achieve our vision, promote mental wellbeing and support the people of Hampshire to have the best mental health they can, reducing inequities in mental wellbeing across certain groups. It will complement other plans that are embedded across Hampshire which share our vision.

This strategy takes a **two-pronged approach:**

- 1. Universal approach** to encourage good mental wellbeing, emotional resilience and self-care across all age groups and populations.
- 2. Targeted approach** to tackle mental wellbeing inequalities to reach, engage and improve the mental wellbeing of those at an increased risk of the worst outcomes.

Priority outcomes

The people of Hampshire:

- will know where support is available – **system-wide focus on prevention**
- will be supported to improve mental wellbeing through other areas of their lives – **wider determinants of health**
- will be able to talk about their mental health and wellbeing without fear of prejudice or discrimination – **lessen the stigma**
- will benefit from a competent and confident workforce to support them with their mental wellbeing – **capacity and capability across the workforce**
- will be aware that suicide prevention is everybody's business – **suicide prevention**
- who are at a higher risk of poorer mental wellbeing will be supported in ways that suit their needs – **higher risk groups**



Almost **1 in 5** people aged 16-64 years has a common mental health disorder²



Approximately **350,000** people in Hampshire experience a mental health problem of some kind each year



Women are roughly **1.5 times more likely** to suffer from a mental health disorder²



Nationally, in 2020 to 2021 **64%** of people starting alcohol treatment reported a mental health need⁹



1 in 10 people in Hampshire accessing alcohol treatment services are also accessing mental health services, suggesting unmet need¹⁰



42% of adult carers aged 65+ years have as much social contact as they would like



The Hampshire suicide rate per 100,000 is **13.6 for men** and **4.5 for women**, this is lower than the England average⁵



Being employed is a protective factor

for mental wellbeing. Havant has a greater percentage of people unemployed (5%) than the rest of England



8.6% of Hampshire's population reported a low happiness score⁶

Less than 40% of people in Hampshire who are in contact with secondary mental health services live in stable and appropriate accommodation



Nearly **4 in 10** veterans report having a mental health disorder⁸



Nationally half of **people in problem debt** are experiencing a mental health problem¹¹



Almost **1 in 7** people in Hampshire has depression⁴



In 2021 to 2022 there were **3,075** emergency hospital admissions

for self harm³ but this is the tip of the iceberg, a lot of self-harm does not end up in hospital



Nationally **1 in 4** people will experience a mental health problem of some kind each year¹



Nationally in 2018, 14-19 year olds who identify as part of the LGBTQ+ community were over **2.5 times more likely** to have a mental disorder⁷

¹ McManus, S., Meltzer, H., Brugha, T.S., Bebbington, P.E., and Jenkins, R. (2009) Adult psychiatric morbidity in England, 2007: results of a household survey
² Adult Psychiatric Morbidity Survey – NHS Digital
³ Hospital Episode Statistics (HES) – NHS Digital
⁴ National General Practice Profiles – OHID phe.org.uk
⁵ Public health profiles – OHID phe.org.uk

⁶ Personal well-being in the UK – Office for National Statistics ons.gov.uk
⁷ Mental Health Data Hub – NHS Digital
⁸ Prevalence of common mental health disorders in military veterans: using primary healthcare data | BMJ Military Health
⁹ Office for Health Improvement and Disparities – GOV.UK
¹⁰ NDTMS – Home
¹¹ moneyandmentalhealth.org/publications/