



**Lambeth  
together**

# **Promoting Mental Wellbeing - Tackling Health Inequalities in Lambeth**

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# INEQUALITIES IN MENTAL HEALTH

Several factors have been linked to mental health, including race and ethnicity, gender, age, income level, education level, sexual orientation, interpersonal, family, and community dynamics, housing quality, social support, employment opportunities, and work and school conditions.

Men and women from **African-Caribbean communities in the UK** have **higher rates of post-traumatic stress disorder and suicide risk** and are more likely to be **diagnosed with schizophrenia** (Khan et al, 2017)



Women are **ten times as likely** as men to have experienced extensive **physical and sexual abuse** during their lives: of those who have, **36%** have **attempted suicide**, **22%** have **self-harmed** and **21%** have **been homeless** (Scott and McManus, 2016)



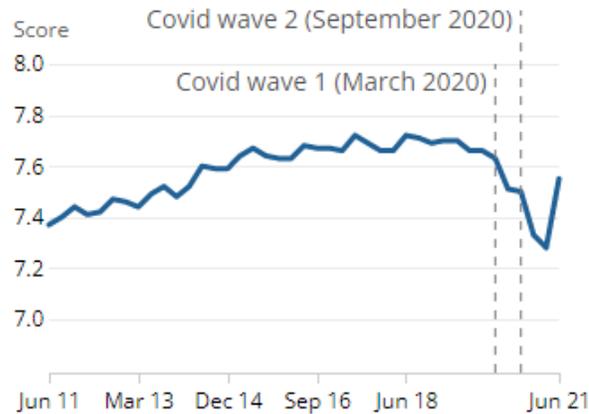
People who identify as **LGBT+** have **higher rates** of common **mental health problems** and **lower wellbeing** than heterosexual people, and the gap is **greater for older adults** (over 55 years) and those **under 35** than during middle age (Semlyen et al, 2016)

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% (Morrison Gutman et al, 2015)

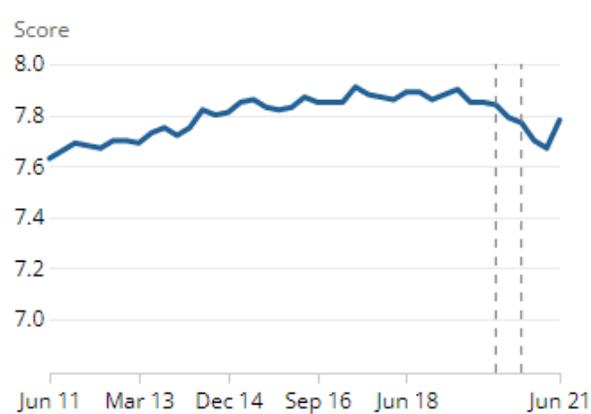


# COVID-19, MENTAL HEALTH AND INEQUALITIES

Overall, how **satisfied** are you with your life nowadays?



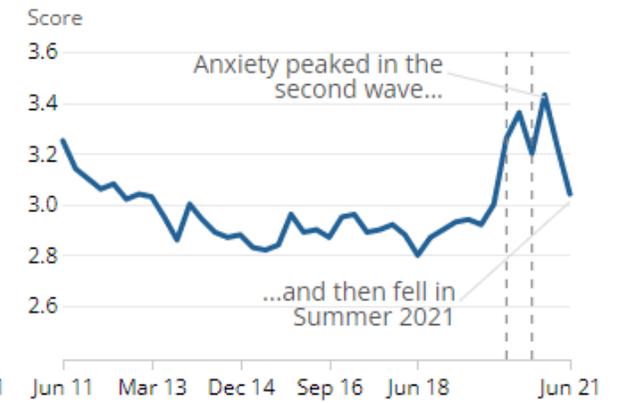
Overall, to what extent do you feel that the things you do in your life are **worthwhile**?



Overall, how **happy** did you feel yesterday?



Overall, how **anxious** did you feel yesterday?

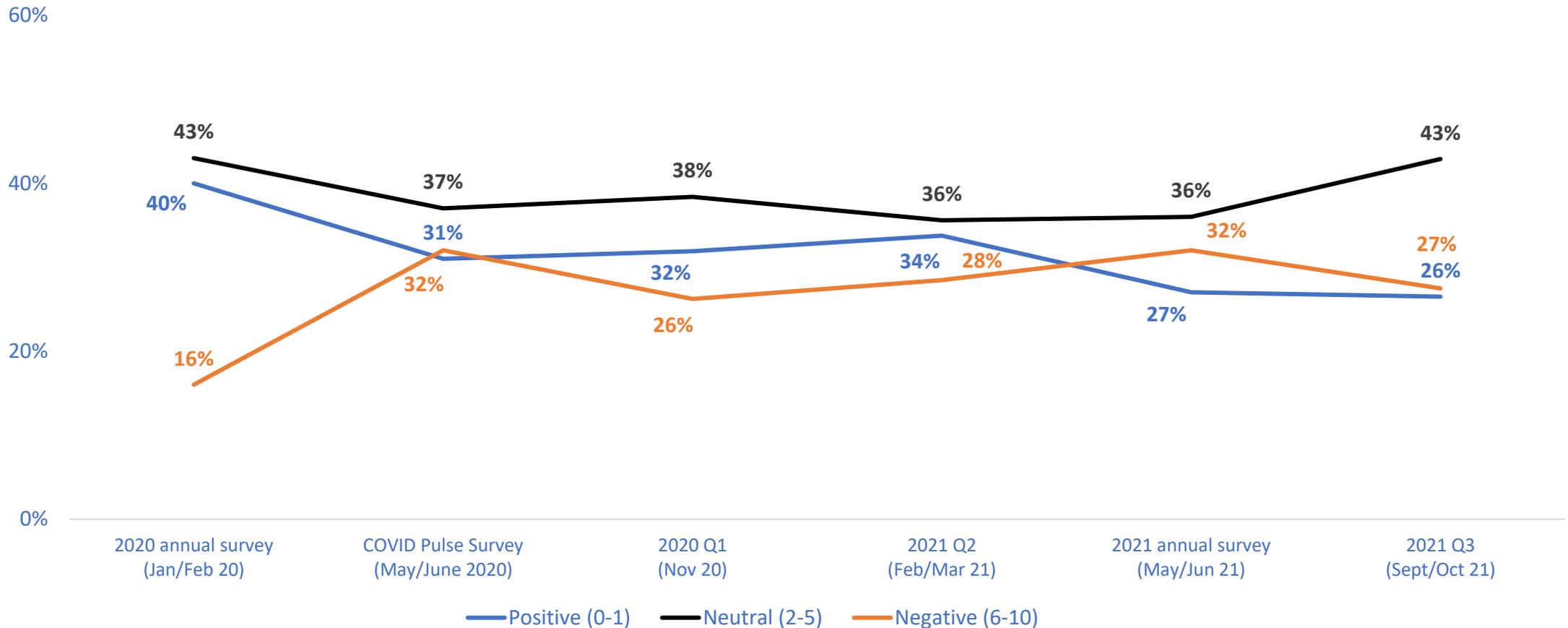


Overall personal well-being in the UK during the 1st and 2nd wave of the COVID-19 pandemic is among the lowest levels since 2011. By the end June 2021, ratings for feeling that things done in life are worthwhile, happiness and anxiety recovered to levels seen before the COVID-19 pandemic.

But those in the lowest income bracket continued to be more likely to report negative impacts to personal well-being in comparison with higher brackets; such as the COVID-19 pandemic making their mental health worse (18%) and feeling stressed or anxious (32%).

# ANXIETY LEVELS IN LAMBETH DURING COVID-19

The increasing trend in the percentage feeling anxious seem to halt, although this is a result of more residents giving a neutral score, rather than an increase in those who report a very low level of anxiety.



On a scale of zero to ten, where zero is not at all anxious and ten is completely anxious, overall, how anxious did you feel yesterday?

# INEQUALITIES, COVID-19 AND MENTAL HEALTH IN LAMBETH

COVID-19 starkly exposed how existing inequalities and interconnections between them affect mental health in different communities.

## Risk factors heightened by the pandemic

- Loneliness and isolation
- Unemployment
- Poverty
- Financial insecurity and debt
- Working conditions (esp frontline health & care)
- Racial discrimination
- Education loss & impaired childhood development
- Complicated grief
- Housing insecurity/homelessness
- Substance misuse
- Domestic violence

## Groups most at risk of poor mental health

- CYP with particular characteristics
- Young adults (18-34 years)
- Children and men from certain ethnic backgrounds
- Women (especially lone mothers)
- Women experiencing abuse/domestic violence
- Adults living alone
- Adults with pre-existing mental health conditions
- Adults with caring responsibilities
- Adults with low income
- Adults experiencing loss of income since onset of pandemic
- Adults working in small businesses or self-employed
- Frontline health and social care professionals
- Adults with long term physical health conditions
- Older adults (shielded /or with multi-morbidities)

## PROMOTING MENTAL WELLBEING – TACKLING HEALTH INEQUALITIES

### WHAT WORKS?

**Whole system prevention approach** - input from all sectors including voluntary, statutory, employers and faith communities, as well as local neighbourhood action is needed.

**People and community centred** - co-production - communities can help to identify needs and issues, local assets and solutions that will work for them.

**Good communication, collaboration and partnership** - collaboration and trust is required between partners across the whole system.

**Tackling inequalities** - the social determinants of mental health interact with socio-economic status, gender, ethnicity, age and other characteristics in ways that put some people at far higher risk than others. COVID-19 has exacerbated these inequalities.

**Life course and whole household approach** - minimise risk factors and enhance protective factors at important life stages, from perinatal period through early childhood to adolescence, working age, pre-conception and family-building years, and into older age.

# PROMOTING MENTAL WELLBEING – TACKLING INEQUALITIES IN LAMBETH – WHAT ARE WE DOING? (1)

In Lambeth a whole system approach has been taken to promote mental wellbeing in Lambeth. This includes:

- Working with community and faith groups, vcs and other partners to support individuals and communities particularly those affected by the pandemic, through a range of their activities which promote positive mental wellbeing, resilience and social capital in the community
- Using the Better Mental Health Fund to support priority groups: (1) carers, (2) care leavers & young asylum seekers, (3) lonely older adults, (4) recently unemployed young Black adults, (5) working age Black men, and (6) young people in deprived neighbourhoods. In addition, we are providing mental health promotion outreach from the Health and Wellbeing Bus
- Provision of training on bereavement awareness, mental health awareness, mental health first aid and suicide prevention to community organisations and staff across the borough
- Supporting school mental health leads and their mental health support teams

## PROMOTING MENTAL WELLBEING – TACKLING INEQUALITIES IN LAMBETH – WHAT ARE WE DOING? (2)

- Working in partnership with Citizen UK and the DWP to provide financial and debt advice from a variety of settings including GP practices and the food hubs as well as through help lines
- Incorporating opportunities to promote wellbeing in the delivery of health and wellbeing hubs
- Contributing to initiatives to improve LGBTQ+ health and mental wellbeing
- Increasing the value of the Lambeth Wellbeing grant funding to support community wellbeing initiatives
- Promoting positive wellbeing through different communication channels and events
- Developing with stakeholders a refreshed Lambeth Suicide Prevention Strategy (2022 - 2025)