



ST HELENS
BOROUGH COUNCIL

St Helens Joint Strategic Needs Assessment 2023

Mental Health and Wellbeing

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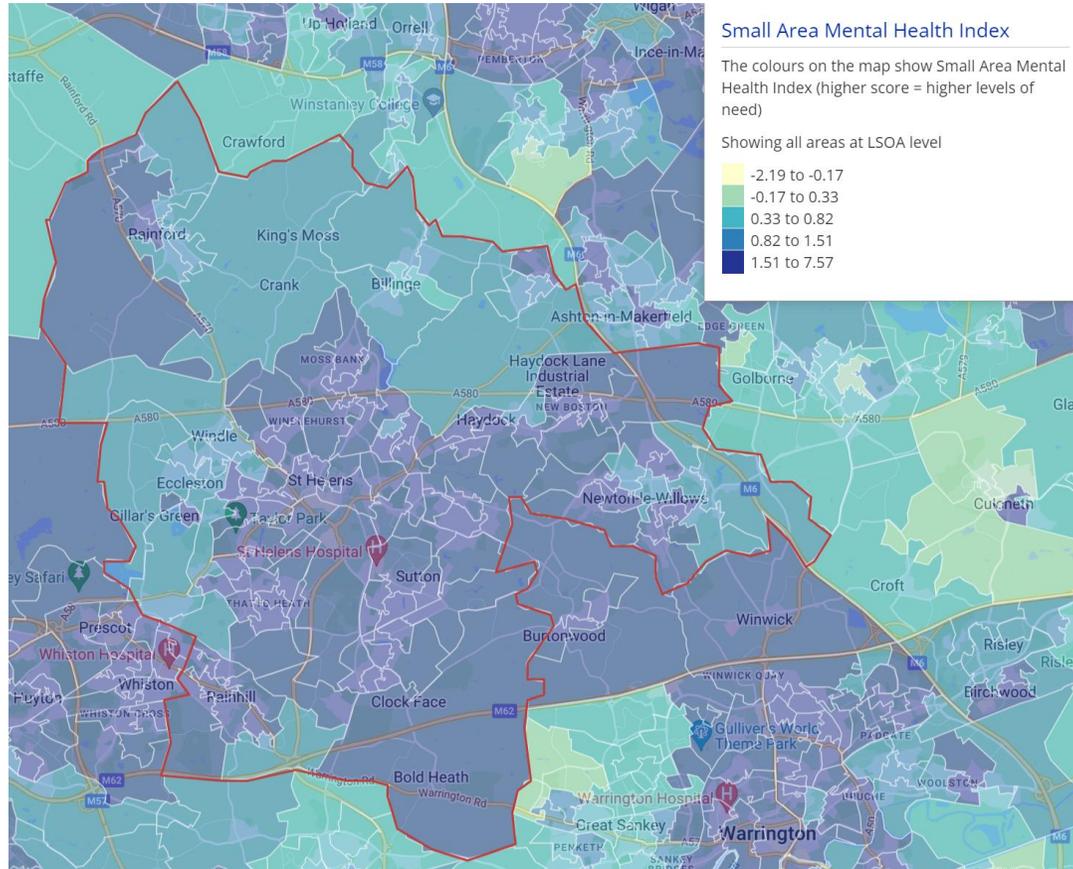
Aims / Needs / Definitions

- The aim of the Joint Strategic Needs Assessment (JSNA) is to identify the health and social care needs of the local population in order to support local organisations to plan, commission and deliver services and to ensure that local services best meet the needs of local residents.
- St Helens operates a multi-level integrated care partnership involving stakeholder forums and partnership boards. The 2020-2024 five-year-plan outlines the collaboration in detail.
- The multi-agency Mental Health and Wellbeing Group meets regularly to develop an action plan based on the outcomes of this JSNA and to coordinate local services in accordance with updated local strategy.
- This JSNA uses a life-course approach to identify needs throughout different key stages of mental health and wellbeing. Initial impacts of COVID-19 can be seen throughout the data, but additional data collection is required over time to realise the true impact of the pandemic on services and their subsequent recovery.

Summary of findings

- Mental wellbeing indicators recovering from pandemic-related dips
- Self-harm and suicide rates continue at concerning levels across all age groups
- Alcohol and substance misuse showing high rates with negative health outcomes, all ages
- Pandemic had negative impact on service provision with some initial recovery seen

Regional overview – St Helens



- Population: 183,200 (2021 Census, +4.5% 2011)
 - Aged 0-15: 30,600 (16.7%, England 17.3%)
 - Working population: 115,000 (62.7%, England 64.1%)
 - Aged 65+: 37,600 (20.5%, England 18.6%)
 - White British: 171,546 (93.6%, England 73.5%)
- Life expectancy 2020:
 - Male: 76.8 years (77.0 North West, 78.7 England)
 - Female: 80.6 years (81.0 North West, 82.6 England)
- Income deprivation: 18.2% (2019, 33rd England)
 - Of 119 neighbourhoods, 47 in the 20% most income deprived neighbourhoods in England
- Health deprivation: 8th most deprived authority (2019)
- See also: St Helens [Mortality](#) and [Inequalities](#) JSNAs 2020

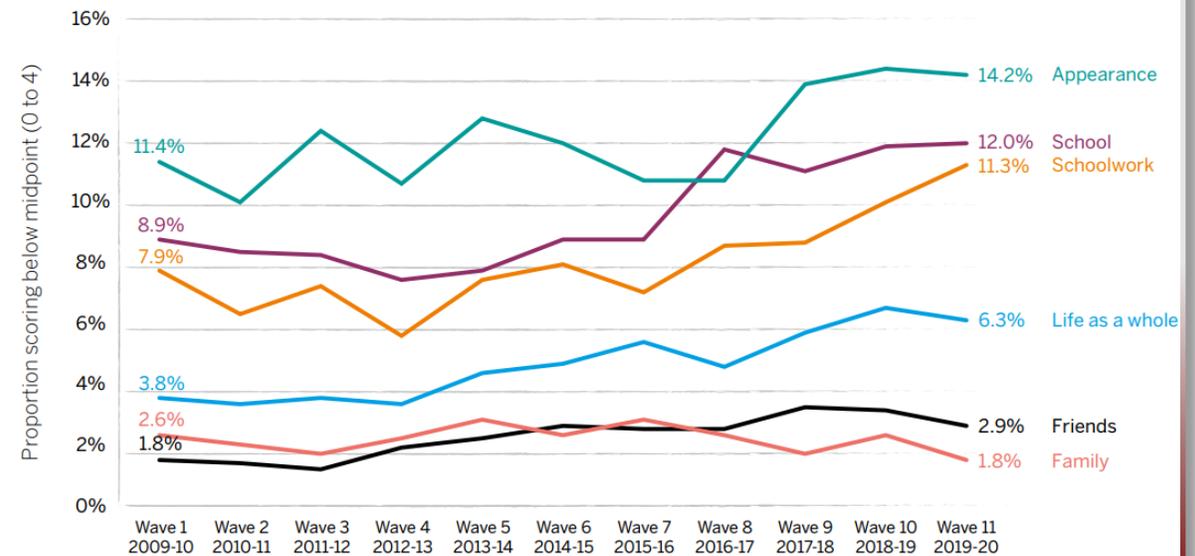
Children and young people's mental health

Mental wellbeing - national

National data on childhood wellbeing:

- 10-year trends show decrease in mean happiness scores, especially for school, friends, appearance and “life as a whole”
- However, majority of children continue to score above midpoint in all measures
- Concerns about appearance biggest source of unhappiness in children overall
 - Male – School work
 - Female - Appearance
- Key to improving childhood wellbeing is identifying and supporting those scoring in the lowest quartile

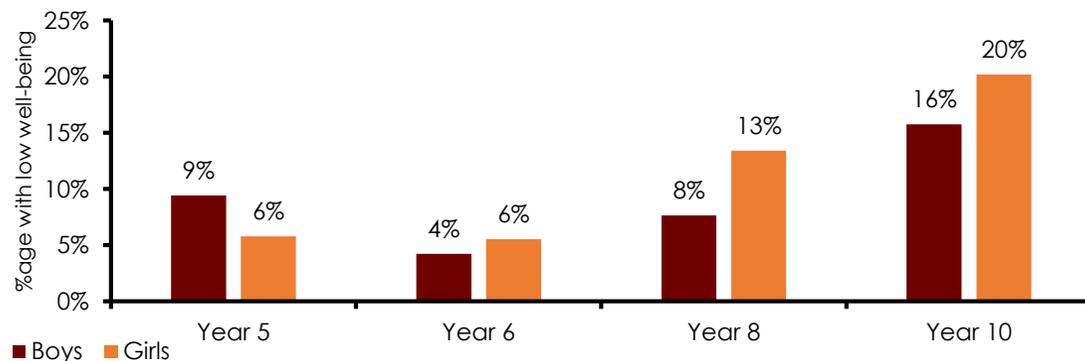
Figure 10: Proportion of children with happiness score below midpoint (0 to 4 out of 10) for life as a whole and five different aspects of life, UK, 2009-10 to 2019-20



Source: Understanding Society survey, children aged 10 to 15, weighted data.

Mental wellbeing – St Helens

- St Helens Good Childhood Inquiry 2019:
- Happiness with life as a whole (10 – completely happy): 7.8 (7.9 England)
 - 9.1% score between 0-4, considered low wellbeing (5.4% England)
- Average of five life satisfaction indicators (10 – completely satisfied): 7.7 (7.0 England)
 - 9.4% score between 0-4, considered low wellbeing (10.4% England)
- Wellbeing factors scoring worse than national average: **appearance**, health
 - Appearance main source of unhappiness locally – in line with national trends
- Age trends in line with national inquiry, wellbeing decreases throughout adolescence



Mental wellbeing – local considerations

Positives



- Proximity to family and friends
 - Extended family particularly important
- Quiet and calm environment
 - Especially compared to the cities
- Strong sense of local community
- Abundance of parks and green spaces
- Mixed views on 'things to do' locally
 - Younger age groups happier than older

Negatives



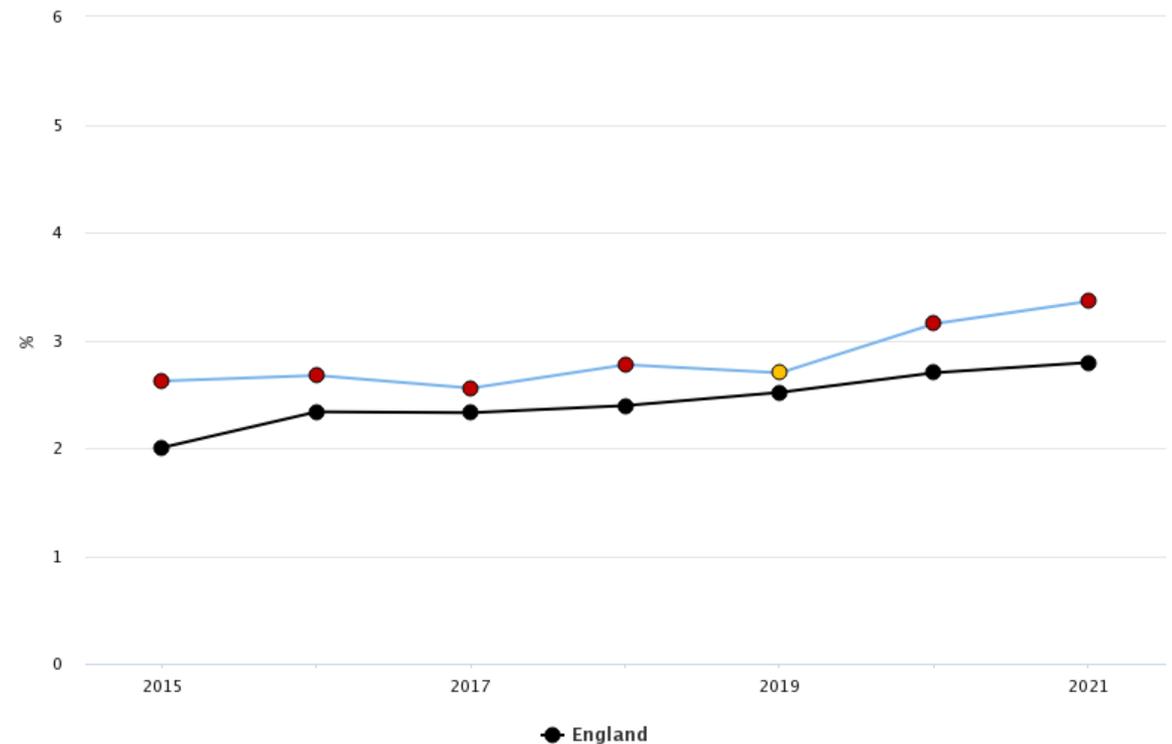
- Dangerous roads and speeding drivers
- Lacking waste management
 - Dog waste additionally highlighted
- Financial means limiting personal activities
- Prominence of alcohol and drugs
 - Concerns especially in parks
- Feeling unsafe at night
 - Fears centred around knife crime

- Some of the more informal feedback collected through the inquiry reveals priorities to local children, forming the basis of key factors to their mental wellbeing

Mental wellbeing - education

- School pupils in St Helens with social, emotional and mental health needs: 3.4% in 2021 (2.8% England)
 - Increasing and worsening in line with national average
- Persistent absentees – Primary sector: 20.6% in Autumn Term 2022/23 (20.9% England)
- Persistent absentees – Secondary sector: 28.4% in Autumn Term 2022/23 (27.4% England)
 - Considerable recent increases both nationally and regionally, but increased local action brought St Helens in line with national average

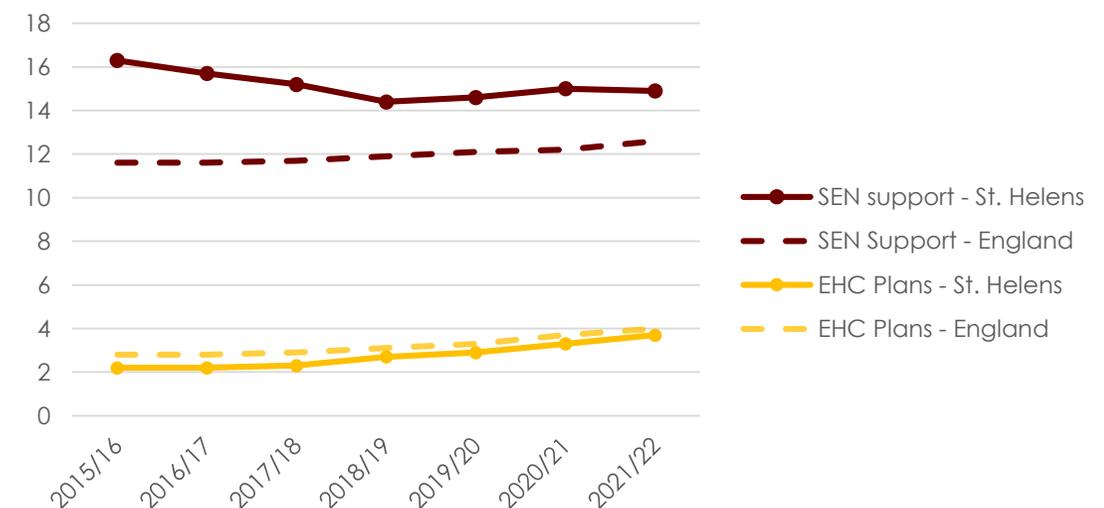
School pupils with social, emotional and mental health needs: % of school pupils with social, emotional and mental health needs for St. Helens



Learning and developmental difficulties – school support provisions

- Rise in need for complex EHC (Educational, Health and Care) plans for pupils in St Helens, consistent with national increase
- The most common type of need for those with an **EHC** plan is autistic spectrum disorder and for those with **SEN** support is speech, language and communication needs (DfE, 2022)

Proportion of pupils receiving SEN provisions 2016-2022



Pupils in all schools with EHC (Educational, Health and Care) plans or SEN (Special Educational Needs) provisions in St Helens 2016-2022

		2015/16	2016/17	2017/18	2018/19	2019/20	2020/21	2021/22
St Helens	Total number of pupils	26,338	26,629	27,025	27,111	27,268	27,583	27,756
	EHC plans/Statements of SEN	581	582	626	720	799	923	1,023
	EHC plans/Statements of SEN (percent)	2.2	2.2	2.3	2.7	2.9	3.3	3.7
	SEN support	4,289	4,190	4,098	3,895	3,973	4,140	4,149
	SEN support (percent)	16.3	15.7	15.2	14.4	14.6	15.0	14.9
England	EHC plans/Statements of SEN (percent)	2.8	2.8	2.9	3.1	3.3	3.7	4.0
	SEN support (percent)	11.6	11.6	11.7	11.9	12.1	12.2	12.6

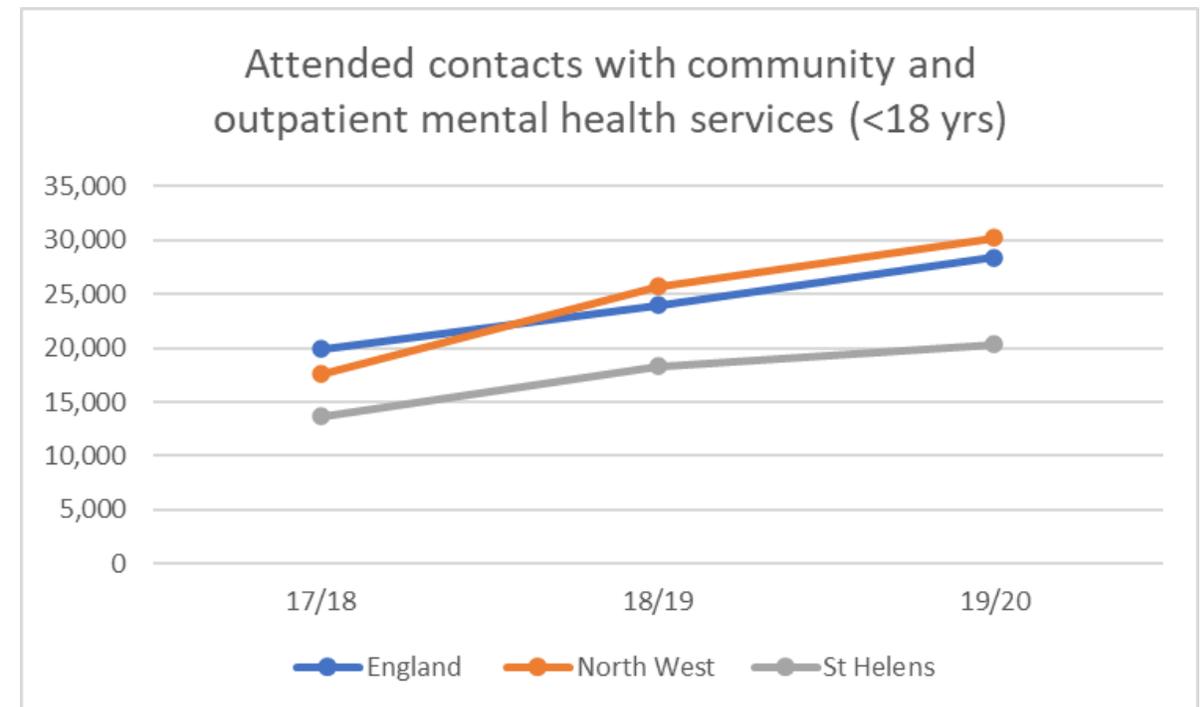
Source: SEN Statistics / DfE, 2022

Common presentations to children and young people's services

- The top 10 presentations were drawn from four large children and young people's mental health services in St Helens
 - Presentations were ranked and the most common presentations listed below
 - Of note, across both strictly clinical and more support-based services, presenting themes aligned and were of similar commonality throughout
-
- Anxiety / General worries
 - Emotional wellbeing / support
 - Depression / Low mood
 - Difficulties expressing / controlling emotions
 - Emotional / Behavioural issues
 - Deliberate self-harm
 - Trauma
 - Suicidal ideation
 - Eating disorders
 - Low self esteem / confidence

Community mental health services

- Attended contacts with outpatient and community mental health services in <18 year olds: 20,309 per 100,000 in 2019/20 (28,395 England) – 7025 total appointments



Directly standardised rate per 100,000

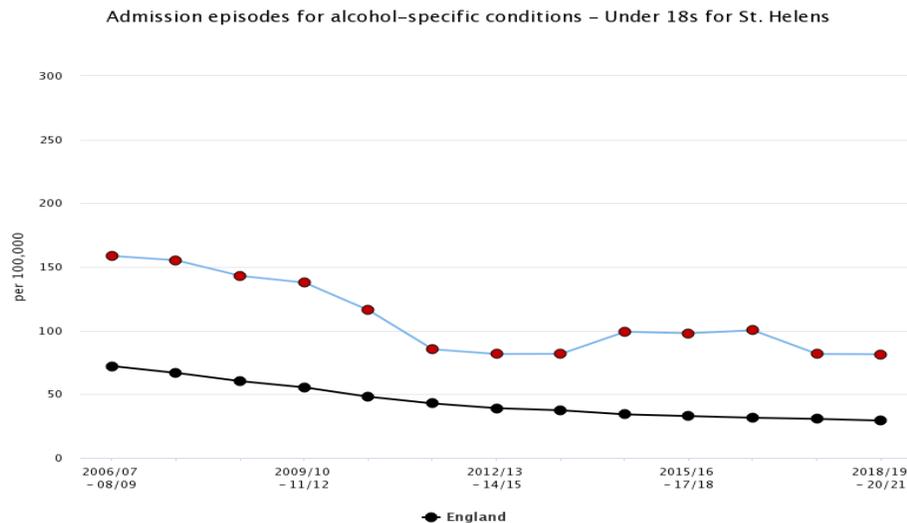
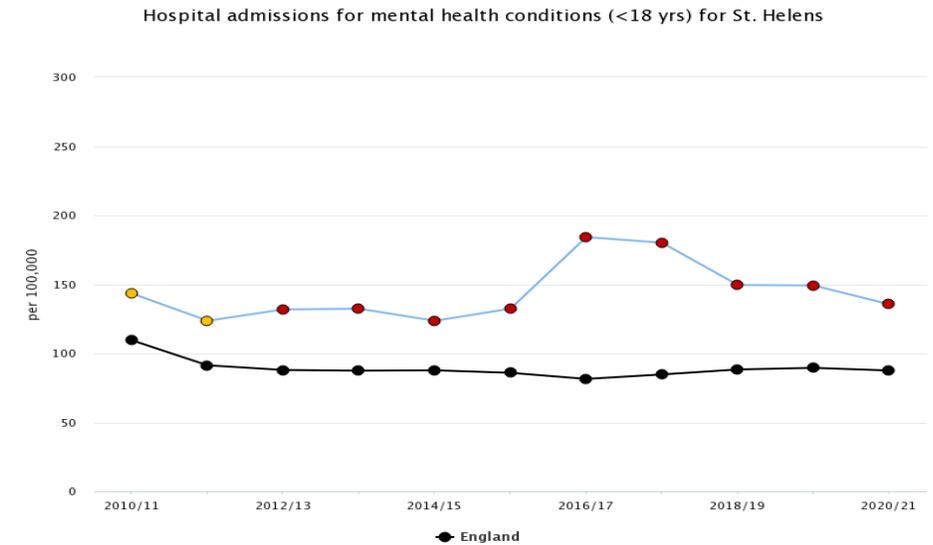
Self-harm

- Hospital admissions as a result of self-harm in 10–24-year-olds: 954.3 per 100,000 in 2020/21 (421.9 per 100,000 England) – 275 total admissions
- **2nd highest** in North West and **4th highest** in England
- Most recent numbers (2020/21) showing slight improvement but overall trend still rising



Hospital inpatient admissions (<18 years)

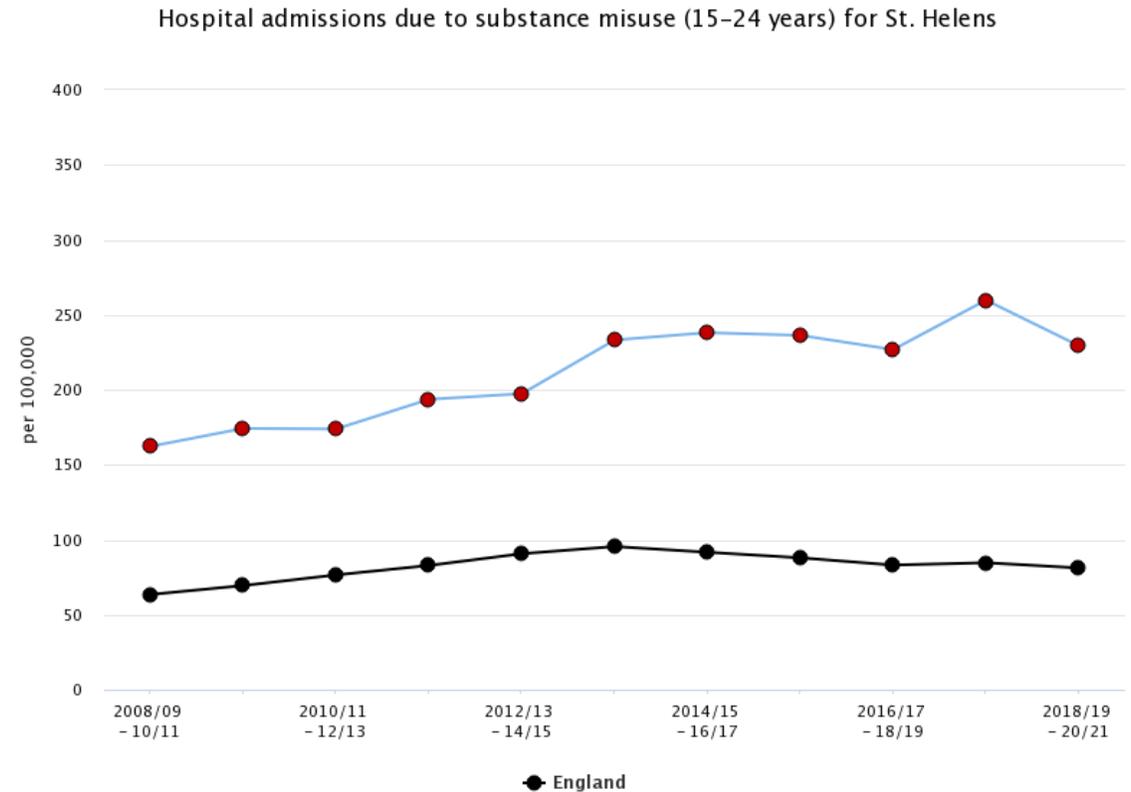
- Hospital admissions for mental health related conditions: 135.5 per 100,000 in 2020/21 – 50 total admissions (87.5 per 100,000 England)
- 4th highest rate in the North West and 12th highest in England



- Hospital admissions for alcohol-specific conditions: 81.4 per 100,000 in 2018-21 – 90 total admissions (29.3 per 100,000 England)
- **Highest rate** in the North West and **2nd highest** in England

Substance misuse – young adults (15-24 years)

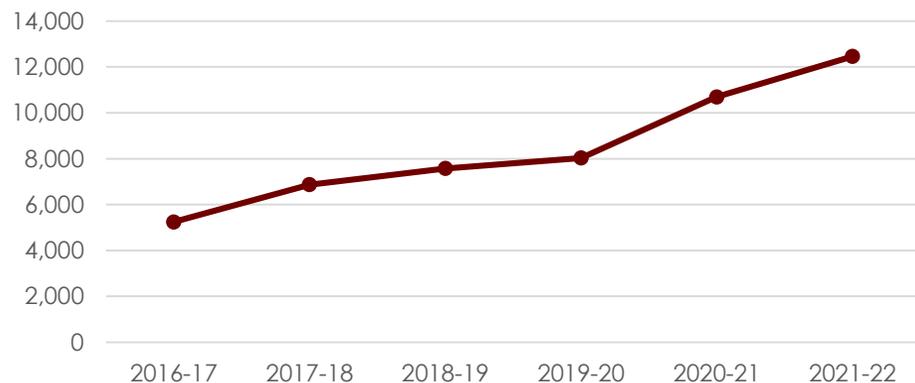
- Hospital admissions due to substance misuse in 15–24-year-olds: 229.4 per 100,000 in 2018-21 (81.2 per 100,000 England) – 130 total admissions
- **Highest** in North West and England



Eating disorders

- March 2022 – NHS report record number of young people in treatment for eating disorders
- 10,000 children started treatment nationally between April and December 2021
 - 25% increase compared to 2020

Children and young people starting treatment for an eating disorder - England



- Referrals to children and young people's eating disorder service: 84 in 2021/22
- Seen within 1 week for urgent referrals: 100% in 2021/22
- Seen within 4 weeks for routine referrals: 100% in 2021/22
 - Majority start treatment within one week locally

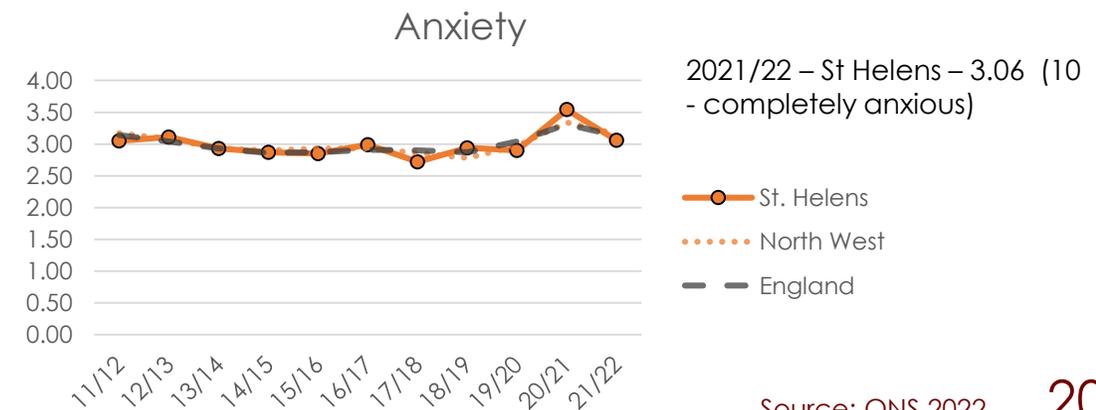
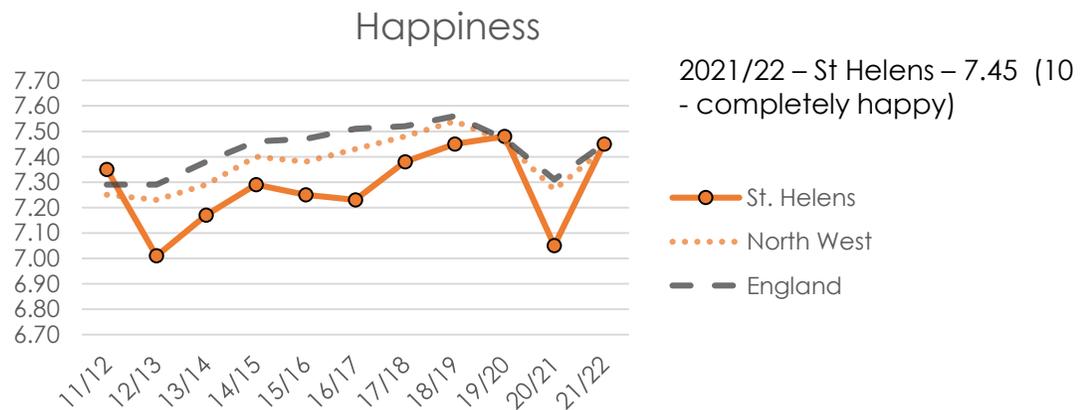
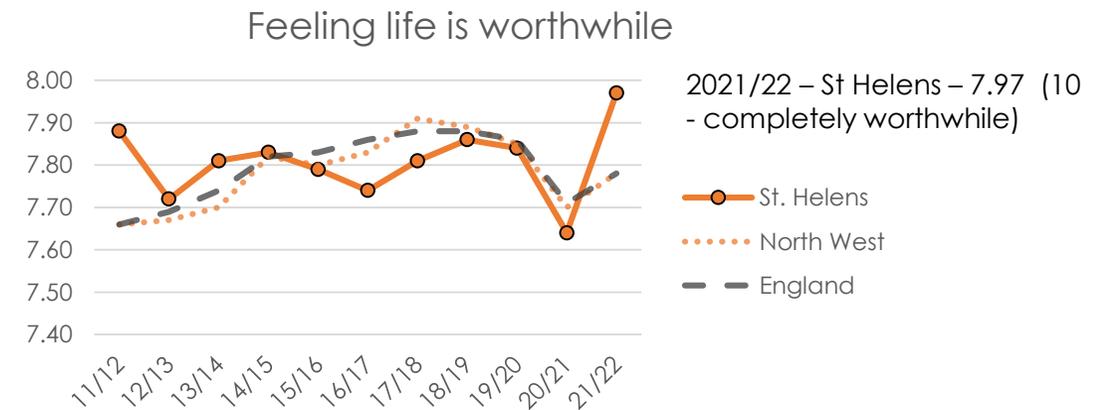
Adult mental health

Mental wellbeing

- Drop in personal wellbeing during the COVID-19 pandemic 2020/21
- Statistics ending March 2022 show largest year-on-year improvement in St Helens and nationally since wellbeing has been measured
- 6.2% in St Helens (5.1% England) report low levels of life satisfaction in 2021/22
- 9.5% in St Helens (8.5% England) report low levels of happiness in 2021/22
- 2.0% in St Helens (4.1% England) report low levels of things done in life being worthwhile in 2021/22
- 24.7% in St Helens (22.5% England) report high levels of anxiety in 2021/22

ONS indicators – St Helens

○ Personal wellbeing indicators – Annual Population Survey (APS) - Adults aged 16 and over

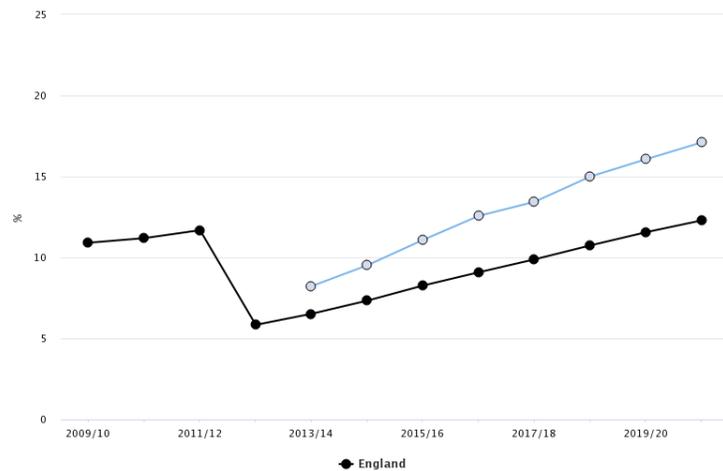


Mental illness – General Practice

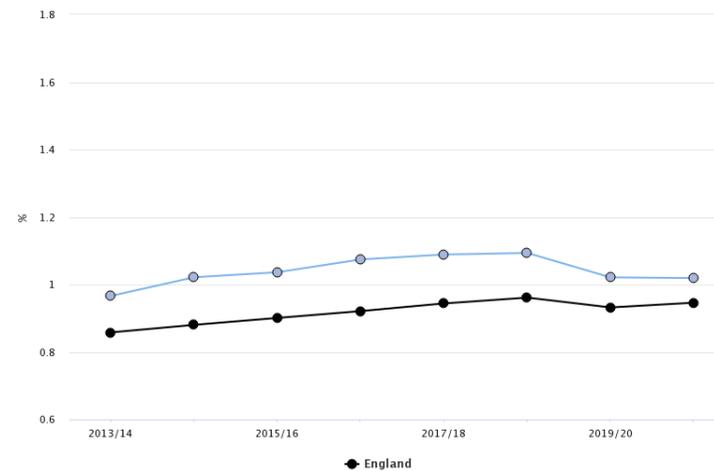
Recording of mental health diagnoses on practice disease registers in St Helens 2020/21:

- Prevalence of learning disability in primary care – 0.6% (England 0.5%)
- Prevalence of depression – 17.1% (England 12.3%)
- Prevalence of schizophrenia, bipolar affective disorder and other psychoses – 1.02% (England 0.95%)

Depression: Recorded prevalence (aged 18+) for St. Helens

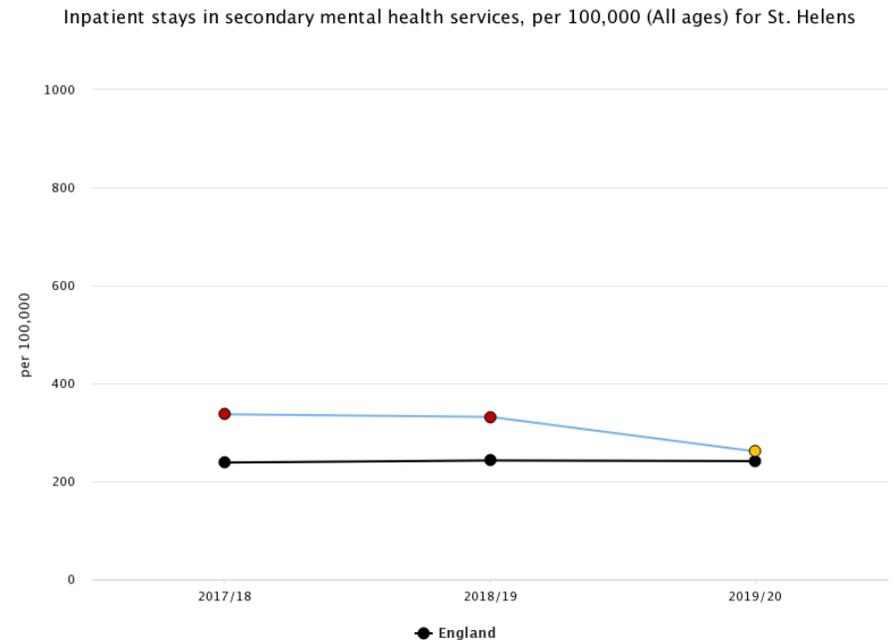


Mental Health: QOF prevalence (all ages) for St. Helens



Mental illness – secondary care and inpatient management

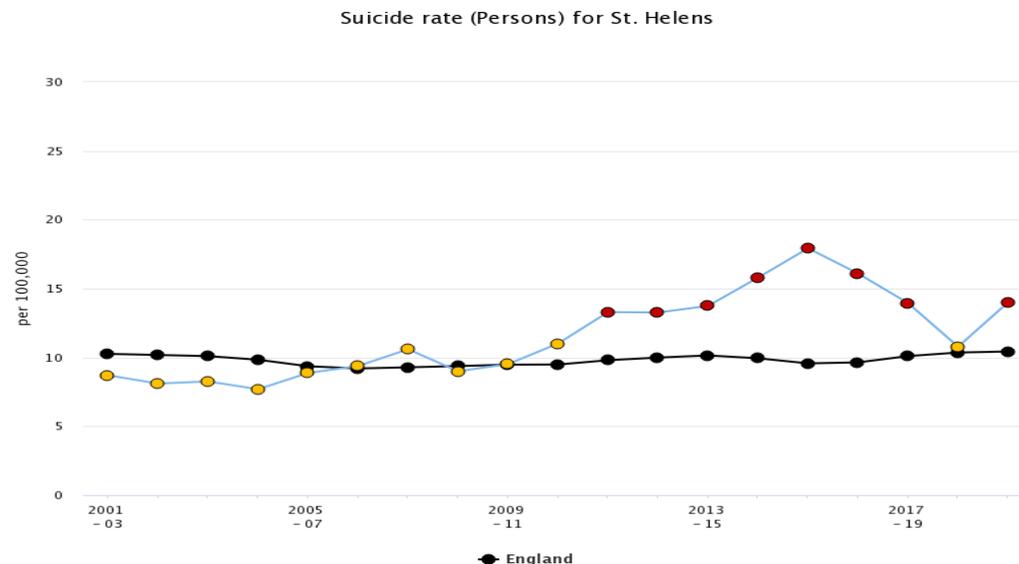
- New referrals to secondary mental health services: 8,593 per 100,000 in 2019/20 (6,897 England, 7,637 North West)
 - No significant changes
- Attended contacts with community and outpatient mental health services (all ages): 32,365 per 100,000 in 2019/20 (30,674 England, 31,759 North West)
 - 6th lowest rate in North West
 - Increasing at smaller rate than national and regional rate
- Inpatient stays in secondary mental health services (all ages): 261 per 100,000 in 2019/20 (241 England, 255 North West) – 455 admissions
 - Decreasing closer to national and regional rate



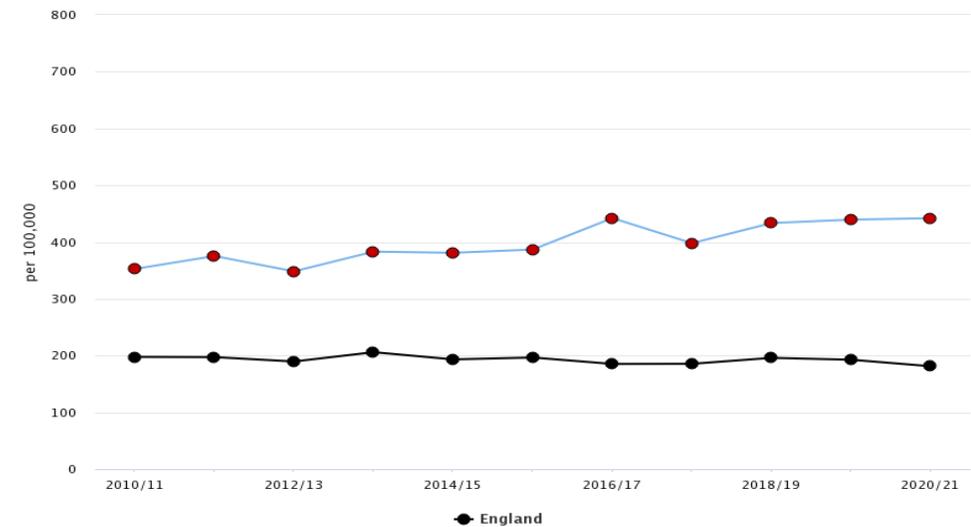
Self-harm and suicide

- Intentional self-harm: 441.9 per 100,000
Emergency hospital admissions in 2020/21
(181.2 per 100,000 England) – 765 admissions total

- **Highest** rate in the North West and **4th highest** in England



C14b – Emergency Hospital Admissions for Intentional Self-Harm for St. Helens

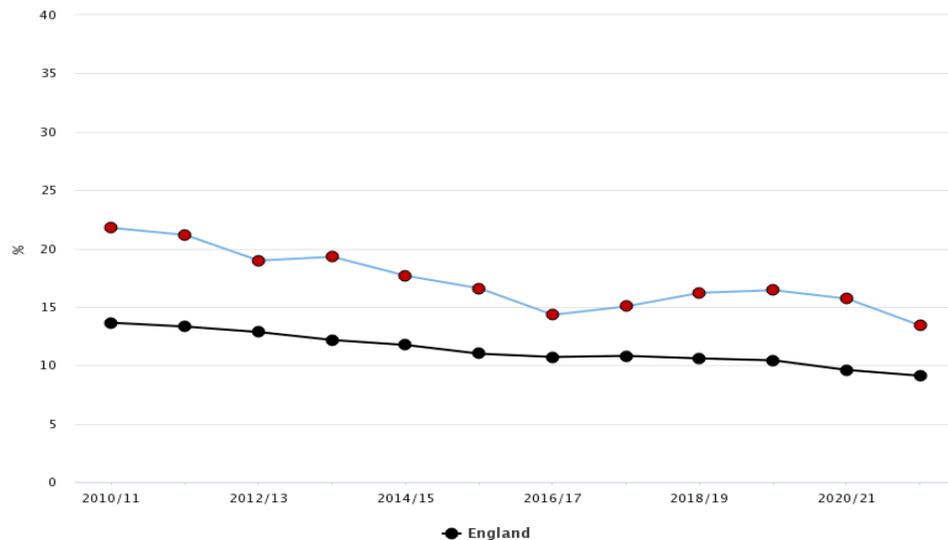


- Suicide: 14.0 per 100,000 in 2019 – 21 (10.4 per 100,000 England)- 66 total cases 2019-21
- **3rd highest** rate in the North West and 17th highest in England
 - Local analysis has uncovered the 2019-21 values to have been affected by coronal process delays

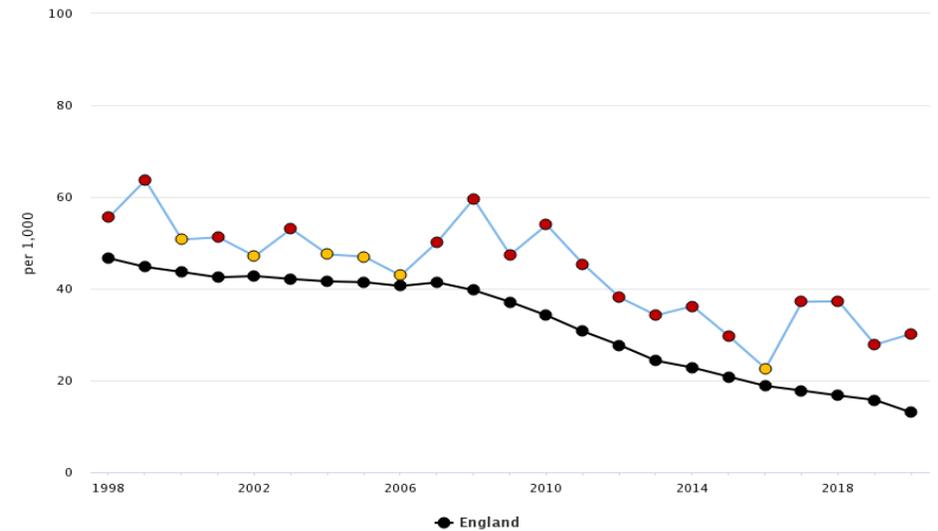
Maternal and parental mental health

- Under 18s conception rate: 30.2 per 1000 in 2020 (13.0 per 1000 England)
 - **Highest** in North West, **2nd highest** in England
- Number of women accessing specialist community perinatal mental health services (St Helens): 193 in 2022 (+43% from 2021, +93% from 2020)

Smoking status at time of delivery for St. Helens



Under 18s conception rate / 1,000 for St. Helens

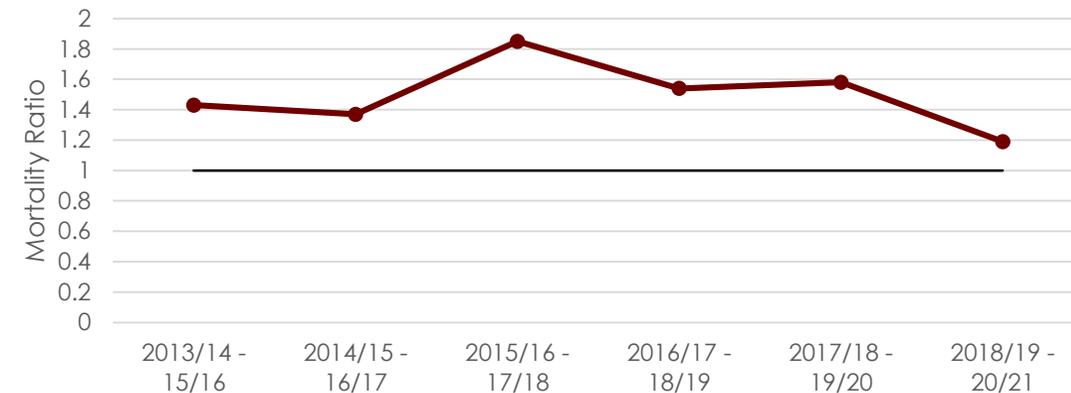


- Smoking at time of delivery: 13.4% in 2021/22 (9.1% England, 10.6% North West)

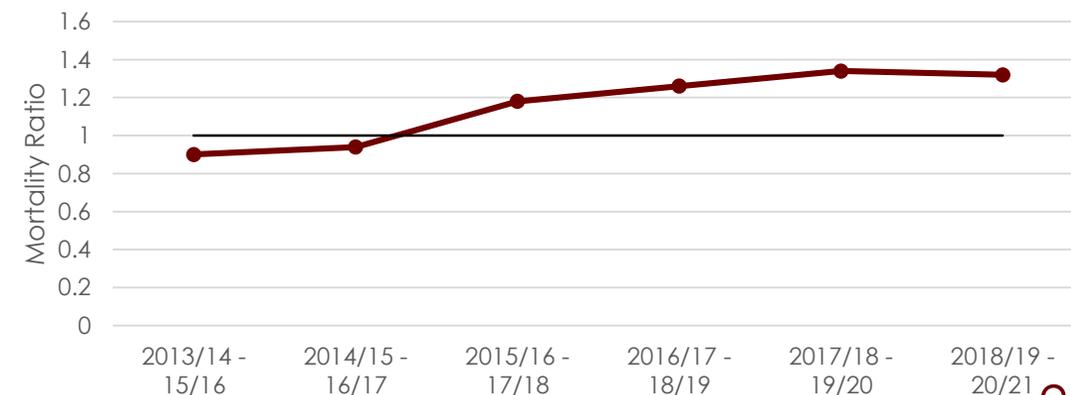
Alcohol and substance misuse

- Adults in treatment at specialist drug misuse services: 8.7 per 1000 in 2020/21 (4.5 England, 4.5 North West) – **3rd highest** in North West, **7th highest** in England
- Successful completion of drug treatment:
 - Opiate users: 3.9% in 2020 (4.7% England, 4.7% North West)
 - Non-opiate users: 29.8% in 2020 (33.0% England, 36.5% North West)
- Adults in treatment at specialist alcohol misuse services: 3.3 per 1000 in 2020/21 (1.7 England, 2.2 North West) – **2nd highest** in North West, **3rd highest** in England
- Successful completion of alcohol treatment: **41.3%** in 2020 (35.3% England, 41.1% North West)
 - **Significantly better** than national average

Deaths in drug treatment St Helens, mortality ratio vs. England drug treatment population



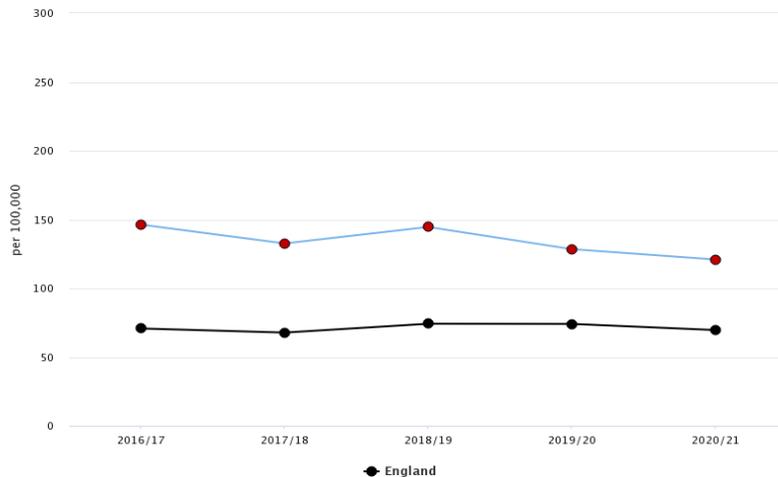
Deaths in alcohol treatment St Helens, mortality ratio vs. England alcohol treatment population



Concurrence with mental health

- Smoking prevalence in adults (18+) with a long term mental health condition: 29.4 % in 2020/21 (26.3% England, 28.4% North West)
- Proportion of patients entering drug treatment with concurrent active treatment of their mental health: 78.0% in 2020/21 (71.0% England, 76.6% North West)
- Proportion of patients entering alcohol treatment with concurrent active treatment of their mental health: 84.2% in 2020/21 (80.4% England, 83.8% North West)

Admission episodes for mental and behavioural disorders due to use of alcohol (Narrow): New method. This indicator uses a new set of attributable fractions, and so differ from that originally published. (Persons) for St. Helens

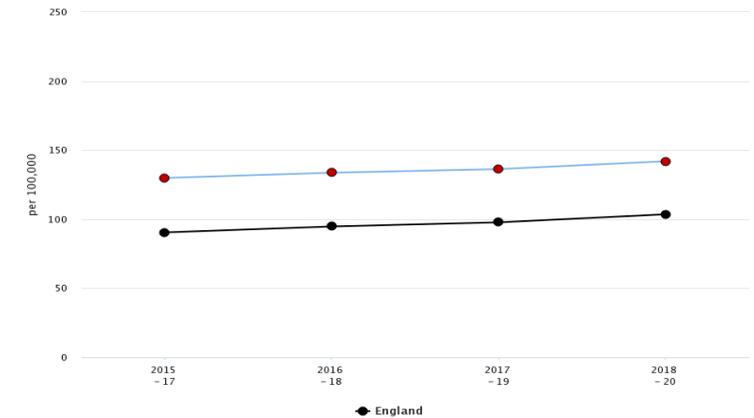


- Admission episodes for mental and behavioural disorders secondary to alcohol use: 120.9 per 100,000 (69.7 England, 98.8 North West)
 - 5th worst in North West, 14th worst in England

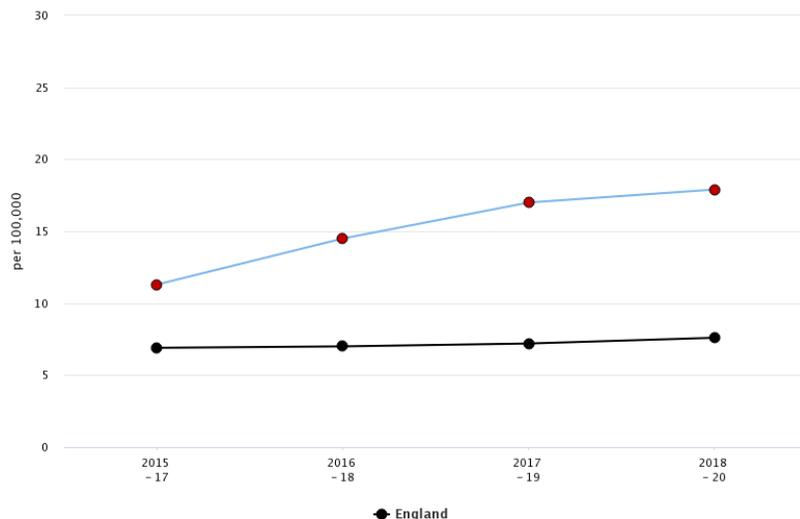
Co-morbidity of physical and mental health

- Excess under 75 mortality in adults with severe mental illness (SMI): 406.4% in 2018-20 (389.9% England, 364.4% North West)
- Premature mortality in adults with SMI: 142.0 per 100,000 in 2018-20 (103.6 England, 135.3 North West)

Premature mortality in adults with severe mental illness (SMI) for St. Helens



Premature mortality due to liver disease in adults with severe mental illness (SMI) for St. Helens



Premature mortality in adults with severe mental illness (SMI)			
2018-20; rate per 100,000			
	St Helens	North West	England
Overall	142.0	135.3	103.6
Cancer	21.2	25.3	20.2
Liver disease	17.9	11.8	7.6
Respiratory disease	18.3	17.4	12.2
Cardiovascular disease	26.9	25.6	18.9

Gender and identity clinic

- CMAGIC – Cheshire Mersey Adult Gender Identity Collaborative
 - One of three pilots across England of new primary care / sexual health integrated gender dysphoria services
 - Delivers care to: Liverpool, South Sefton, Halton, Knowsley, Southport and Formby, **St Helens**, Cheshire, Vale Royal and Warrington
 - Anyone aged 17+ and registered with a GP + referred to and awaiting national service

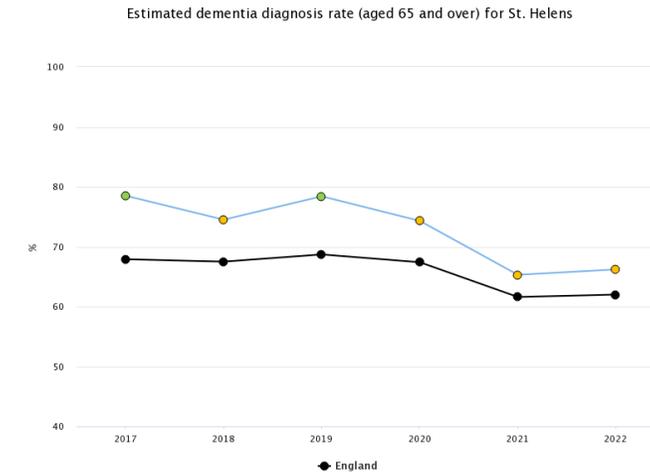
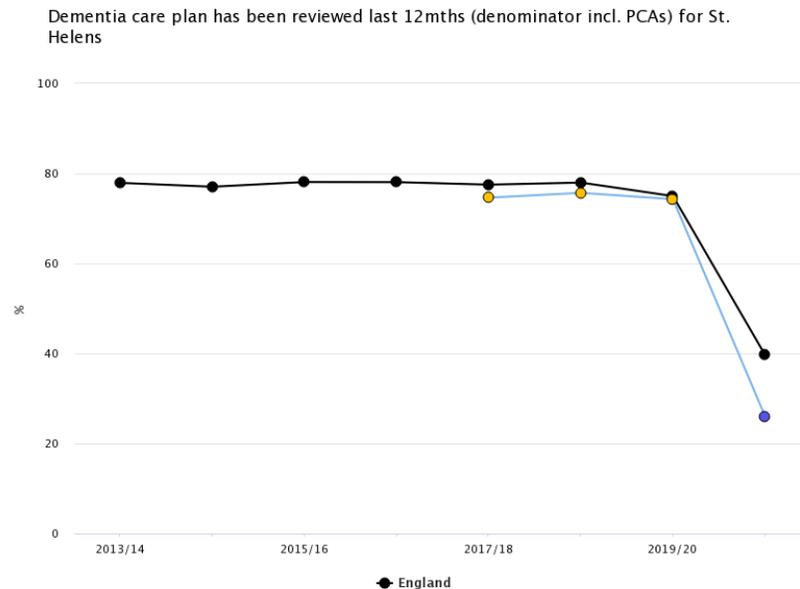


- National gender incongruence service
- Over the Rainbow
 - Support group local to St Helens
- Trans Health Merseyside

Older age mental health

Dementia

- Recorded dementia prevalence (65+ yr.): 4.10% in 2020 (3.97% England, 4.04% North West)
- Estimated dementia diagnosis rate (65+ yr.): 66.2% in 2022 (62.0% England, 65.7% North West)

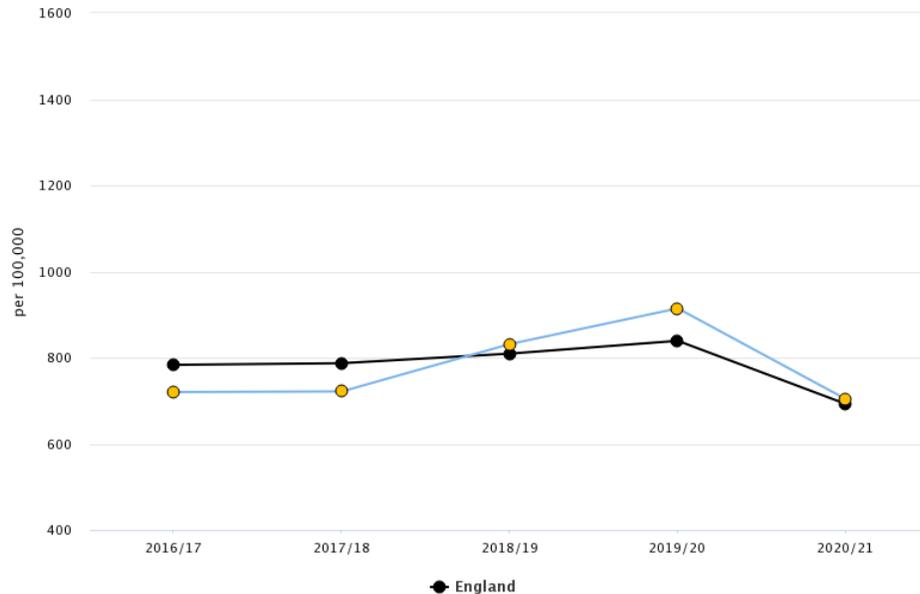


- Dementia care plan reviewed in last 12 months: 26.0% in 2020/21 (39.7% England, 39.3% North West)
 - Stark drop off likely related to pandemic service effects
 - In line with national statistic, but more severe

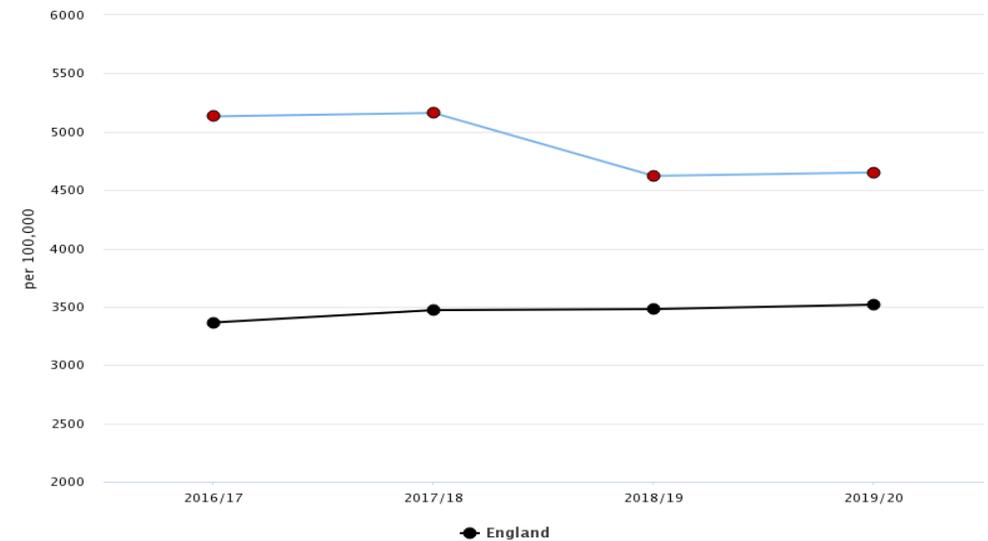
Inpatient care

- Direct standardised rate of emergency admission with dementia: 4650 per 100,000 in 2019/20 (England 3517, North West 3795)

Admission episodes for alcohol-related conditions (Narrow) - 65+ years: New method. This indicator uses a new set of attributable fractions, and so differ from that originally published. (Persons) for St. Helens



Dementia: Direct standardised rate of emergency admissions (aged 65 years and over) for St. Helens



- Admission episodes for alcohol-related conditions (65+ year old): 704 per 100,000 in 2020/21 (692 per 100,000 England)

Inequalities in mental health and wellbeing

Deprivation, financial inequality and their impact on mental health

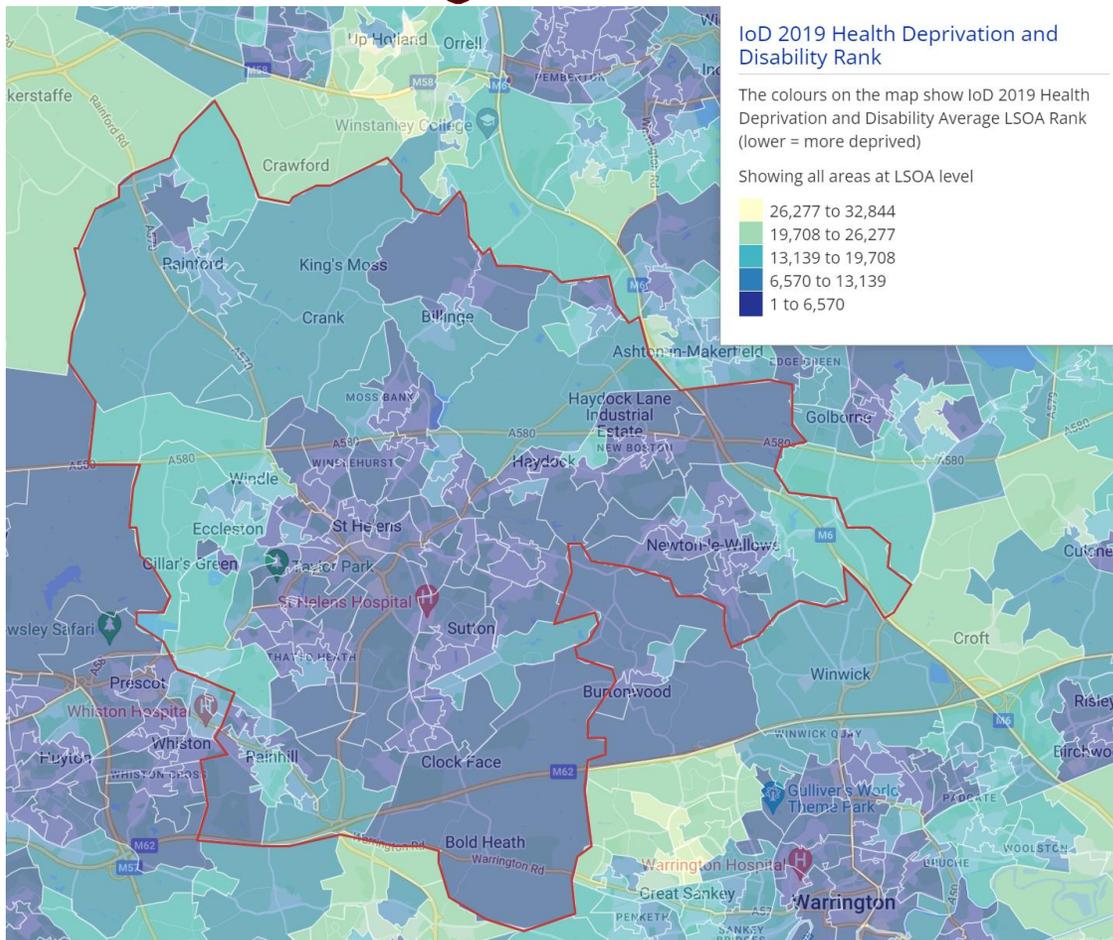


Figure: Receiving Employment Support Allowance (ESA) and Incapacity Benefit (IB) due to mental health
Source: Department for Work and Pensions

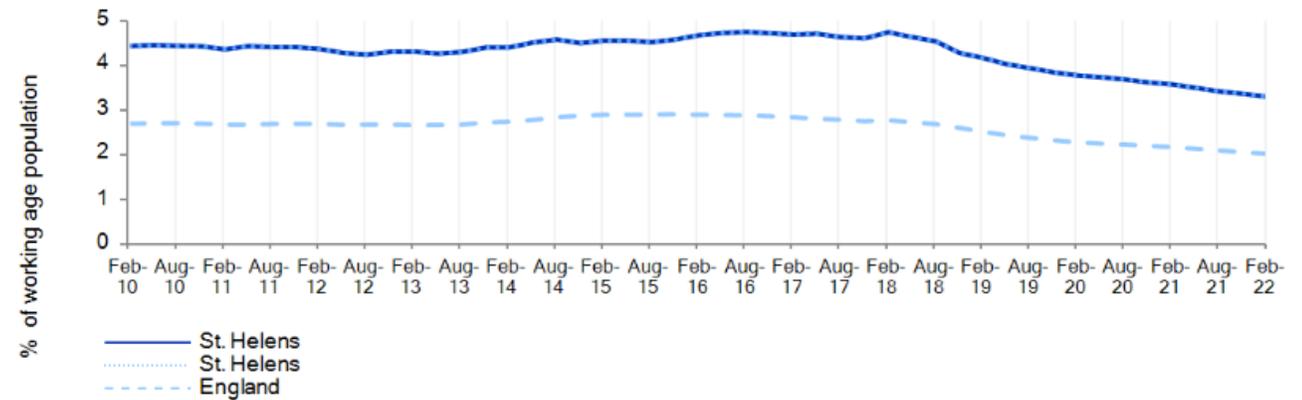
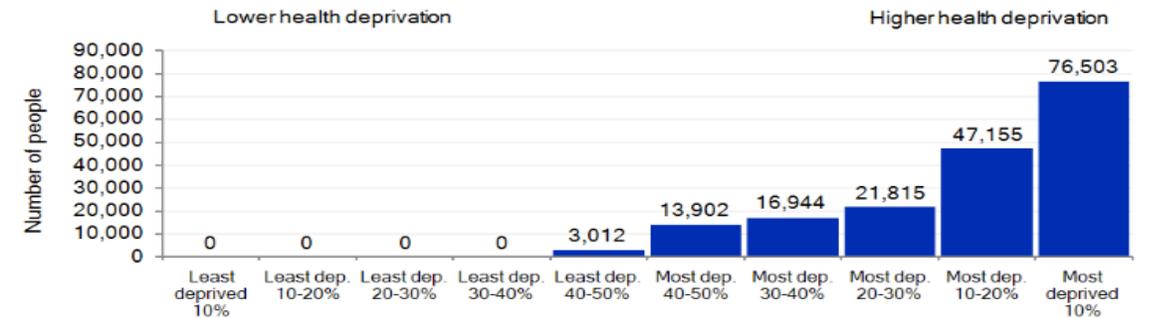
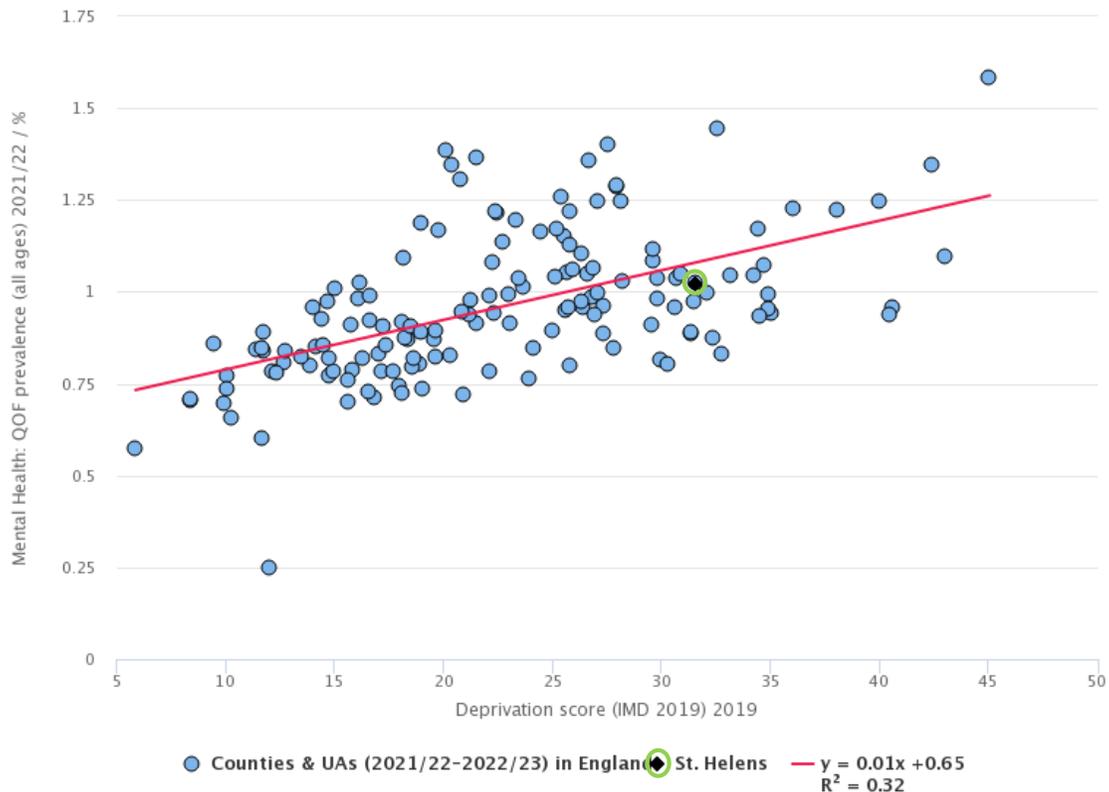


Figure: Number of people in each deprivation decile, Health domain
Source: Indices of Deprivation 2019



Source: Local Insight St Helens 2022

Deprivation and mental health

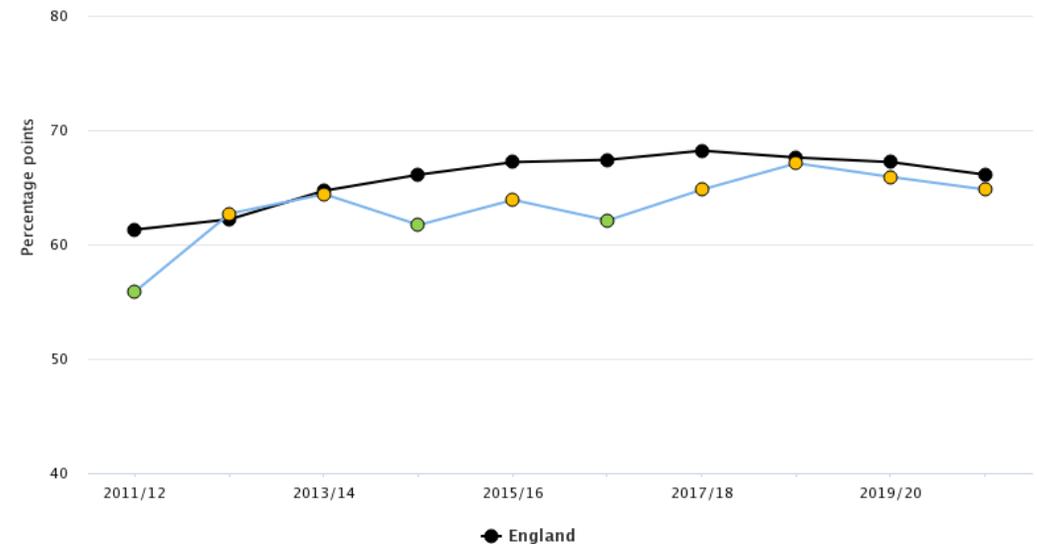


- Deprivation positively correlates with prevalence of mental illness across the whole of England
- St Helens 10th most deprived in the North West and 22nd in England (IMD 2019)

Mental health and employment

- Gap in the employment rate for those in contact with secondary mental health services / on care plan approach and the overall employment rate: 64.8% 2020/21 (66.1% England, 66.2% North West)
 - Maintaining better employment outcomes than the national and regional average
- Gap in employment for those in receipt of long-term support for learning disability: 67.9% 2020/21 (70.0% England, 68.7% North West)
- Employment of those with mental illness or learning disability: 39% Q4 2018 (48.0% England, 43.3% North West)
 - Lower than national and regional, old indicator

Gap in the employment rate for those who are in contact with secondary mental health services (aged 18 to 69) and on the Care Plan Approach, and the overall employment rate (Persons) for St. Helens



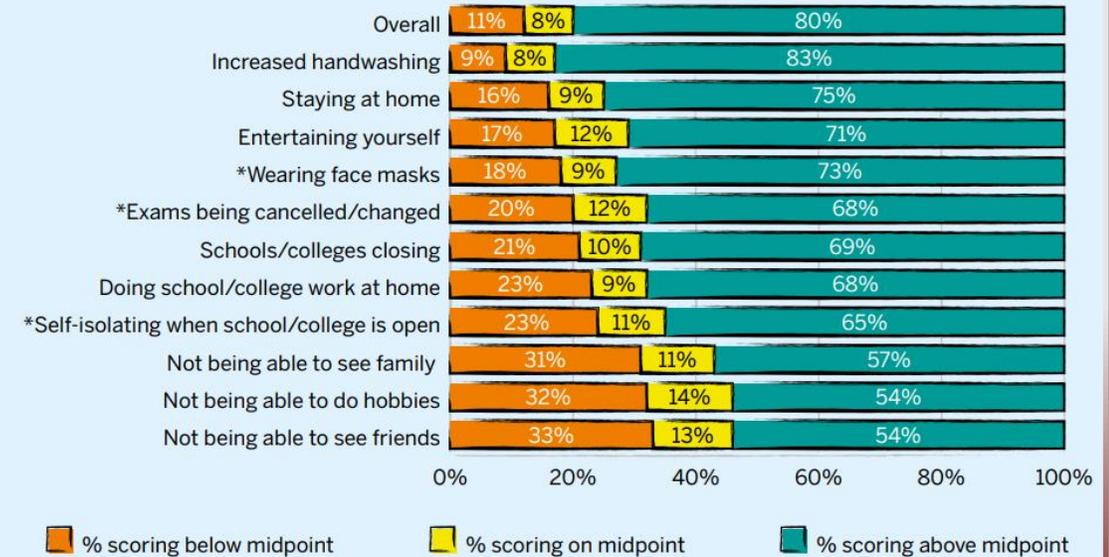
The COVID-19 pandemic – a new challenge to mental health and wellbeing

Young people and education

The Good Childhood Report, 2022:

- 53% of parents report pandemic had a negative impact on their children's education (61% in 2021)
- 39% reported children were unhappy with their progress of school work in 2021
- Children themselves report reduced interaction with friends and family the hardest to cope with 2020 through 2022
- 70% of children felt positive about the lifting of pandemic restrictions
- Children rated mental health the third most important factor (91% stated "quite/very important") for their own future
 - 1st accommodation, 2nd employment

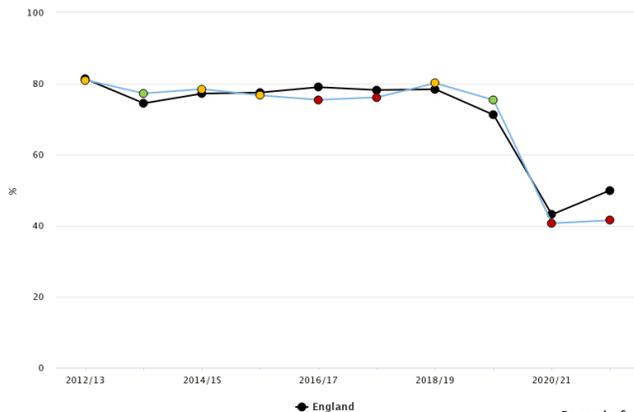
Figure 7: Extent to which children (aged 10 to 17) think they have coped with Coronavirus changes



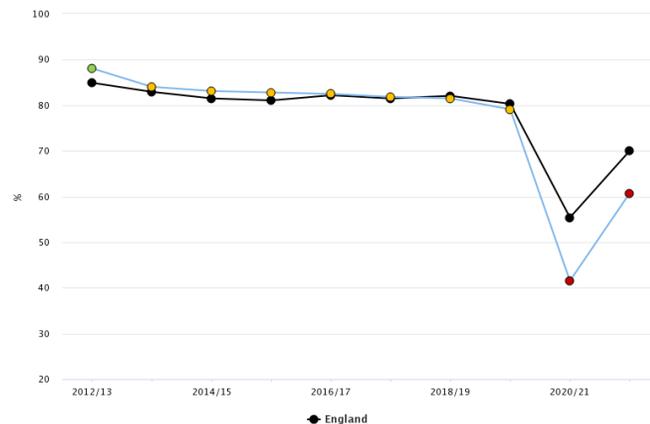
Source: The Children's Society's household survey, wave 21, May to June 2022, 10- to 17-year-olds, United Kingdom. Weighted data.
 Note: Excludes missing responses (including 'prefer not to say'). Percentages for each item may not sum to 100% due to rounding.
 *Children were able to indicate that these items were not applicable. N/A responses are excluded from analysis.

Adult mental health

Patients with severe mental health issues having a comprehensive care plan (denominator incl. PCAs) for NHS St Helens CCG



Record of a BP check in the last 12 months for patients on the MH register (denominator incl. PCAs) for NHS St Helens CCG



During the pandemic in St Helens:

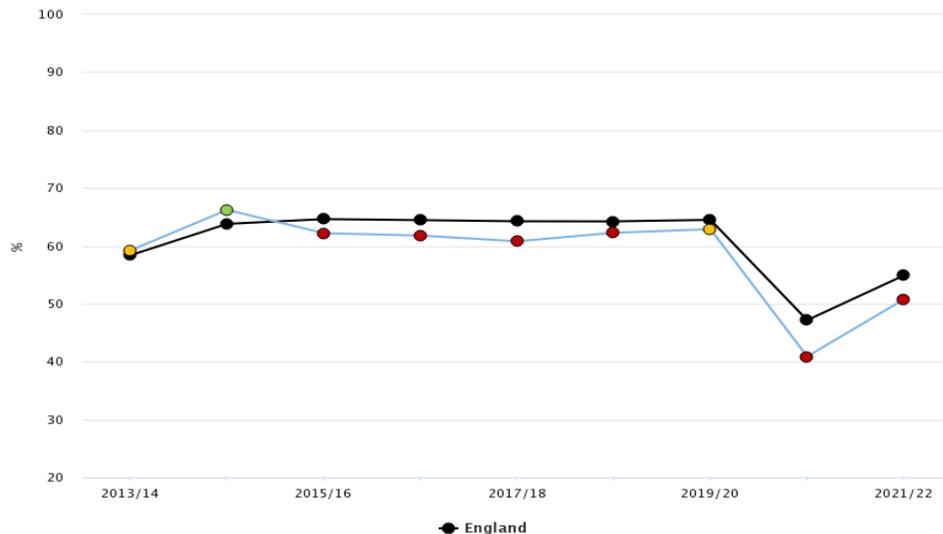
- 11.1 % of >16 year old adults reported “often or always” feeling lonely (7.2% across GB)
- Drops across review / care plan indicators as seen across the nation:
 - Patients with severe mental health issues having a comprehensive care plan: 41.5% 2021/22 (50.0% England, 43.8% North West)
 - Record of a blood pressure (BP) check last 12 months for patients on mental health register: 60.7% 2021/22 (70.0% England, 73.7% North West)
 - Key component of annual physical health screening in mental health patients

Local services and provisions

Service uptake – review and waiting times

- Newly diagnosed patients with depression reviewed 10-56 days after diagnosis: 50.7% in 2021/22 (54.9% England, 55.7% North West)
- Pandemic related drop recovering, but still behind national and regional averages

Newly diagnosed patients with depression who had a review 10–56 days after diagnosis (denominator incl. PCAs) for NHS St Helens CCG



- Proportion waiting more than 3 weeks for drug treatment: 0.3% in 2020/21 (1.2% England)
- Proportion waiting more than 3 weeks for alcohol treatment: 0.0% in 2020/21 (2.0% England)
 - Marked improvement in both, down from 10.6% drug and 13.2% alcohol treatment in 2014/15
- Persons receiving psychological therapy appointment within 6 weeks of referral: 100% in Q1 2022/23 (88.9% England, 83% North West)
- Persons receiving treatment for psychosis within 2 weeks of referral: 56.0% in Q1 2022/23 (67.8% England, 64.0% North West)
 - +46.0% 12 months, -19.0% 24 months

Service uptake – inpatients and social care

- Total number of inappropriate out-of-area inpatient bed days (St Helens): 0 days in Q1 2022/23 (-100% 12 months)
- Rate of adult inpatient stays >60 days (St Helens): 17.8% in Q1 2022/23 (+18.7% 12 months)
- Rate of older adult inpatient stays >90 days (Cheshire and Mersey ICB): 6.4% in Q1 2022/23 (-28.9% 12 months)
- Percentage of acute hospitals meeting 'Core 24' standards (Cheshire and Mersey ICB): 55.6% in 2018/19 (35.3% England)
- Satisfaction with social care support: 65.6% satisfied / very satisfied in 2017/18 (65.0% England, 67.9% North West)
- Satisfaction with social care protection: 85.4% in 2017/18 (86.3% England, 85.7% North West)
- Percentage of adult social care users who have sufficient social contact: 41.6% in 2021/22 (40.6% England, 40.7% NW)
- Percentage of adult carers who have sufficient social contact: 24.4% in 2021/22 (28.0% England, 28.7% North West)

Local action on raised issues

Substance + alcohol misuse

- Combatting Drugs Partnership Action Plan
- Increased National Drug Strategy investment for CGL + YPDAAT

Eating disorders

- Specialist eating disorder services
- Healthy eating via free school meals

Parental mental health

- St Helens Maternity Voices Partnership
- Parents in Mind (peer support group)
- Building Bridges support programme

Dementia

- Dementia awareness day
- 'The House of Memory' mobile museum

Suicide + self-harm

- Suicide Prevention Strategy and Action Plan 2023
- Self-harm A&E pilot pathway
- OK TO ASK campaign

Mental wellbeing

- Dedicated GP Social Prescribing Link Worker staff
- Development of workplace wellbeing and loneliness programmes

School absences

- Persistent absence & vulnerability tracker
- Creation of 'Attendance & Behaviour Board' providing overarching governance

Voluntary sector services – St Helens VCA

- Alzheimer's Society
- At a Loss
- Chrysalis Centre for Change
- Deafness Resource Centre
- Hope Centre
- NCT Parents in Mind
- Newton Community Centre
- No Duff UK CIC
- Papyrus Prevention of Young Suicide
- Pause St Helens
- RASASC (Rape and Sexual Abuse Support Centre)
- Saints Community Development Foundation
- St Helens Wellbeing Service
- Survivors of Bereavement by Suicide
- The Reader
- 'Live Well' online local service directory under construction

Mental health prevention concordat

- Continue strong collaborative partnership through multiple channels:
 - Voluntary / Third sector partnership board
 - St Helens Cares Stakeholder Reference Group
 - Mental Health and Wellbeing Group
 - St Helens Borough Council, Police, NHS Trust, Torus Housing, Fire and Rescue Service
 - Mental wellbeing continues as one of three pillars of the St Helens Cares long-term plan
- Multi-agency action plan to protect and promote mental health and wellbeing while reducing inequalities
 - Launch new Self-Harm and Suicide Strategy by Summer 2023
 - Implement plans to promote wellbeing of children and young people
 - Local plan to address social isolation and loneliness
 - Plan to involve voluntary sector effectively and promote asset based mental health and wellbeing care

Mental wellbeing and support

Five Ways to Wellbeing

○ **Connect**

- Tackle social isolation and promote social wellbeing
- Utilise digital tools to keep in touch, but maintain balance
- Engage with your work family

○ **Be active**

- Exercise and fitness, not necessarily in the gym
- Active travel
- Healthy eating and weight management
- Community walks and group activities

○ **Take notice**

- Mindfulness
- Personal choices shaped by self-awareness

○ **Learn**

- Boost self-confidence and self-esteem
- Take on new challenges, small or big
- Engage with likeminded people through courses, groups and activities

○ **Give:**

- Volunteering
 - Positive feelings through giving back to community
- Community engagement – people shape policy:
 - “People who believe they can influence decisions in their local area”: 31% St Helens (29% England)
 - Turnout at local elections: 28% in 2019 (33% England)

Supporting mental wellbeing in St Helens

- Online and in-person sessions and training
- Mental Health First Aid (MHFA)
- Suicide awareness and training
- Weekly men's wellbeing sessions
- Integrate 5 Ways to Wellbeing in school and community settings
- Nutritional training, well-eating support and *Healthier Families* programme
- Smoking cessation services
 - Including risk groups e.g. young people and pregnancy
- Oral health for all ages
- Social prescribing
 - Community groups for variety of social, emotional and practical needs
 - BAME (Black, Asian and Minority Ethnic) and NEET (Not in Education, Employment or Training) focused support
 - CHOICES lifestyle referral – physical activity
- Local health checks
- Infant feeding support and classes
- Parent champions - vulnerable population with respiratory disease risk
- St Helens Winter Well campaign
 - Enable access to practical support
 - Cost of living crisis
 - Protection from common winter illnesses

The future of wellbeing services in St Helens

- St Helens Wellbeing
 - City Health Care Partnership
- Public awareness
 - Mental Health Awareness Week
 - Active Lives Strategy
 - All Together Active
- Family Hubs service
- St Helens suicide memorial event



- Life-course approach to available support
 - Age-appropriate delivery
- Sustainable living support in view of continued cost of living crisis
- Individual knowledge builds personal resilience

Aligning borough strategy and wellbeing

- **Ensure children and young people have a positive start in life**
 - Children's Services Improvement Plan and Demand Strategy, Care Leavers Strategy, SEND Strategy
- **Promote good health, independence and care across our communities**
 - St Helens Cares Place Plan, Vision for Adult Services, Active Lifestyles Plan, Neglect Strategy
- **Create safe and strong communities and neighbourhoods for all**
 - St Helens Borough Housing Strategy, St Helens Borough Voluntary Sector Strategy, St Helens Borough Community Safety Plan, Domestic Abuse Strategy
- **Support a strong, thriving, inclusive and well-connected economy**
 - St Helens Borough Local Plan 2020-2035, St Helens Borough Economic Recovery Plan, Town Investment Plan, LCR Building Back Better Economic Recovery Plan
- **Create green and vibrant places that reflect our heritage and culture**
 - St Helens Borough Heritage Strategy, St Helens Borough Arts Strategy, St Helens Borough Libraries Strategy
- **Be a responsible council**
 - Community Engagement Strategy, St Helens Borough Council Ways of Working Programme

Recommendations

Key findings

- Mental wellbeing
 - Children and young people: Declining last 10 years, further exploration of pandemic effects needed
 - Adults: strong initial recovery from pandemic-related drops in wellbeing indicators
- Children and young people
 - Historically high self-harm rates continue at concerning levels
 - Second worst alcohol-related admission rate nationally
 - Second worst under-18 conception rate nationally
- Adults
 - Self-harm and suicide rates concerning and consistently amongst worst regionally and nationally
 - Alcohol and substance misuse, as well as specialist treatment of those, significantly raised
 - However, also some of the highest completion rates of specialist treatment nationally
 - Excessive and premature mortality in those with SMI compared to national average
- System-wide dip in review and waiting time indicators, although some recovery seen in more recent numbers

Recommendations for St Helens – service

- Local mental wellbeing strategy at service and personal level
 - Public awareness campaigns promoting available support
- Acute need to address self-harm, in both young people's and adult age groups
 - Self-harm and suicide strategy launch 2023
- Continue to support recovery of service availability following pandemic impact
 - Rebuild patient engagement with available services
- Big need for additional support in alcohol and substance misuse prevention, all age groups
- Continued use of collaborative partnership model to deliver integrated care package
 - Improve links between mental health and alcohol and substance misuse services
 - Deepen ties with voluntary and third sector organisations
- Address inequalities in service delivery through upcoming strategy
- Improve wider determinants of mental wellbeing through borough-wide improvements

Recommendations for individuals

- Primary care remains first point of contact
 - Referral options improving with rise of social prescribing
- Utilise third sector services
 - Asset based care approach
- Build personal knowledge to support mental wellbeing
 - Health education campaigns widely available from young age
 - Five Ways to Wellbeing central to shaping services, individual support and personal development
 - Develop and promote active coping mechanisms over avoidance or passive distraction

Appendices

Key references

- [Mental Health, Dementia and Neurology - OHID \(phe.org.uk\)](https://www.phe.org.uk)
- [Mental Health and Wellbeing JSNA - OHID \(phe.org.uk\)](https://www.phe.org.uk)
- [Child and Maternal Health - OHID \(phe.org.uk\)](https://www.phe.org.uk)
- [Special educational needs in England, Academic Year 2021/22 – Explore education statistics – GOV.UK \(explore-education-statistics.service.gov.uk\)](https://explore-education-statistics.service.gov.uk)
- [Indices of Deprivation 2019 Summary Report \(sthelens.gov.uk\)](https://www.sthelens.gov.uk)
- [Mapping loneliness during the coronavirus pandemic - Office for National Statistics \(ons.gov.uk\)](https://ons.gov.uk)
- [Mental Wellbeing - St Helen's Wellbeing \(sthelenswellbeing.org.uk\)](https://www.sthelenswellbeing.org.uk)
- [Local Insight \(communityinsight.org\)](https://www.communityinsight.org)
- [Our responsibility for public health - St Helens Borough Council](#)
- [St Helens Borough Strategy 2021-2030 - St Helens Borough Council](#)
- [VCFSE St Helens Mental Health Directory JULY 2022 by Annie Lawrenson – Flipsnack](#)
- [st-helens-wellbeing-reportpublicfinal-1.pdf \(sthelens.gov.uk\)](https://www.sthelens.gov.uk)

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