

Wirral Mental Health Survey – Additional Information

We know that mental illness may affect 1 in 4 of us in our lives. It is therefore vital that it is given equal importance as help, support and treatment for physical illnesses that services are safe and of high quality, and that we eliminate the stigma that surrounds mental health.

The Mental Health Taskforce, working on behalf of NHS England, has undertaken extensive research and engagement nationally to develop an ambitious five-year plan for mental health, with targets and standards that local areas such as Wirral must now start to work towards.

This plan - The Five Year Forward View for Mental health - describes some of the current challenges affecting the population, such as rising numbers of people with dementia, long waiting times, and increasing number of people experiencing a mental health crisis.

We must now work to address the challenges put forward within this national plan. As part of this, some of the changes that you will see will include increased investment for mental health in schools, health and social care staff working more closely together, and more training for staff to be aware of and offer support with mild to moderate mental health problems.

Over the past few years, Wirral CCG has carried out extensive engagement with its population, which has helped to form our vision for 'Healthy Wirral'. You told us that you wanted health and care to be joined up, to have fast access to help and support, for treatment to be personalised and to feel empowered to take more control of your own care. These are all things that we will now seek to ensure we put into place for mental health services.

Our partners who provide mental health services have also carried out their own surveys, and receive frequent feedback from those who use services, and have told us some of the key issues that matter to people living with mental illness. Whilst we are putting our plans together as to how we will deliver the Mental Health Five Year Forward View locally, we would like to understand some of these issues in more detail, so we can really shape what we do around what matters to our Wirral residents.



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Introduction

We would really like to hear from you;

If you consider that you have a mental illness currently, or have done in the past two years, we would be grateful if you could please help us by filling in the following questionnaire. We will run this for a period of 4 weeks. However, we are always keen to hear feedback and views from our Wirral population, and would always encourage you to use our local Healthwatch if you wish to share your views in a different way, or outside of this period.

Thank you for your support.

If you would like to know more about why we are doing this please click on this link: <https://www.wirralccg.nhs.uk/>



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* 1. Could you please provide us with the first four digits of your postcode?

2. What is your age?

- 18 to 24
- 25 to 34
- 35 to 44
- 45 to 54
- 55 to 64
- 65 to 74
- 75 or older

* 3. Are you currently using mental health services, or have you used them in the past two years?

- Yes
- No

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* 4. If you answered yes to Q3, which Mental Health service(s) have you used?

Cheshire and Wirral Partnership Trust

Inclusion Matters

Voluntary sector/charity

Self-help online

Other (please specify)

5. We know that far too many people with physical health problems don't have their mental health problem considered; and vice versa; people with mental health problems often have difficulty in managing their mental health.

What do you think would help those with physical health problems (such as diabetes, chronic pain such as arthritis) to have better mental health (please tick those that you think would be helpful, or provide other suggestions):

Greater understanding of their condition by receiving some education about side effects/how to manage their condition

Training for staff such as GPs/practice nurses in how physical health problems may affect mental health

Automatic referral into mental health support if someone is diagnosed with a physical health condition

Other (please specify)

6. People with mental illness often have poorer health outcomes due to lifestyle, for instance, they are more likely to smoke, have a BMI outside of the normal range and may drink alcohol or take drugs. What do you think would help achieve better health outcomes (please tick those that you think would be helpful, or provide other suggestions:)

- Annual physical health check provided by GP/nurse for people with mental illness
- Referral from mental health services into services such as a 'stop smoking' service
- The person treating you for a mental health illness is also able to offer support around your physical health

Other (please specify)

7. From your experience, what are the main health issues affecting people with mental illness (tick all that apply):

- Overweight
- Underweight
- Smoking
- Taking drugs
- Drinking alcohol

Other (please specify)

8. The Five Year Forward View tells us that that people with mental illness are more likely to be unemployed or lose their job. In Wirral, only 4.8% of adults with a severe and long term mental illness would class themselves as employed or in full time education (2015/16 figures)

What do you think would help people suffering from mental illness to stay in work/find work/education (tick all that apply)

- Employment officers working alongside mental health services
- Voluntary schemes that could offer volunteering opportunities
- Support in accessing college/training courses
- Campaigns within the workplace regarding positive mental health

Other (please specify)

9. We know that people with poor health often don't receive help as quickly as they should, and this can have a real impact on their recovery. Thinking of your own mental health, is there anything that could have helped you to access help sooner? (tick all that apply)

- Friends and family having a better awareness of mental health
- Other agencies such as social workers or police having an understanding of mental health
- Ability to refer yourself into services
- Shorter waiting times
- A different type of service available (please state in 'other')

Other (please specify)

10. Some people with mental illness can reach a crisis point and can be admitted to hospital, or need urgent professional help.

Thinking of your own mental health, what do you think would help prevent crisis from occurring, or make it less likely? (tick all that apply)

- Ability to speak to a professional 'on call' if you need urgent help/advice
- A care plan explaining different strategies that you may be able to use to help if you are feeling particularly low or approaching crisis point
- Crisis respite beds, enabling respite out of the home if a crisis does occur
- Your friends and family having a greater understanding of your condition

Other (please specify)

11. Thinking of your own mental health, please put these statements in order of importance to you (1-most important to 7-least important)

	1	2	3	4	5	6	7
Having skilled and helpful professionals who understand my condition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being able to access help/support quickly and easily if I need it, especially in a crisis	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being supported to find work/stay in work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Understanding my medication	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having a support network in the community so that I don't have to rely on medical services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being able to manage my physical health alongside my mental health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling like I am well and able to manage my mental health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12. Are there any other things that are important to you in managing your mental health? Please state:

13. Please use this space to provide any feedback regarding how the Five Year Forward View for Mental Health could be implemented locally



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Thank you for your support in completing this survey, your feedback is very valuable to us