Putney wellbeing friends
Working at Putney library Wednesdays 6pm-8pm

Putney wellbeing friends

#TimetoTalk
time-to-change.org.uk
Who are they and what do they do?

• Team of 10 local volunteers trained in mental health first aid
• Skilled at listening
• Offering information on self-help strategies via
  • Books on Prescription
  • Talk Wandsworth, Big White Wall
• Wide range of activities and volunteering
• Citizens Advice Wandsworth
• Wandsworth Wellbeing hub
Aims

• Promote awareness of mental health issues to local people
• Reduce stigma about mental health
• Identify unmet needs
• Social prescribing via Wellbeing hub
• Support Wandsworth Public Health Strategy, 2015
• Provide links via social media to national campaign *Time to Talk*
• Provide a safe place in the community
Mental health statistics

• largest proportion of disease in England – 23% compared to 16% for cancer and 16% heart disease
• Mental health issues affect 1 in 5 adults
• 48,500 sufferers in Wandsworth – circ 7,000 in Putney
• 1 in 4 patients seen by GPs are suffering from mental health issues
• However one third may not visit their GP
• 35-45 age group identified by Chief Medical Officer as most at risk
• 60-70% of people with common mental health issues are in work
Public Health model

• Enhancing delivery in the community
• *Talk Wandsworth* new Tooting centre improved access
• Crisis cafes in Tooting – drop in
• Five Ways of Wellbeing
  • Connect
  • Be Active
  • Take Notice
  • Keep Learning
  • Give to others
Putney Library — safe space — books on prescription — Talk Wandsworth give group talk on coping with anxiety
Mental Health First Aid training

• *Life-times* have delivered the internationally recognised two day training programme to 8,000 people across Wandsworth over the past 8 years.

• When announced the programmes book up in under 6 hours

• “It gives you the framework to feel confident to talk to people who are obviously distressed” *Putney Wellbeing Friend volunteer*
Aims of MHFA

- To preserve life where a person may be at risk of harm to themselves or others
- To provide help to prevent the mental health issue from becoming more serious before professional help arrives
- To promote the recovery of good mental health
- To provide comfort to a person with a mental health issue
- To raise awareness of mental health issues in the community
- To reduce stigma and discrimination
- To improve own health and wellbeing
Course outcomes

At the end of the course you will be able to:
- Recognise the symptoms of mental ill health
- Provide initial help
- Guide the person towards appropriate professional help
- Be mindful of your own wellbeing
Session 1 outline

- Why Mental Health First Aid?
- The Mental Health First Aid action plan
- What is mental health?
- Impact of mental health issues
- Stigma and discrimination
- What is depression?
- Symptoms of depression
- Risk factors for depression
- Depression in the workplace
True or false quiz

1. Mental ill health is responsible for 9 million working days lost and costs £10 billion each year
   False: It’s 91 million working days lost and costs £30 billion each year, more than for any other illness (ACAS, 2014)

2. Total cost of mental ill health in England is estimated at £105.2 billion
   True: (NHS England, 2016)

3. 35% of mental illness (excluding dementia) starts before age 18
   False: 75% (Chief Medical Officer’s report, 2014)

4. Suicide is the most common cause of death for men aged 20-49 years in England and Wales

5. 40% of people with diagnosable mental illness receive no treatment at all
   False: 75% (Chief Medical Officer’s report, 2014)
What influences mental health?

Risk factors:
**Individual:** Alcohol, Drugs, Smoking, Abuse, Stress, Traumatic life events, Prison, Poor parenting, Lack of support, Illness, Disability, Genes

**Societal:** Poverty, Unemployment, Poor education, Poor housing, Community violence, Disempowering services, Strands of Inequality, Stigma and discrimination
Measuring Outcomes of visitors to PWF since Jan 2016

• 38% male, 62% female
• Ages 20-75
• Symptoms included anxiety, depression, loneliness, social isolation, trauma, menopausal, addiction
• 100% ‘felt happier’ after a session with one of the volunteers
• 30% either joined the library or took out a book on prescription
• 25% were interested in volunteering
• Referrals included local GPs and those waiting talking therapy, or who had completed a course