

Putney wellbeing friends

Working at Putney library Wednesdays 6pm-8pm

Putney wellbeing friends



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

True: Office for National Statistics (2015).
Suicides in the United Kingdom, 2013

5. 40% of people with diagnosable mental illness receive no treatment at all

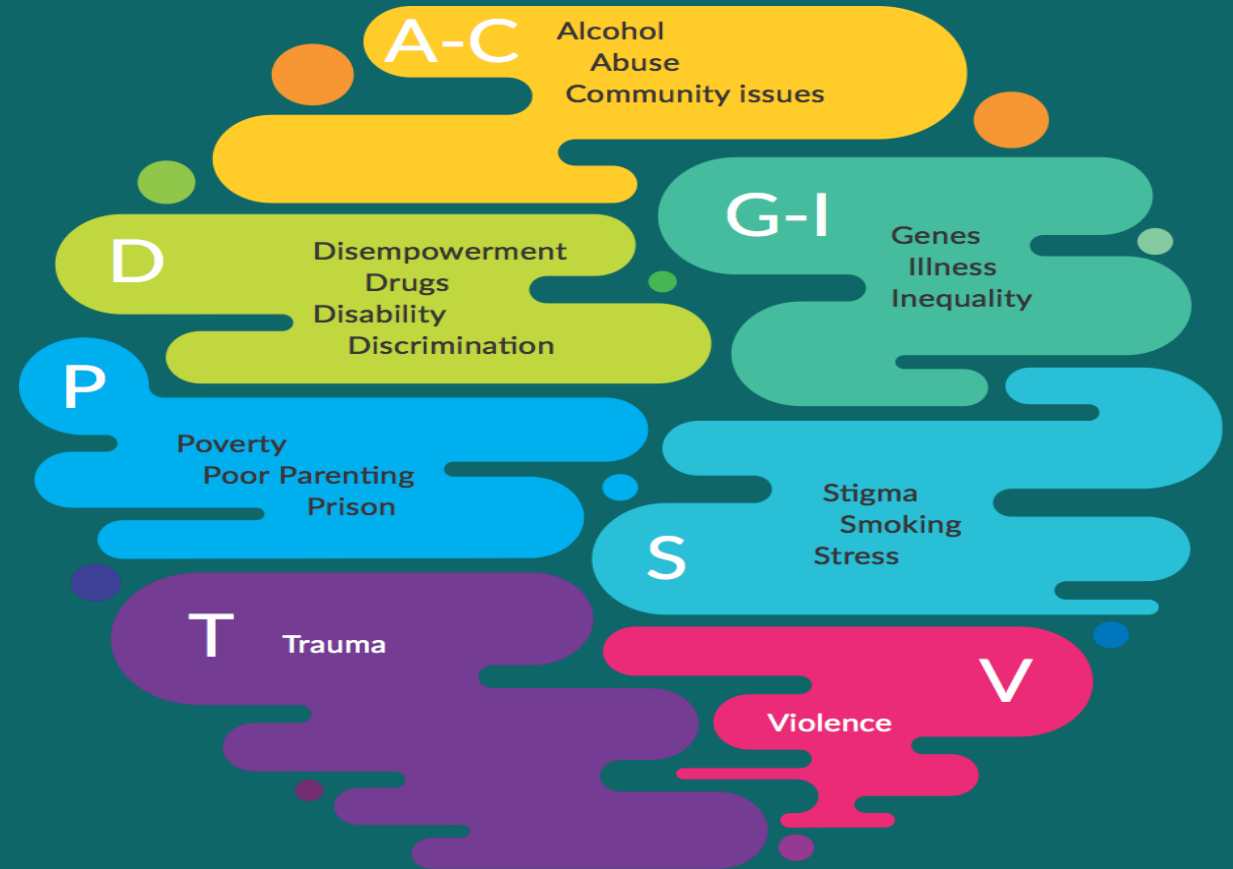
False: 75% (Chief Medical Officer's report, 2014)

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