

Report of the Chief Executive

MENTAL HEALTH SUPPORT FOR RESIDENTS

1. Purpose of report

To advise members of services available to residents of the borough in respect of mental health.

2. Background

Everyone's mental health fluctuates. We all have periods of low mood, stress and anxiety. But it becomes a mental health problem once this carries on over a long period of time, affecting the way a person lives and thinks, making it hard to cope at times. A mental health problem could include:

- stress
- anxiety
- depression
- eating disorders
- dementia
- psychosis
- paranoia
- personality disorders

According to the most recent Adult Psychiatric Morbidity Survey (APMS) undertaken in 2014 and published in 2016, one in six (17%) of people over the age of 16 had a common mental health problem in the week prior to being interviewed for the survey. This is an increase from the 2007 survey, where the figure was 16.2%. Nearly half (43.4%) of adults think that they have had a diagnosable mental health condition at some point in their life. In 2014, 19.7% of people in the UK aged 16 and older showed symptoms of anxiety or depression

Mental health is a widespread and common issue affecting people from all walks of life, and yet it still remains one of the most difficult things to talk about. .

Although Broxtowe Borough Council isn't a provider of mental health services, officers do have some direct involvement with cases as well as signposting to the variety of organisations and services which can offer help to deal with mental health issues. Further details on some of these services are shown in the appendix.

Recommendation

Committee is asked to NOTE the report.

Background papers

Nil