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# Maintaining Mental Health and Wellbeing and Building Resilience

Barnet Health and Wellbeing Board

28<sup>th</sup> March 2019

# Outline

- **Introduce the Thrive London mental health campaign and the London digital programme – Good Thinking**
- **Share local plans to build on these programmes locally**
  - **A local campaign focused on awareness of mental health, tackling stigma and promoting access to support**
  - **Suicide prevention activity**
  - **Making Barnet a more dementia friendly community**

## A HWBB priority

- Encouraging residents to lead active and healthy lifestyles and maintain their mental wellbeing.
- Supporting residents across the life course to maintain and improve their mental health and wellbeing by raising awareness, tackling stigma and discrimination and making mental health everyone's business.

# Londoners' Mental Health



Every year 1 in 4 people will experience a diagnosable mental health problem



**18%** of adults who have mental illness met criteria for common mental disorders but are not diagnosed

## Anxious?

London has the highest proportion of the people with anxiety in all the UK



Good  
Thinking

## £26 billion

Each year the wider economic & societal impacts of mental ill health costs London billions

## £550 million

London boroughs spend millions per year on social care for supporting people with common mental health issues

“Basic and  
**too-often ignored  
problems** in our city”

# Thrive London

## Six thematic areas:

- A city where individuals and communities are in the lead
- A city free from mental health stigma and discrimination
- A city that maximises the potential of children and young people
- A city with a happy, healthy and productive workforce
- A city with services that are there when and where needed
- A zero suicide city

[https://www.london.gov.uk/what-we-do/health/london-health-board/thrive-ldn-](https://www.london.gov.uk/what-we-do/health/london-health-board/thrive-ldn-improving-londoners-mental-health-and-wellbeing)

[improving-londoners-mental-health-and-wellbeing](https://www.london.gov.uk/what-we-do/health/london-health-board/thrive-ldn-improving-londoners-mental-health-and-wellbeing)

Give us feedback to help improve

Self Assessment Urgent Su

From managing your anxiety to meeting like-minded people, whatever it is that you need, we want to help you find it.

## Browse our topics

# Good Thinking Usage to date

Nov '17 - Nov '18

**180,000** visitors

**125,000** unique IP addresses

**55,000** repeat users

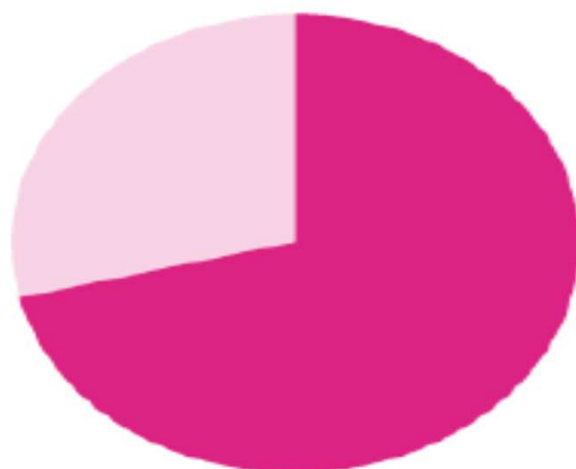
NEW USERS

**90,000**

April '18 - Nov '18

30.5% repeat users

69.5% new users



Good  
Thinking

Steady  
user growth

★ Nov '18  
**180,000**

☆ Goal:  
63,000

Apr '18  
**50,000**

Stakeholder communications campaign:

NEW USERS

1 - 31 Oct '18

**20,000**



## Top 10 resources

\* free for Londoners via Good Thinking



### 1 Sleepio\*

Online programme that teaches proven techniques to fall asleep faster, stay through and wake up feeling refreshed.



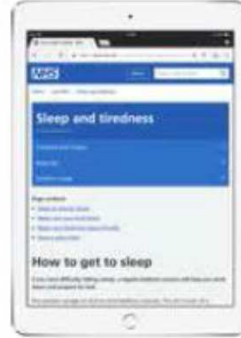
### 2 Be Mindful\*

Online mindfulness course to develop lifelong skills to help manage difficult emotions and better cope with life's stresses.



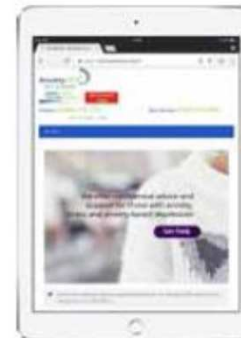
### 3 NHS Sleep and tiredness advice

Comprehensive health information and advice using videos, articles and other resources.



### 4 Anxiety UK

Support service for people living with anxiety; it provides information and support via an extensive range of services, including 1:1 therapy.



### 5 The Campaign Against Living Miserably

Free helpline and web chat support service for men feeling down or depressed for any reason.



### 6 Rethink

Charity providing expert, accredited advice and information to anyone experiencing a mental health problem.



### 7 Mental Health Foundation

Website with useful tools and resources for all things related to mental health and wellbeing.



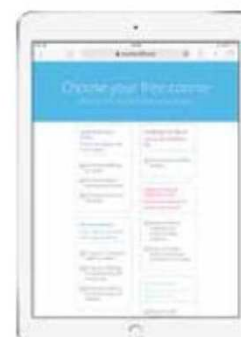
### 8 The Mix

Online support service providing free, confidential support and counselling for young people under 25.



### 9 Living Life to the Full

Free online courses based on the principles of cognitive behaviour therapy to learn skills for coping with stress.



### 10 SAM

Mobile phone app designed to help manage anxiety by building a personalised anxiety management toolkit.





## Proposed work plan for 2019/20

Scope out the use of Good Thinking to ages 13 – 16 (by 2020).

Make Good Thinking available to all schools

Further expand peer-to-peer networks.

Explore direct referral into London's digital IAPT services.

Good Thinking introduced to London's top 100 employers as part of their employee well-being support.

50% of London's universities using Good Thinking to support student wellbeing.

Further testing and introduction of apps and resources.

Exploration of mixed app and online face-to-face support.

Further development of a range of materials and resources to support the use and adoption of Good Thinking.

# Local plans

- **A campaign for 19/20 building on Thrive London and Good Thinking**
  - Problem solving booths and events
  - Capturing experiences and views
  - Social media postings
- **Suicide prevention actions**
  - Particularly through our schools resilience programme and through improved safety planning at the point of discharge from acute services
- **Promoting a dementia friendly borough**

# Dementia-friendly communities

