

Adult Mental Health

Summary from Joint Strategic Needs Assessment

Why is this important?

The number of people with common mental health disorders and severe mental illness in Lewisham are projected to increase in the coming years. The aim of this JSNA is to understand the mental health and wellbeing needs (including dementia) of adults in Lewisham, review how well these needs are met, identify any gaps and make recommendations for improvements in service provision.

Key Facts and Figures

In Lewisham **8.2%** of adults have a recorded diagnosis of depression. This is significantly higher than in London (7.1%).

Ethnic minorities have a higher prevalence of some mental health conditions and experience inequalities in access to services.



1.3% of people in Lewisham have a recorded diagnosis of severe mental illness, significantly higher than in London (1.1%) and in England (0.9%)

Lewisham Adults in contact with secondary mental health services are more than **3x** as likely to die as people in the general Lewisham population.

Lewisham has lower average wellbeing scores than London or England.



4.5% of people in Lewisham aged over 65 have a recorded diagnosis of dementia. The numbers are rising year on year.



What is happening nationally?

NHS Long Term Plan (2019) reaffirms a commitment to putting mental health care on a level footing with physical health services. It includes a commitment to:

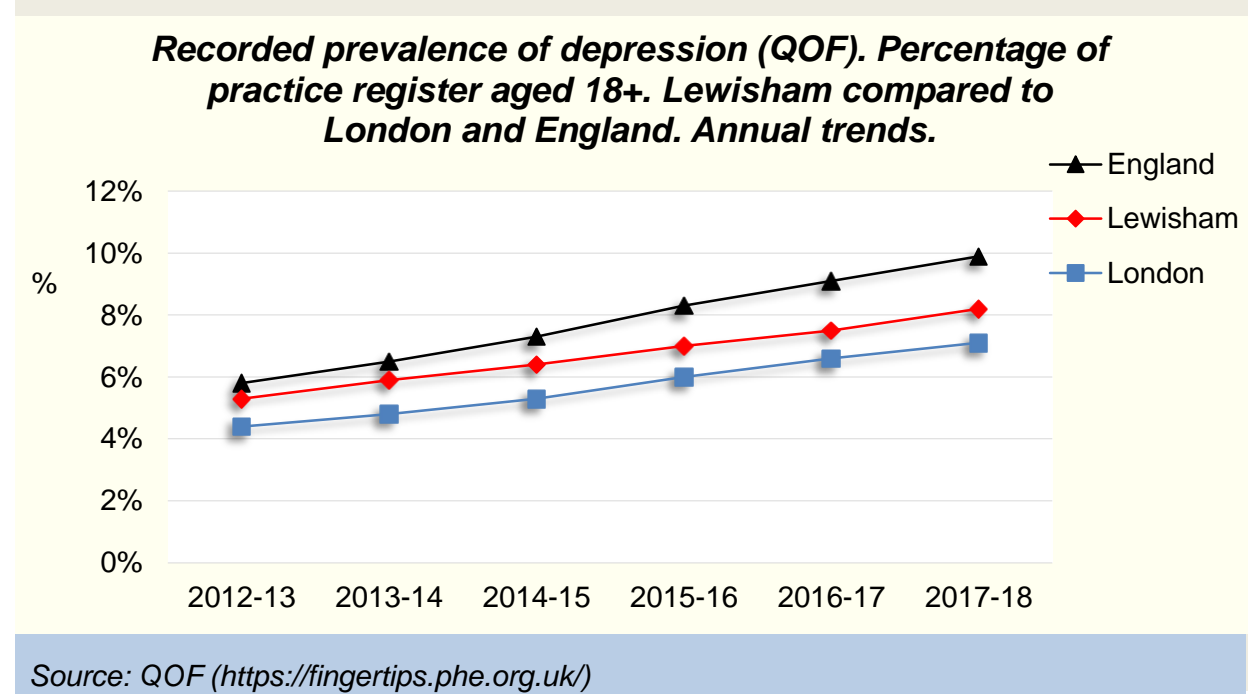
- spending at least £2.3bn more a year on mental health care
- helping 380,000 more people get therapy for depression and anxiety by 2023/24
- delivering community-based physical and mental care for 370,000 people with severe mental illness a year by 2023/24
- making further progress on care for people with dementia

What is happening locally?

Lewisham became a **Time to Change Hub** in 2018 which works to reduce mental health stigma and discrimination in local schools, workplaces and communities and improve the quality of life for people living with mental health problems.

Individual Placement and Support supports people with severe mental health difficulties into employment.

Mental Health First Aid for Adults training equips participants with the skills and knowledge to provide initial support to individuals experiencing mental health problems and guides them towards appropriate professional help.



What needs to be done?

- ❖ Continue to work towards reducing BAME mental health inequalities with more targeted support for protected characteristic groups and groups at higher risk of developing mental health conditions.
- ❖ Develop employment support that responds to mental health need and improve the physical health of people with severe mental illness
- ❖ Seek a better understanding of dementia in Lewisham
- ❖ Improve data collection and completeness to give us a better picture of mental health in Lewisham and focus on prevention and early intervention