



# OXFORDSHIRE MENTAL HEALTH PREVENTION FRAMEWORK

2020-2023

# Introduction

Mental health and a wider sense of wellbeing is a national and local public health priority and is now widely recognised as an asset to invest in throughout our lives. We need to value prevention activity for mental health equally with prevention activity for physical health.

Multi-agency partners in Oxfordshire came together to show their commitment and make prevention a priority for mental health by signing up to the Prevention Concordat for Better Mental Health; a programme developed by Public Health England to support the prevention of mental health problems and the promotion of good mental health across the whole system <sup>1</sup>.

A Mental Health Prevention Concordat Partnership Group, with representatives from the Health and Wellbeing Board organisations, Oxfordshire Mental Health Partnership, Active Oxfordshire, Age UK and Rethink Mental Illness, was created to develop a framework for action in Oxfordshire.

This Mental Health Prevention Framework for Oxfordshire 2020-2023 has been developed to outline what the group have committed to do,

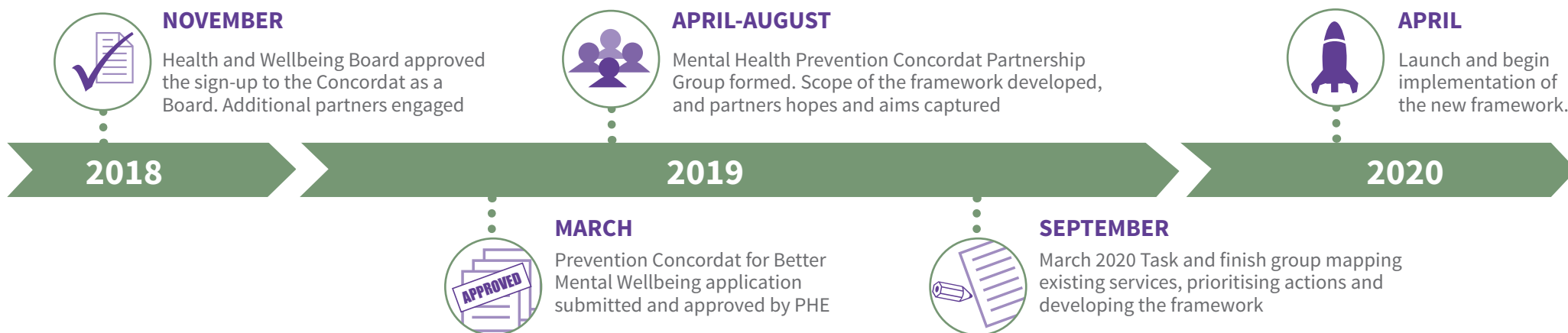
build on existing action and identify opportunities for collaboration and innovation. Our approach recognizes that many people don't have the same opportunities to be as healthy as others. We need to address the wider social determinants and strengthen our prevention focused approach to support people to thrive as individuals and in their communities.

Our vision is that everyone in Oxfordshire has the opportunity to achieve good mental health and wellbeing. We aim to achieve this by working together to:

- Increase people's knowledge, skills and confidence
- Targeted action and robust evaluation
- Support and advice for good mental wellbeing
- Working with partners across the system

Through a strong evidence base we will tailor our approach to address the needs of our communities, prioritising the key life stages where people are more at risk of poor mental health. We will work collaboratively to maximise impact and co-develop solutions at an individual, community and place based level.

Please join us in embracing our first framework for the prevention of mental health in Oxfordshire and work with us to support our residents to stay mentally well and thrive where they live, learn and work.



# The local picture across the life course



## PREGNANCY



## CHILDREN & YOUNG PEOPLE



## ADULTS



## OLDER PEOPLE

Oxfordshire had **7365 LIVE BIRTHS** in 2018

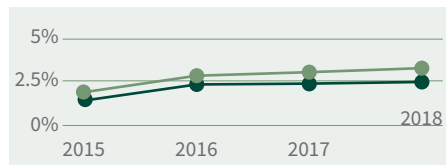


OXFORDSHIRE

Up to **20%** of women develop a mental health problem during pregnancy or within a year of giving birth.



The percentage of children with **social, emotional and mental health** needs has **increased** from 2015-2018 in Oxfordshire and is above the England average.



Oxfordshire and England

In 2018

**2,512**

children with identified **social, emotional and mental health** needs at schools in Oxfordshire.



In Oxfordshire there was **little change** in the ratings of **personal well-being** measures.

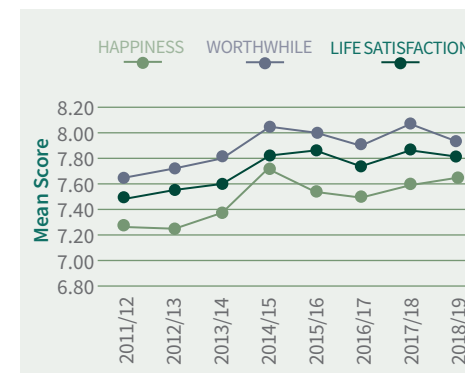
SLIGHT DECREASE IN FEELING WORTHWHILE



SLIGHT INCREASE IN HAPPINESS



(March 2018- 2019)



An estimated **20,400** older people in Oxfordshire (aged 65+) experience **loneliness** at least **some of the time**, of which **3,500** older people experience **loneliness "often/always"**.



The **most common** triggers for **mental health** problems in **older people** are:



# Our Approach

The Mental Health Prevention Concordat Partnership Group is working together to achieve our vision that everyone in Oxfordshire has the opportunity to achieve good mental health and wellbeing.

Our approach recognizes that the enablers, social, environmental, physical and economic factors, support good mental wellbeing. We will work with settings where we are born, grow, live, work and age.

## UK RESEARCH TELLS US THAT...

### ACTIVE TRAVEL

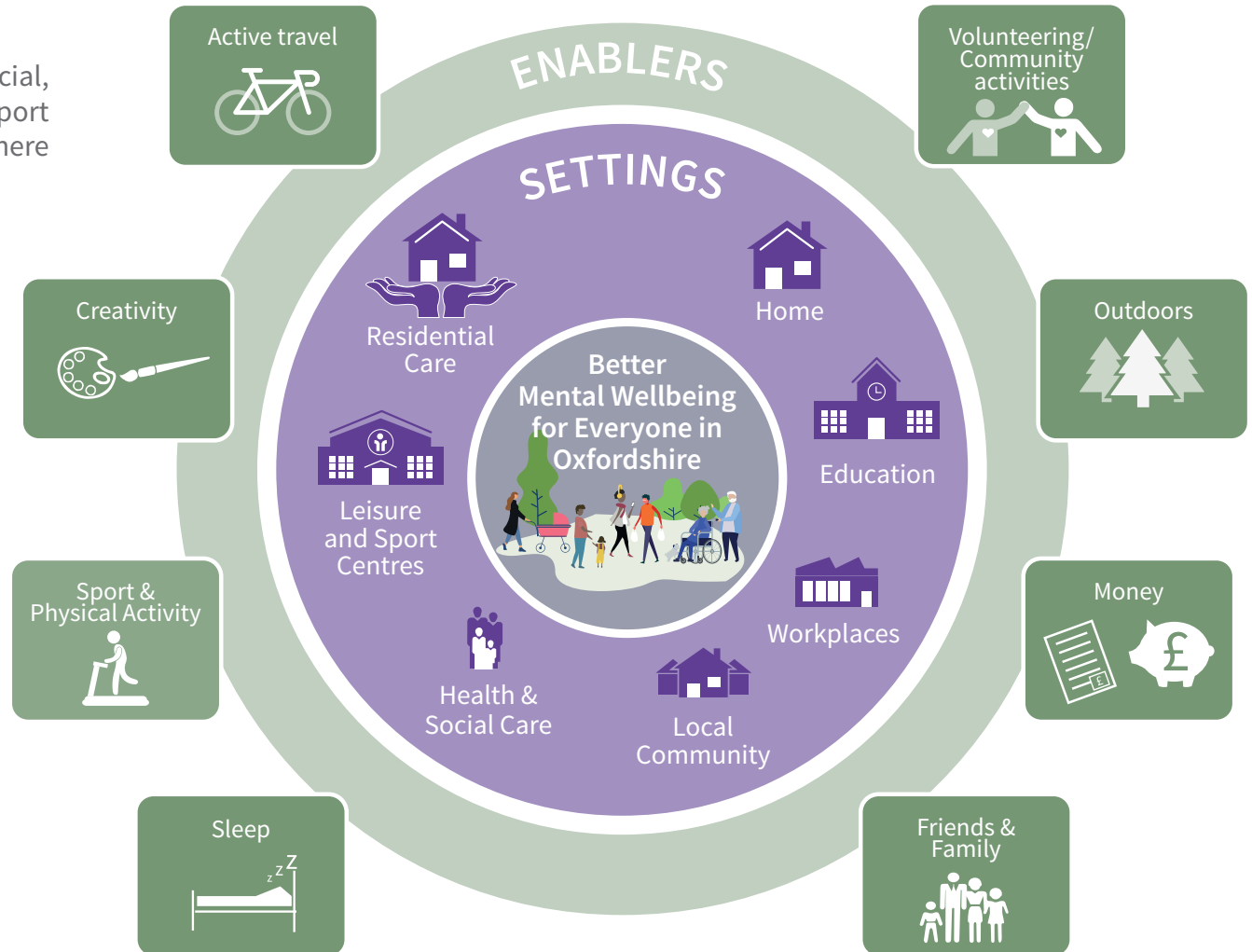
Good transport links and access to public transport allows people to connect and maintain relationships with others, access work opportunities, education or leisure activities outside their homes. Concessionary bus passes improve connectivity and reduce isolation for older people.

### VOLUNTEERING

¾ of volunteers say it improves their mental health and wellbeing. 18-24 year olds are most likely to agree that volunteering helps them feel less isolated. It has a positive effect on first employment, and salaries later in life.

### POVERTY

Access to high quality open spaces and opportunities for sport and recreation can make an important contribution to the health and well-being of communities. Children in deprived areas are nine times less likely to have access to green space and places to play.



# Framework for action

The framework for action is divided into 4 focus areas, each with a key aim and a set of actions that will evolve over time.



# Who will deliver this framework?

## MENTAL HEALTH PREVENTION CONCORDAT PARTNERSHIP GROUP MEMBERSHIP

(correct at time of printing)

Terms of reference, governance and accountability structures are in place to ensure effectiveness and sustainability of the group.

We will work together to encourage additional partners in the community and voluntary sector, including arts and culture sector to sign up, or show commitment where appropriate to the Concordat to increase the scope and impact of the programme.



# Support for better mental wellbeing

Click on the links below to find out what's available, including the latest tools and evidence to support people to stay mentally well:



**Every Mind Matters**, get your own mind plan, designed to help you feel more in control, deal with stress and anxiety, boost your mood and improve your sleep.



**5 Steps to Mental Wellbeing**, there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.



**Live Well Oxfordshire**, the website tells you of range of support services across Oxfordshire for adults (18+), families and carers.



Oxfordshire Youth & Oxfordshire Mind have created the **Youth in Mind Map**, this interactive map lists a range of organisations that provide activities or support for young people across the county



**Oxfordshire MIND Guide**, easy reference tool for anyone who is trying to access mental health services across Oxfordshire.

## REFERENCES

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