

Mental Health and Wellbeing

Overview of services and support

Five Ways to Wellbeing

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Warwickshire Public Mental Health and Wellbeing Strategy and Suicide Prevention Strategy

Warwickshire Public
Mental Health and
Wellbeing Strategy
2014-16



Warwickshire Suicide
Prevention Strategy
2016-20



Warwickshire Public Mental Health Services and Support

Mental Health and Wellbeing Services and Support commissioned across Warwickshire that can be accessed by WCC staff:

www.warwickshire.gov.uk/mentalhealth

There are a range of services – accessible in a variety of ways:

Struggling to cope?

Don't wait for things to get too much.

SPEAK TO SOMEONE

in person at Wellbeing for Warwickshire Wellbeing Hubs - free one to one support, walk-in sessions, drop-in sessions



BIG WHITE WALL

bigwhitewall.com completely anonymous online community, free to people living in Warwickshire



TELEPHONE

a team of trained and experienced support workers - 24/7 via the Mental Health Matters Helpline on 0800 61 61 71 and 0300 330 5487 for mobiles



VISIT WARWICKSHIRE LIBRARIES

for **Reading Well Books on Prescription** (BOP) recommended self-help books, audio CDs and e-books



SAMARITANS

is available round the clock, every single day of the year, call 116 123 or visit samaritans.org/branches to find details of your nearest branch



Find out more at warwickshire.gov.uk/mentalhealth

 @WCCPublicHealth

 facebook.com/PublicHealthWarwickshire

Wellbeing for Warwickshire

- Aims to increase awareness of mental health and promote wellbeing and resilience for everyone
- County-wide Service led by Coventry and Warwickshire Mind with Springfield Mind from 1st July 2016 (formerly Wellbeing Hubs)
- Wellbeing for Warwickshire offers support, information and signposting for individuals 16 years and over who would like to improve their mental health and wellbeing.

Wellbeing for Warwickshire

- Services available include:
 - one to one confidential support
 - peer support drop-in networks
 - Workshops
 - walk-ins
 - information outreaches



- Offer targeted support for people at risk of developing mental health issues
- Offer strategies that will support individuals with ongoing /enduring mental health issues to keep well
- At various locations across Warwickshire.

Big White Wall

- Completely anonymous, safe online peer support community
- Free to people living in Warwickshire
- Accessible anytime, anywhere
- Sign up with a Warwickshire postcode
- Veteran and families
- bigwhitewall.com



Mental Health Matters telephone helpline

- A team of trained and experienced support workers available 24/7
- 0800 616171
- 0300 3305487 from mobiles

Books on Prescription Mental Health and Dementia

- Self help and information books on a range of topics including coping with stress, anxiety, low mood, depression, living well with dementia
- Books can be loaned from WCC libraries
- Loan requests from Community Managed Libraries. Or books can be prescribed using BOP user leaflet by health and social care practitioners.

www.warwickshire.gov.uk/booksonprescription



Fitter Futures – Physical Activity on Referral

For people with mental health issues and dementia (early to mid stages)

GPs, health care professionals and pharmacists can refer people for Physical Activity on Referral. Various activities and locations across Warwickshire.

www.fitterfutureswarwickshire.co.uk

Additional specialist provision

Mental Health Employment Support Service*

Service delivered by Rethink Mental Illness

*funded by WCC Public Health, and Strategic Commissioning, People Group

Mental Health Co-production Service

Service delivered by Making Space.

Advocacy services

Independent Mental Health Advocacy

More information: www.warwickshire.gov.uk/mentalhealth

Five Ways to Wellbeing in Warwickshire



Five Ways to Wellbeing in Warwickshire



Do something nice for a friend or stranger. Thank someone, or volunteer time. Simply smiling at someone else in traffic might not only make the person doing it feel good but also the recipient.



Trying something new, such as a course, learning an instrument, how to fix a bike, or how to cook a meal is great for confidence and is fun.



Dancing, walking, running, cycling, gardening, or any physical activity. Being active isn't just good for physical health it also helps you to feel good.



Stop and look at the surroundings, or comment on them. Savour the moment. Reflecting on surroundings is a great way to feel good.



Connect with the people around you: At home, work, school or in the local community. Join a new group, help out a friend, neighbour or colleague. Building these connections and social networks is important for wellbeing.

Aims of the programme

- To promote Five Ways to Wellbeing messages and encourage Warwickshire residents and workforce to talk about wellbeing and build the ways to wellbeing into their lives
- To raise awareness of support and services to enhance mental health and wellbeing.
- Currently used widely by Wellbeing for Warwickshire



Five Ways to Wellbeing in Warwickshire website:
www.warwickshire.gov.uk/5ways

Five Ways to Wellbeing eLearning provides information on wellbeing and ideas for building wellbeing into your daily life.

Link: warwickshire.gov.uk/wilma

Course code: HSW WB002

Pledge card / action plan

What you can do to enhance wellbeing and/or support people experiencing mental health problems?

- Signpost people to:

www.warwickshire.gov.uk/mentalhealth

Range of services – face to face, on-line, books and CDs and phone support.

Emphasise importance of seeking help at early stage

Taking control!

- Struggling to cope resource
- Encourage people / groups to consider and build the Five Ways to Wellbeing into their daily lives:

Two key dementia services, that support access to all other services

Dementia Navigator Service
(face to face service)

Warwickshire's Living Well with Dementia Website (online resource / website)



Dementia Navigator Service

Delivered by Alzheimer's Society across Warwickshire. Service started on 1.4.15

*Service funded by WCC Public Health, and Strategic Commissioning, People Group

- Service offers signposting and referral to services, advice and emotional support to people with dementia and their carers. Also provides support, advice and information to those with concerns about their memory
- Dementia pop up clinic

Contact: Alzheimer's Society

Tel: 01926 888899

Email: southwarks@alzheimers.org.uk

Warwickshire's Living Well with Dementia Website

www.warwickshire.gov.uk/dementia

Information on:

- Dementia services and support
- Living well with dementia
- Info. for carers
- Dementia Friendly Communities and Dementia Friends
- Reducing risk of dementia

Dementia Friends

Aims to give people a better understanding of dementia and to change the way people think, speak and act about dementia. A big part of creating Dementia Friendly Communities.

Warwickshire now has over 14,500 Dementia Friends. Please help us to get to our new target of 30,000 Dementia Friends in Warwickshire.

WCC staff can become a Dementia Friend in four easy steps:

1. Go to the Dementia Friends Website – www.dementiafriends.org.uk
Go to: How organisations can get involved, and click **Watch our videos for organisations** on the left
2. Enter code: **WCC123**
3. Enter the number of people watching and your Warwickshire workplace postcode e.g. (Shire Hall) CV34 4RL
4. You need to watch two videos to become a Dementia Friend! You should watch the '**Understanding Dementia**' video first followed by any one of the other videos – the one which is most relevant to your area of work.

Dementia Friends in WCC



Public Health, Warwickshire County Council

For further information on mental health, wellbeing and dementia services and support, please contact:

paulamawson@warwickshire.gov.uk

clairetaylor@warwickshire.gov.uk

catherinerigney@warwickshire.gov.uk

To order resources, email:

phadmin@warwickshire.gov.uk