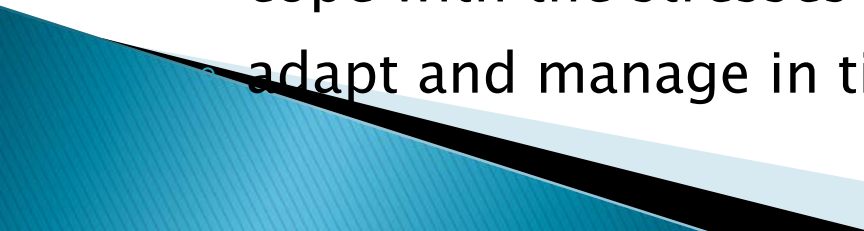# Mental Health, Mental Wellbeing and Employment

Dr Gordana Djuric
Consultant in Public Health
Warwickshire County Council

What is 'Mental Health and Wellbeing'?

- Not just mental health problems or mental illness
- Everyone has 'mental health':
  - how we feel about ourselves and the people around us
  - ability to make friends, relationships, learn from others, develop emotionally
- Being mentally healthy:
  - feel relatively confident, positive self-esteem
  - feel and express a range of emotions
  - build and maintain good relationships
  - engage with the world around you
  - cope with the stresses of daily life
  - adapt and manage in times of change and uncertainty

Data – UK

- One adult in six has a common mental disorder
- Anxiety & depression most common (7.8%):
  - estimated to cause one fifth of days lost from work in Britain
- 15% of people experience mental health problems in the workplace
- Women in full-time employment nearly twice as likely to have a common mental health problem as men (19.8% vs 10.9%)
- 12.7% of all sickness absence days in UK attributed to mental health

Source: Mental Health Foundation

Public Mental Health and Wellbeing – WCC

- Public Mental Health Strategy

- Suicide Prevention Strategy

- Commissioned services:

  ◦ Mental Health Employment Support Service (IPS model)

  ◦ Wellbeing for Warwickshire

  ◦ Big White Wall

  ◦ Mental health co-production service

- OOP2020

Struggling to cope?

Don't wait for things to get too much.

SPEAK TO SOMEONE
in person at Warwickshire
Wellbeing Hubs - free one to one
support, walk-in sessions and
drop-in sessions

Wellbeing for Warwickshire

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

Big White Wall

TELEPHONE
a team of trained and experienced
support workers - 24/7 via the
Mental Health Matters Helpline

0800 61 61 71 and
0300 330 5487 for mobiles

mhm

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

Warwickshire County Council

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

SAMARITANS

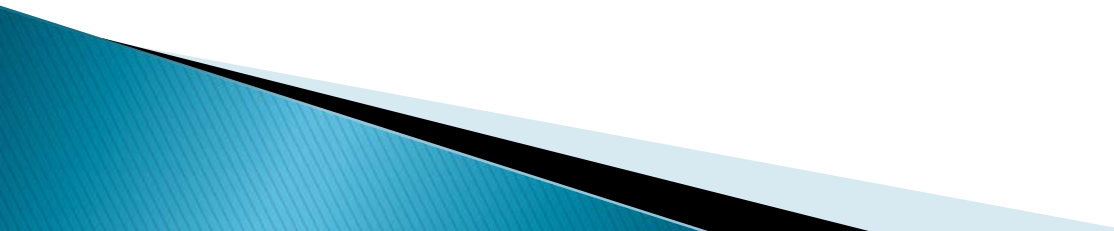Find out more at **warwickshire.gov.uk/mentalhealth**

Employment and health (1)

- Work is good for health:
  - social contacts and support/social status
  - a way of structuring and occupying time
  - physical and mental activity, develop and use skills
  - money for material wellbeing
- Being out of work is bad for health:
  - poorer physical and mental health
  - more hospital admissions
  - higher death rates
  - increased rates of suicide

Source: Royal College of Psychiatrists

Employment and health (2)

- The risk to health of being out of work may be greater than diseases e.g. heart disease

- People who are unemployed for more than 12 weeks = 4–10x more likely to suffer from depression and anxiety

- Returning to work after a period of illness:

  - helps recovery

  - prevents long-term sickness

  - health improves with move from benefits to work

Source: Royal College of Psychiatrists

WCC approach to mental health in the workplace

- Self-care, prevention, resilience

- Staff care

- Sustainability and Transformation Partnerships (STP) prevention

- Workplace wellbeing charter

Links and resources

▸ Public Mental Health Strategy:
- publichealth.warwickshire.gov.uk/files/2012/08/MENTAL-HEALTH-AND-WELLBEING-STRATEGY.pdf

▸ Services:
- www.warwickshire.gov.uk/mentalhealth

▸ Staff care:
- i.warwickshire.gov.uk/content/staff-care/staff-care

▸ paulamawson@warwickshire.gov.uk