



Public Health  
England

Protecting and improving the nation's health

# How Mental Health Services Fit into the Wider Mental Health System

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# Public mental health in 2020

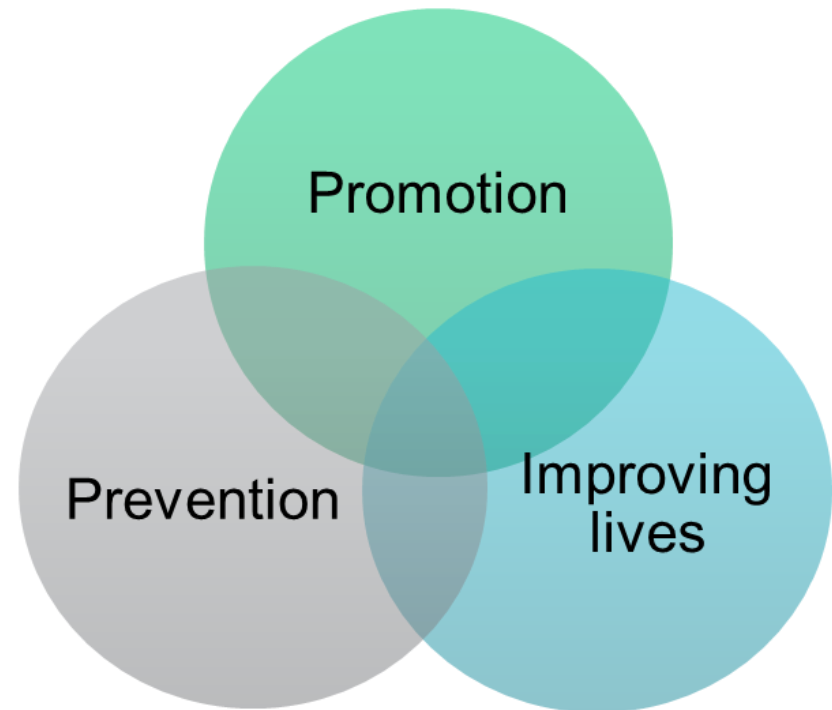
- Pre-Covid, mental health problems were responsible for **over a fifth of the burden of disease** in England costing over £105 billion. This burden is expected to increase due to the impact of COVID-19
- COVID-19 has been recognised as a **public mental health emergency** that exacerbates existing mental health inequalities with differential impacts on a wide range of vulnerable groups. It requires multiple responses over an extended time-frame
- Self-reported **mental health and wellbeing worsened** during the pandemic and remains worse than pre-pandemic levels
- People with Severe Mental Illness (SMI) are **more likely to be susceptible to risk** and outcomes of COVID-19.

# Factors affecting mental health and wellbeing during COVID-19

- Unemployment, financial insecurity and poverty
- Loneliness and isolation
- Loss of education and childhood development
- Working conditions especially for frontline health and care sectors as well as key workers
- Racial discrimination
- Domestic violence
- Complicated grief
- Deterioration in mental health problems
- Long-term conditions resulting from intensive treatment
- Widening inequalities.

# Public mental health ambitions

1. Prevention of mental health problems and suicide
2. Promotion of mental health and wellbeing
3. Improvement in the lives of people with mental health problems



# PHE's prevention and promotion approach

- Improving population mental health literacy  
eg: Every Mind Matters
- Suicide prevention - eg: support to local areas, National Real Time Suicide surveillance
- Promotion and prevention for local systems  
eg: Prevention Concordat for Better Mental Health
- Improving the lives of people with serious mental illness  
eg: reducing premature mortality

# Every Mind Matters Campaign



Better Health every mind matters

In October 2019 PHE launched the first mental health literacy campaign in England with an ambition for 1 million members of the public to be informed and equipped to take care of their own mental health and the mental health of others

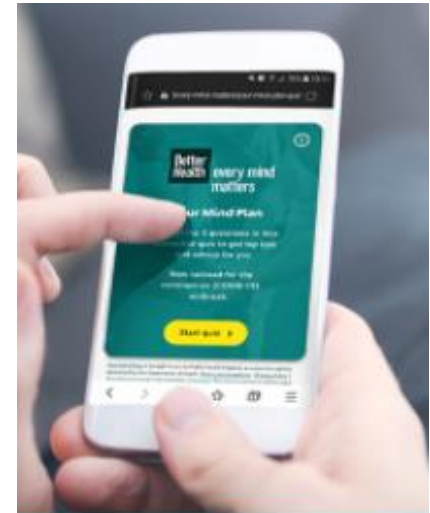
<https://www.nhs.uk/oneyou/every-mind-matters/>

To date over **2.5 million action plans completed since launch.**

The campaign was **realigned during COVID-19** to support mental health during lockdown, including dedicated engagement with at-risk audiences including BAME. We continue to respond and support the ongoing challenges of the pandemic.

In September 2020, we launched a new campaign and digital hub to **support children and young people's mental health** – engaging directly with young people, via parents and carers and through schools.

We have worked in **partnership with the NHS, mental health charities and wider stakeholders.** Alongside original content EMM signposts wider resources and services for the public.



# Suicide Prevention

- In response to the COVID-19 pandemic, PHE established a national real time (suspected) suicide surveillance system pilot (RTSS) at pace. The pilot began in April 2020 and will span 12 months. The intention is to develop a system in the longer term. Work in development includes:
  - Evaluation of the pilot
  - Analysis of data and production of report
  - Minimum standards for local and national systems
  - Protocol to support analysts working with traumatic data
  - After action review for student deaths
- Support to the review of the NHS E suicide prevention transformation programme Wave 3 funding applications submitted by the selected local authorities
- Develop long term sustainability plan for Help is at Hand
- Updated Local Authority Planning Guidance

# Prevention Concordat for better mental health

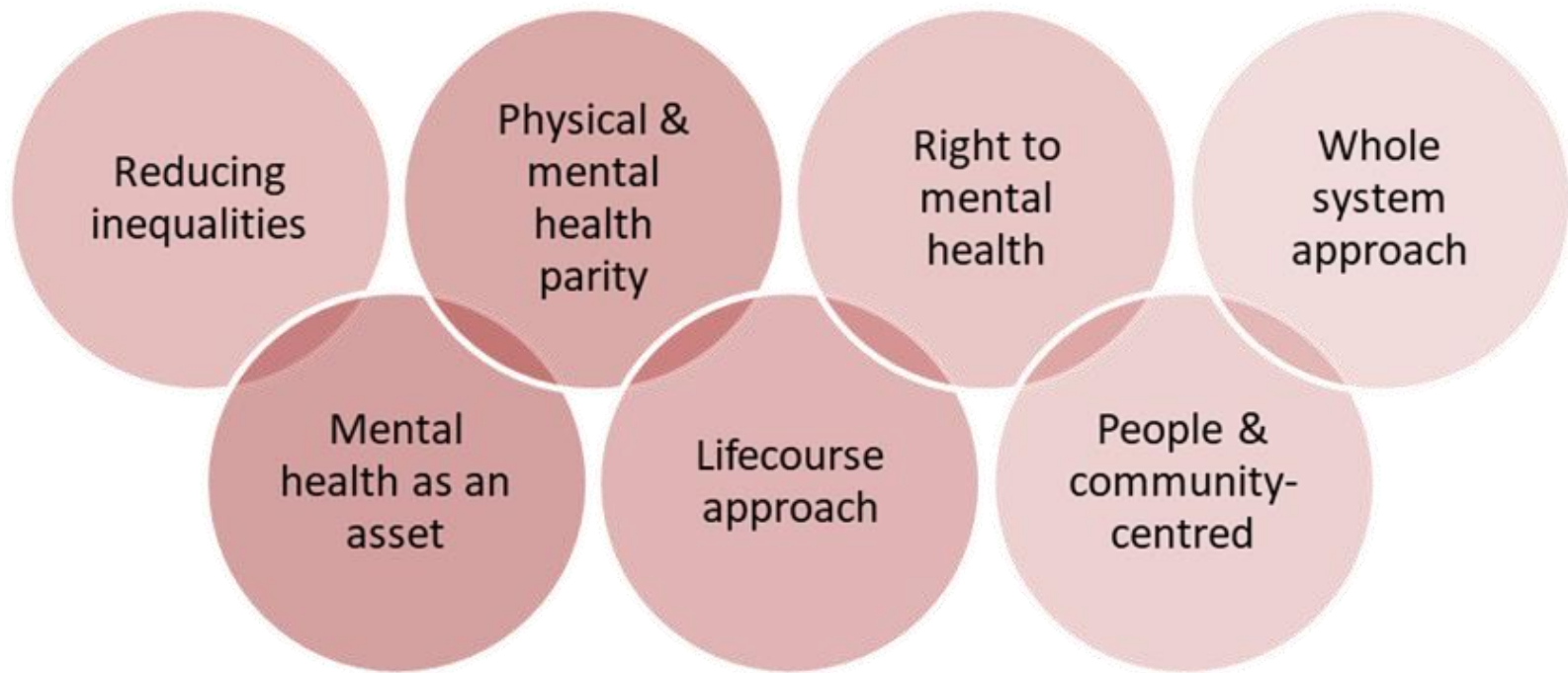
- A recommendation from the NHS Five Year Forward View (2014)
- Launched by PHE in 2017 with external partners including the Association of Directors of Public Health, the Local Government Association
- Referenced in the Prevention Green Paper: Advancing our health: prevention in the 2020s
- Programme resources include the evidence base and cost effective effectiveness of public mental health interventions - shown to reduce treatment costs and help make savings in the NHS and social care
- By March 2020, **256** signatories to the Concordat Consensus statement
- Following a review and re-engagement with stakeholders during COVID-19, the programme is being relaunched.



# Premature Mortality for People with SMI

- Developed a series of guidance, data and tools to help professionals to better understand the issues for people with SMI in their area and to help them to address the wider determinants of health and risk factors.
- Recent launch of two new indicators - **premature mortality in adults with SMI** and **excess premature mortality in adults with SMI** to aid measurement and understanding of premature mortality in the population with SMI
- Supporting NHS E/I to deliver their commitments for people with SMI in the NHS Long Term Plan, in particular increasing access to health checks and the new emerging models of community mental health.
- As part of response to Covid-19, worked to support people with SMI who are vulnerable, including proactive outreach to them by GPs and messaging to encourage uptake of flu jabs, announced in the Winter Plan. People with SMI have also been prioritised to receive the new vaccine.

# PHE's principles for change



# Relaunching the Prevention Concordat for better mental health

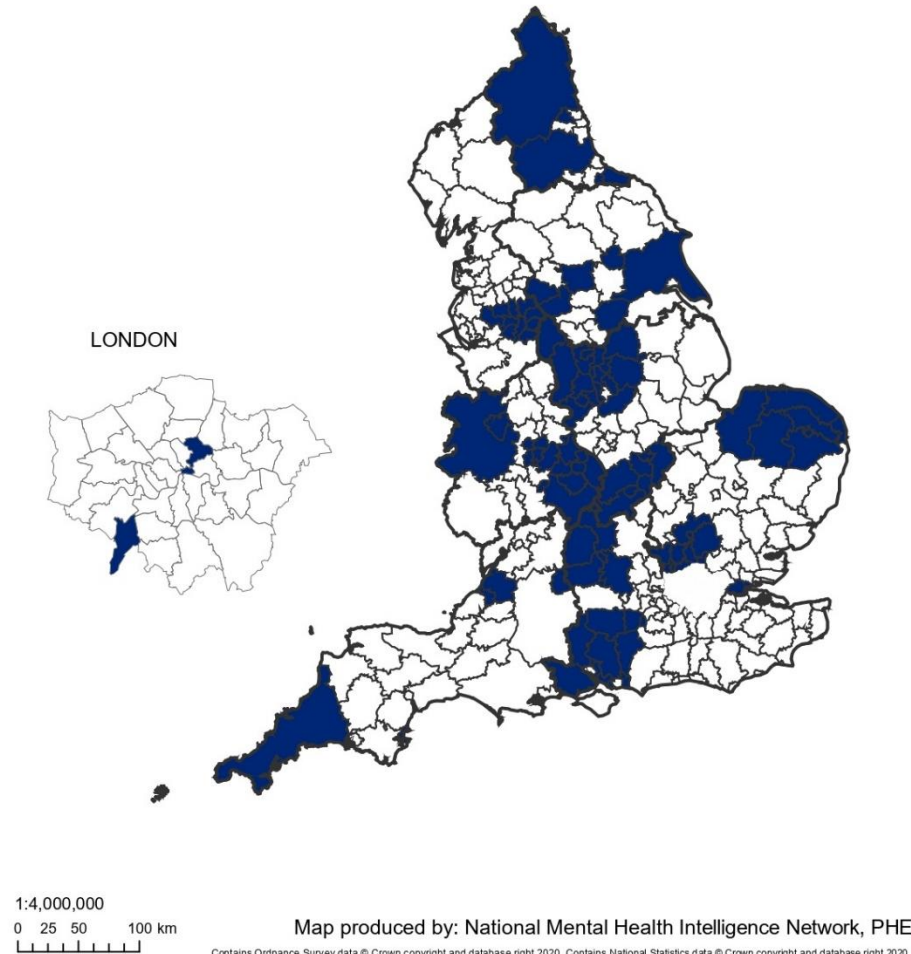
<https://www.gov.uk/government/publications/prevention-concordat-for-better-mental-health-consensus-statement/prevention-concordat-for-better-mental-health>

# The Prevention Concordat approach

- Focuses on **prevention and the wider determinants** of mental health to impact positively on the NHS and social care system by enabling early help through the use of upstream interventions
- Supports **joint cross-sectoral action** to deliver an increased focus on the prevention of mental health problems and the promotion of good mental health at the local level drawing on the expertise of people with lived experience of mental health problems, and the wider community
- Encourages **collaborative work across organisational boundaries and disciplines** to secure place-based improvements that are tailored to local needs and assets
- Builds the **capacity and capability across our workforce** to prevent mental health.

# Current local authority & health partnership signatories

- 69 local authority signatories, three wider partnerships
- 32% of all upper tier local authorities
- 40% of all upper tier authorities in the most deprived areas



# Prevention Concordat 'Commitment'

- Concordat 'Commitment' requires a 12 month prevention and promotion **action plan** and signing the Prevention Concordat consensus statement
- Easier than before, it is a **commitment** to action; brief guidance is embedded in the application form
- **Builds in support and review** of action plans by PHE regional leads and the opportunity to link up with peers
- A specific focus on **tackling mental health inequality** in the programme application form
- **Narrower programme eligibility:** local authorities, Health and Wellbeing Boards, Integrated care systems, Sustainability and transformation partnerships and other statutory health partnerships are invited to apply
- Arrangements for other organisations to be confirmed in 2021.

# A focus on reducing mental health inequalities

- COVID-19 has highlighted pre-existing inequalities and in some cases widened them
- Most mental disorders are more common in people living alone, in poor physical health, and not employed.
- Children living in poverty are over three times more likely to suffer from mental health problems
- Discrimination is a significant determinant of the mental health of recent migrants, Black and mixed ethnicity groups.

The concordat application form contains a new section asking organisations to outline :

- *What steps are you taking to address the social and economic disadvantages that underlie mental health inequalities?*
- *What steps are you taking to address discrimination, racism and exclusion faced by particular local communities?*
- *How are you addressing mental health stigma?*

# Prevention and promotion during COVID-19 local system response

- Prevention and promotion of better mental health has been part of local emergency response and recovery planning
- Plans include the Prevention Concordat for Better Mental Health framework
- Case studies include:
  - Bradford District Council
  - Bristol, North Somerset and South Gloucestershire CCG
  - Greater Manchester Health and Social Care Partnership
  - Northampton Borough Council.



# Reflections by concordat signatories

- “Every local authority area needs to have a very clear plan on what they are doing to improve the population’s mental health and emotional wellbeing. The Prevention Concordat gives them a toolkit that allows them to develop that plan”.

***Edward Kunonga, Director of Public Health, Public Health South Tees***

- “I think for me is about building on a good systemic approach. So you are bringing together all the public servants, your health system, your wider community voluntary sector and enable them to work together for a common aim. And actually there is no greater common aim at the moment than the mental health agenda.

***Sean Russell, Implementation Director Mental Health, Wellbeing and Radical Prevention, West Midlands Combined Authority***

- “It is a statement that says this is important to us and we are going to act on it. It’s important to the council because it becomes a formal document behind which we are able and obliged to put resources to focus on this problem”.

***Cllr Jonathon Nunn, Leader of Northampton Borough Council***

# New resources developed with partners



Public Health  
England

Centre for  
Mental Health



Behavioural Science and  
Public Health Network

**NIHR** | School for Public  
Health Research

**‘Prevention and promotion of better mental health during COVID-19 and beyond’**  
PHE webinar chaired by Professor Jim McManus (ADPH) with national and local experts. The **video recording** and **slides** can be found in the LGA’s **KHub Public Library**, using the search bar

Podcast series **‘Real World Public Mental Health’** hosted by the Behavioural Science and Public Health Network with partners. This examines the evidence base for public mental health interventions relevant for Covid-19 <https://www.bsphn.org.uk/672/Podcast>

For more information and to apply to the  
Prevention Concordat programme

Contact [publicmentalhealth@phe.gov.uk](mailto:publicmentalhealth@phe.gov.uk)

# Impact of Pandemics on MH – Mapping Review

Commission to PHE from DHSC in May 2020:

## 1. Map of the socio-economic determinants of mental health,

- Highlight areas where evidence (either secondary literature, or emerging evidence) suggests COVID (and associated socioeconomic measures and fallout) will impact on these determinants.

## 2. Vulnerable groups:

- those with existing mental health problems;
- those with learning disabilities and autism;
- those with physical health problems;
- those with direct experience of COVID-19;
- Those who have been bereaved;
- health and social care staff

## Aims

Rapid assessment ('mapping') of evidence to inform the policy response to mental health and psychosocial impacts of the COVID-19 pandemic in England.

# Methodology

## Sources of evidence

**Expert Knowledge:** Topic and public mental health experts at PHE consulted.

**Key documents** These included reviews by the Royal Society for Public Health , the Centre for Mental Health , the Faculty of Public Health , University of Bristol Rapid Review as well as COVID-19 internal summary documents shared with the team

**Academic and grey literature** COVID-19 specific databases including mental health research. Higher level evidence in the form of peer-reviewed systematic reviews have been prioritised. Where these are not present we have included the most robust evidence available, guided by expert knowledge within PHE.

**Intelligence** Real time surveillance through longitudinal studies and national surveys.

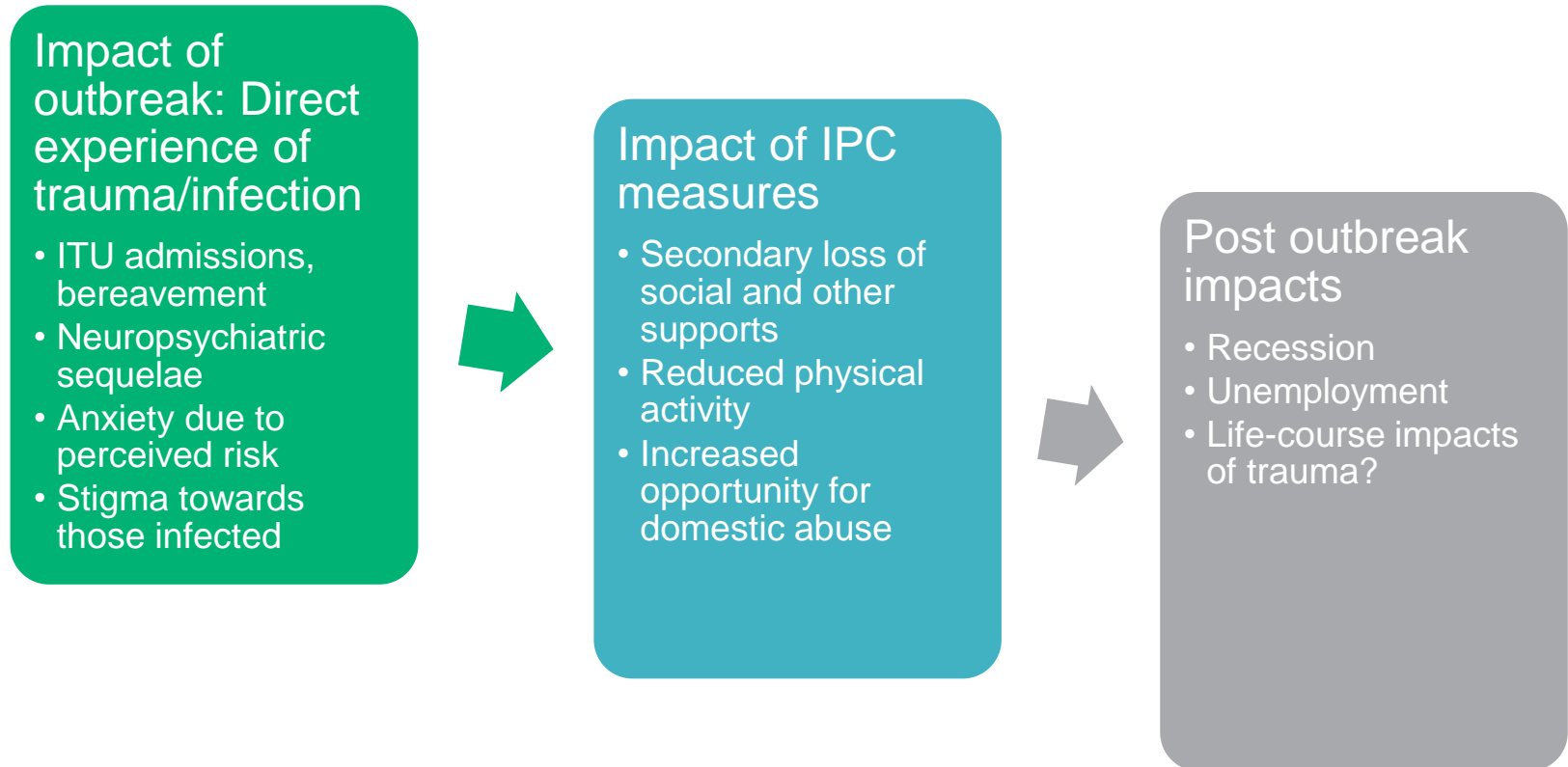
## Grading of supporting evidence

Based upon a bespoke system (A highest- E lowest) ; using study methodology rather than full critical appraisal

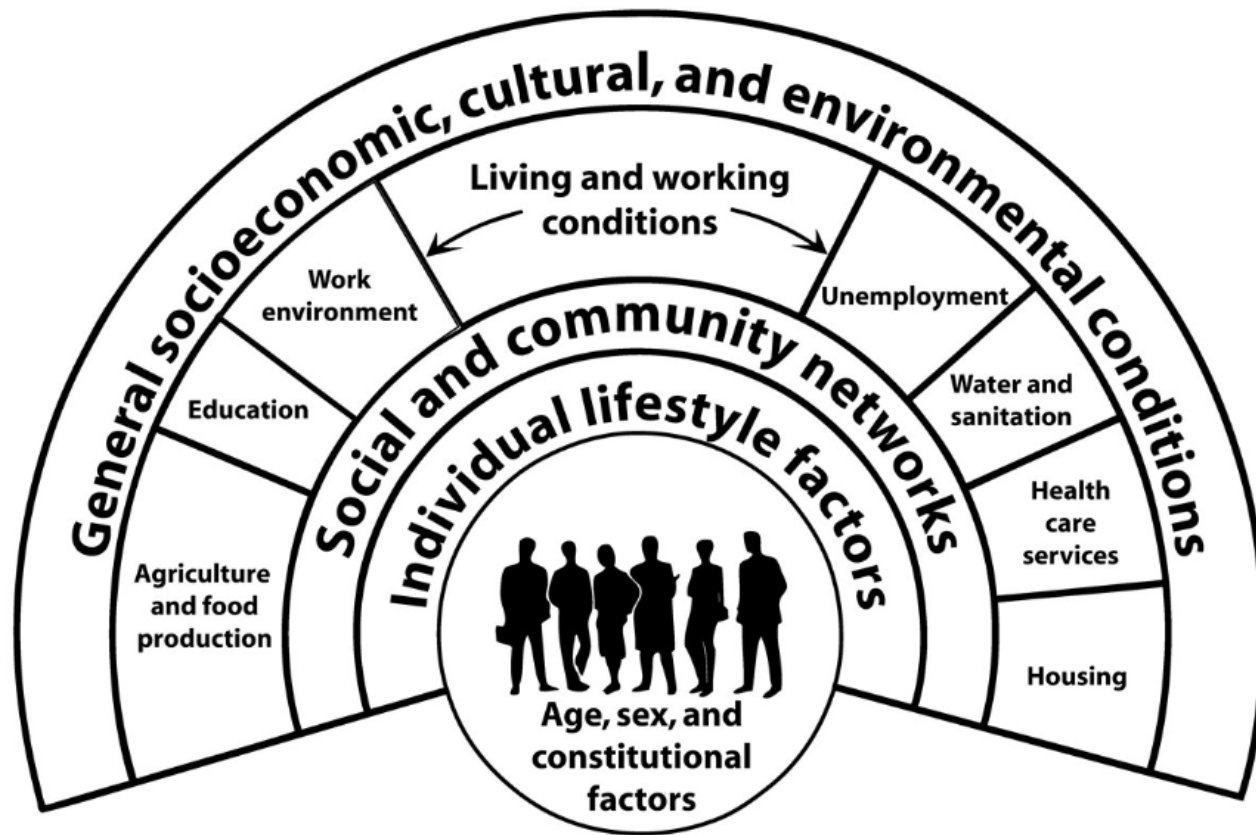
### **Caveats:**

**Rapid approach; not fully systematic or comprehensive;  
Evidence collated between mid-may and mid-June 2020**

# Impacts of infectious disease outbreaks on mental health



# Determinants of mental health



Dahlgren G, Whitehead M. Policies and Strategies to Promote Social Equity in Health. Stockholm, Sweden: Institute for Future Studies; 1991

# Outputs

Tabular summary and narrative discussion with links to key sources eg.

Determinant of Mental Health	Population groups affected	High-level evidence summary *Grading based upon bespoke system	Real-time data summary
<b>General socioeconomic, cultural and environmental conditions</b>			
<b>Recession</b>	<i>All (disproportionate effect on those from deprived areas; with insecure employment or experiencing financial loss during lockdown)</i>	<p>Economic recession has a negative impact on mental health.(B) Increased psychological stress due to financial hardship (including financial losses when in isolation) and <b>strain on family relationships</b> may lead to increased prevalence of mental health conditions.(D)</p> <p><b>Unemployment and indebtedness in relation to the 2008 recession was associated with increased suicides.(B)</b></p> <p>Recession is likely to impact different areas of the country differently: those from BAME backgrounds and more deprived areas are likely to be disproportionately impacted(B).</p>	<p>Based on a scenario of 3 months lockdown and then 3 months partial lockdown, the Office for Budget Responsibility has forecast Real GDP will fall 35 per cent in the second quarter but bounce back quickly. GDP in 2020 is forecast to reduce by 12.8%. <a href="https://obr.uk/coronavirus-analysis/">https://obr.uk/coronavirus-analysis/</a></p> <p><i>*In August 2020 UK officially entered recession with 20.4% fall in GDP in Q2.ONS</i></p> <p>ONS are collecting data via their <a href="#">Business Impact Survey</a>. Of businesses who reported they continued to trade, 61% reported a substantial decrease in turnover, 4% reported they had no cash reserves, 76% had applied for the Job retention scheme and 59% had applied to the Deferring VAT Payments scheme.</p>



# Some highlights - determinants

## Determinant

## Impact on mental health & likely change during pandemic

### Education

- Low educational attainment and school absence are risk factors for poor mental health and wellbeing in the short term and depression in later life; although there is a bidirectional relationship. Access to education improves educational attainment, which is positively associated with better mental health (A).
- **Prolonged or repeated school closures are likely to both limit academic progress, impact upon key development transitions and reduce opportunity to connect with peers; associated with a reduction in CYP wellbeing (B).**
- Inequalities in home learning environment and deprivation or abuse in the home may exacerbate the effects of school closures on children (B).

### Unemployment

- Unemployment, particularly long-term unemployment is associated with increased risk of mental health problems and increased suicides (B).
- Some sectors, such as accommodation, food and construction, may be more disadvantaged (C).
- Unemployment is higher in some BAME communities compared with White British people (B).
- Parental unemployment is associated with poor mental health outcomes for children and young people (C).

# Some highlights-vulnerable groups

## Determinant

**Impact on MH and likely change during pandemic**

## Bereaved Persons

**10-20% of those bereaved will usually experience complicated grief.(A)**

It is likely that these rates will increase during the COVID-19 pandemic as risk factors for complex grief include not being able to say goodbye; death whilst intubated and bereaved living alone(C), and thus restrictions on visits to care homes/hospitals and social distancing measures funerals heighten risk for grief complications.

## People who have had Covid-19

**In previous coronavirus epidemics, those who have been infected have experienced post-illness mental health problems such as PTSD (32%), anxiety (15%) and depression (15%) although majority do not remain long term .(A)**

In previous epidemics, those who have been infected have experienced stigma and discrimination that can impact on mental health; as well as other mental health problems such as depression following the illness.(E)

There is risk of an increased risk of post-traumatic stress disorder (PTSD) post ITU admission and emerging evidence of increased risk of PTSD post isolation / quarantine.(A)

# Summary

- 'Map' of likely mental health impacts of Covid-19 in UK
- Provides context for surveillance and modelling outputs
  
- **Not** systematic literature review – may be gaps
- Technical/critical appraisal recommended if used to inform policy
  
- **Not** official guidance on how to prioritise
- Resource which can be used as an aid for local planning

# Psychological First Aid

- PFA is recommended internationally
- Limited PFA trainers in UK
- Face to face training is difficult
- Large number of front line workers needed training
- An online PFA course already existed within PHE  
(designed for first responders for major (localised) incidents - flooding, terrorist attacks, complex road traffic accidents etc.)



# Psychological First Aid for COVID-19

## The team

- MHPSS reference cell (part of the PHE response architecture)
- Small team of MHPSS experts within PHE developed the new module
- External input from NHS, academic and independent experts

## The approach

- Principles of PFA from IASC, WHO, IFRC etc. (Prepare, Look, Listen, Link)
- All frontline workers (e.g. health and social care workers, council employees, housing and benefits officers, law enforcement officers, volunteers, community leaders and others with caring responsibilities)
- Relevant to COVID-19
- Free and accessible to everyone
- Brief e-learning (90 mins) in bite-size sections
- Certificate available on completion



# Future learn Platform

Split into 3 'week' sessions

During first 2 months -

Enrolled: 73,137

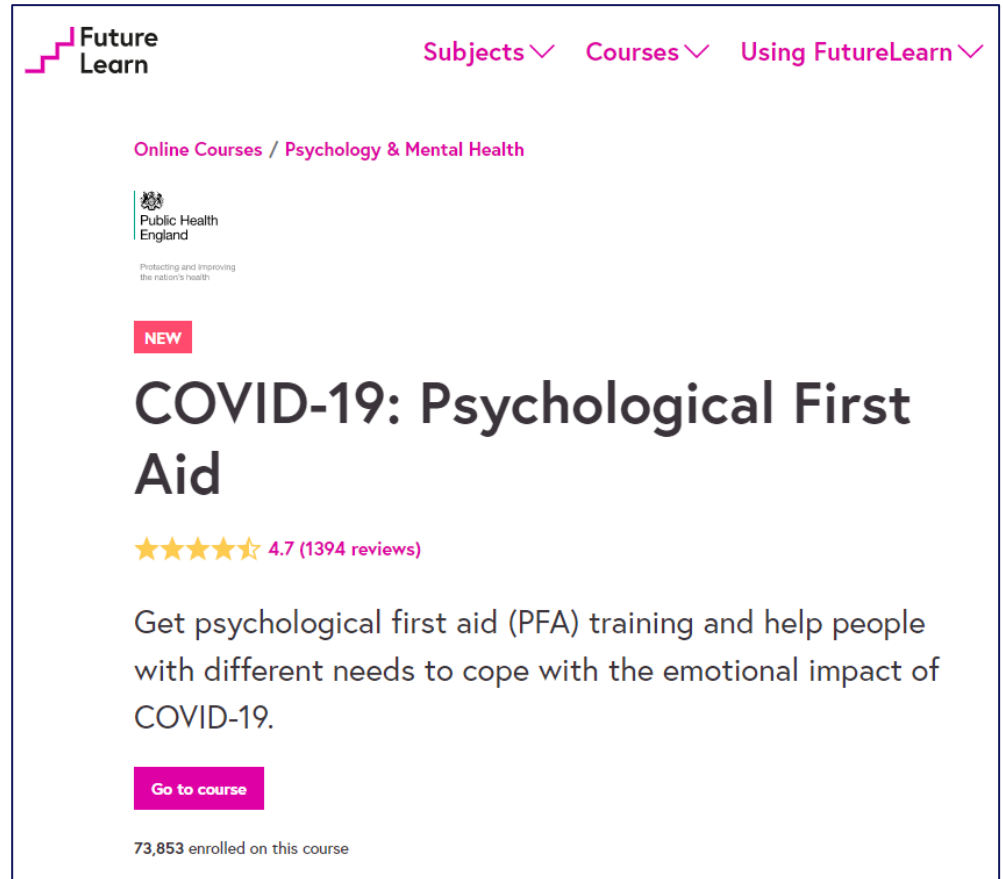
Completed 50%: 35,552

Completed 90%: 31,260

Participants from 170 countries

86% from UK

3% from India



The screenshot shows the Future Learn platform interface. At the top left is the Future Learn logo. To the right are navigation links for 'Subjects', 'Courses', and 'Using FutureLearn'. Below the navigation is the breadcrumb 'Online Courses / Psychology & Mental Health'. The course is presented by 'Public Health England', with the tagline 'Protecting and improving the nation's health'. A red 'NEW' badge is visible. The course title is 'COVID-19: Psychological First Aid', followed by a 4.7 star rating from 1394 reviews. The description states: 'Get psychological first aid (PFA) training and help people with different needs to cope with the emotional impact of COVID-19.' A 'Go to course' button is present, and at the bottom, it indicates '73,853 enrolled on this course'.

<https://www.futurelearn.com/courses/psychological-first-aid-covid-19>

# Mixture of articles, videos and quizzes

## WEEK 1: KNOWLEDGE

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### What is psychological first aid?

In this first activity we introduce what psychological first aid is and who can provide it.



**1.1** WHAT IS PSYCHOLOGICAL FIRST AID (PFA)? VIDEO (01:16)

**1.2** WELCOME TO THE COURSE ARTICLE

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### How do emergencies impact mental health?

Understanding the impact on mental in an emergency is important in order to provide the right care and access too resources for those in you support.



**1.3** HOW DO PEOPLE RESPOND TO EMERGENCIES? QUIZ

**1.4** HOW PEOPLE RESPOND TO EMERGENCIES? ARTICLE

**1.5** HOW DO EMERGENCIES IMPACT MENTAL HEALTH? ARTICLE

# ...and the final test

## Final Test



### Question 4

Ana becomes tearful on the phone. She says she is worried about having enough money as her work has stopped, she's a single parent and is feeling lonely and scared about losing her father.

How should you respond?

Select the most appropriate answer.

- Tell her you will book an appointment with a befriender volunteer
- Enquire where the children's father is and whether he can help with money
- Listen to what Ana is sharing with you
- Ask if she suffers from a mental illness

Correct

You scored: **3**



Jude Stansfield

Ana may not want an appointment with another volunteer. It's important not to make assumptions about people's circumstances and what support is available.

Many people will be experiencing distress at this time, regardless of whether they have a mental health problem or not. It's important to listen and show compassion to Ana as she confides in you. Once you've heard her situation you might offer other things that could help, and offer to book her an appointment if she wants.

< PREVIOUS QUESTION

NEXT QUESTION >



# Evaluation – end of course survey (n=21,669)

Q1 Did the course meet your expectations? Yes – 97%  
(52% = met expectations, 45% = better than expected)

Q2 Did you gain new knowledge and skills by taking the course?  
Yes – 92%

Q3 Since starting the course have you applied what you learned?  
Yes – 64%

Q4 – Have you shared what you learned with other people?  
Yes – 72%

# PHE Covid19 public mental health resources

- **PHE mental health and wellbeing surveillance report (monthly)**
- **PHE Evidence Mapping, Potential impacts of COVID-19 on population mental health in England - Determinants, Vulnerable Groups**
  - Blog with key findings and link to full document
- **PHE Webinar series to support local response on public mental health challenges of COVID-19 - LGA Knowledge Kub – khub.net**
  - Psychological First Aid in emergencies
  - Bereavement and grief: responding to the challenges of COVID-19
  - Living with mental illness during Covid-19: Addressing inequalities and supporting physical health
  - The impact on mental wellbeing of the COVID-19 pandemic – Mental Wellbeing Impact Assessment as a tool in identifying issues and planning actions
  - Supporting mental health and wellbeing of people from BAME communities during and after COVID-19
  - Supporting Money, Debt and Mental Health during and after COVID-19
  - Supporting Young People's Mental Health and Wellbeing - data insights, prevention and promotion