



Summary Report on H & I Mental Health Awareness Survey

Version 2 - 24 May 2016

Background

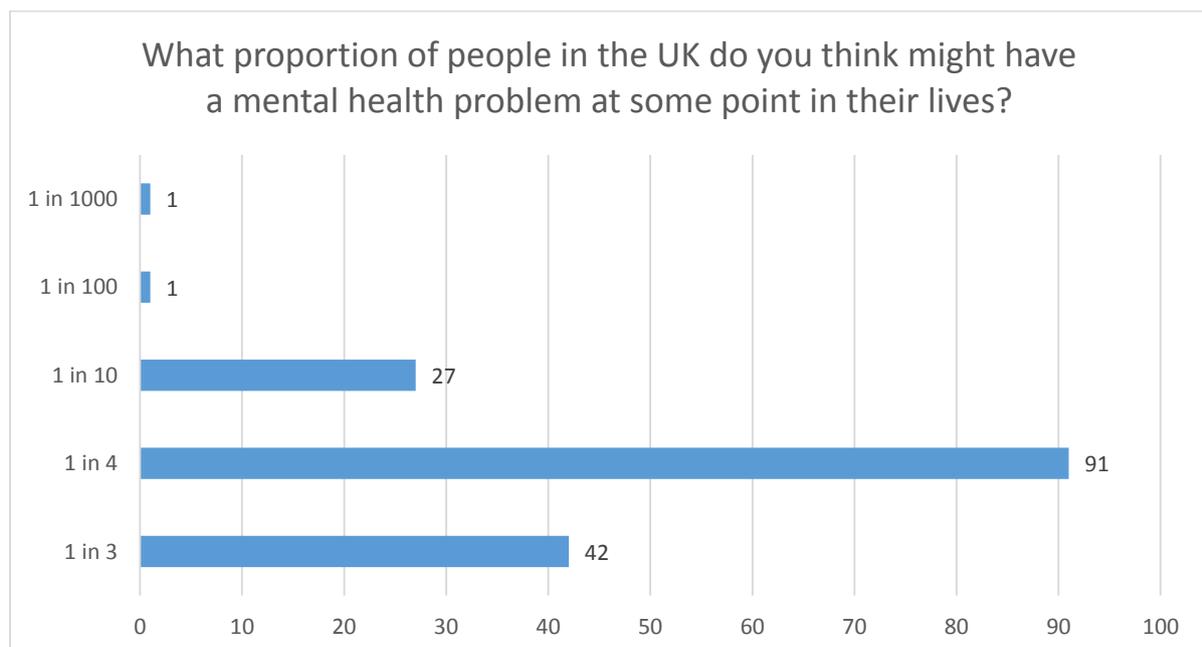
The aim of the survey was to help understand the awareness, main concerns and needs about mental health ranging from depression, anxiety, self harm, dementia and many other mental health issues within our community.

The survey was done in two different ways. The main set of responses (126 out of 162, 78%) were collected at the various events during the week 16-23 April 2016 on a single sided paper form in the Appendix. The remaining 36 were completed online (<https://surveyhero.com/c/62da57c>) and the report combines the results.

Awareness on Mental Health Issues

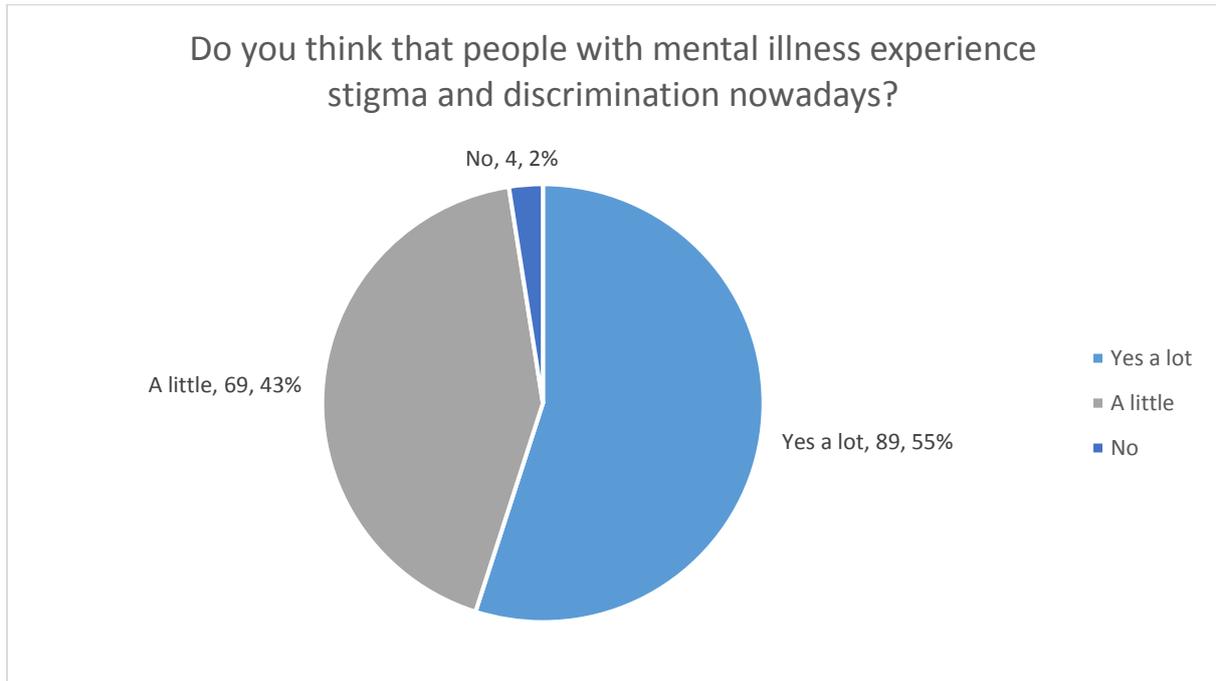
Incidence

The majority (91 or 56% of total respondents) gave the correct answer of 1 in 4



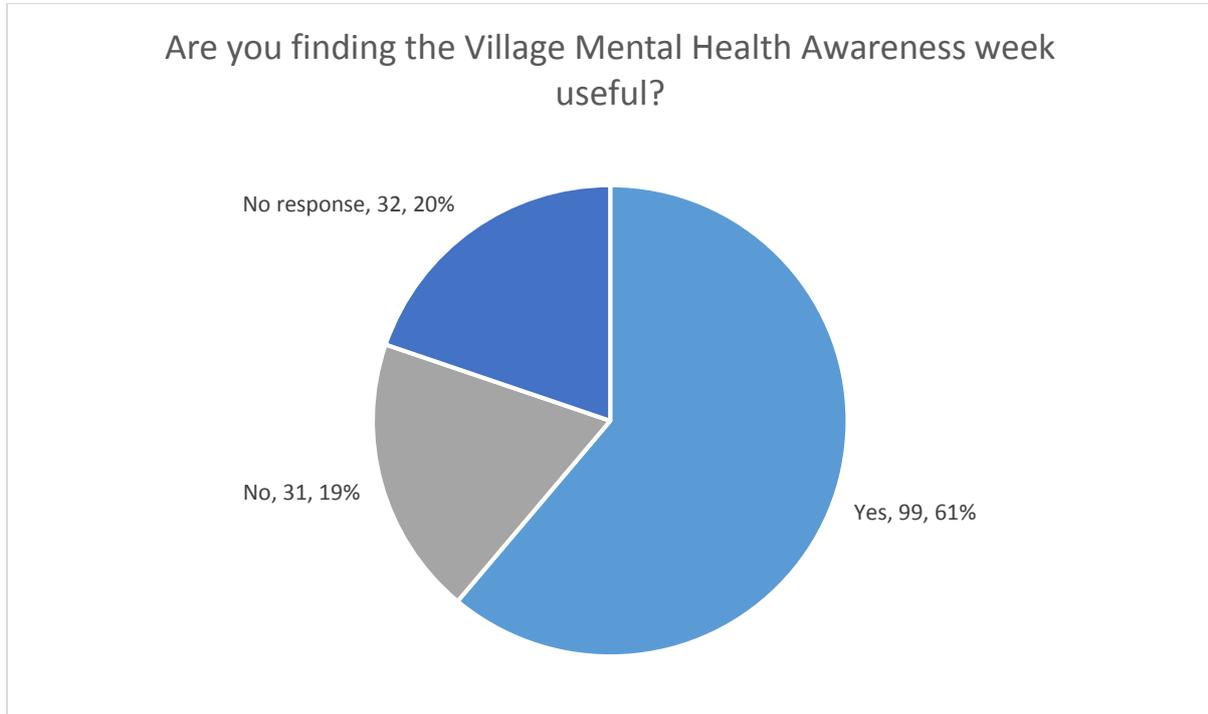
Stigma

Almost all the respondents think there is some stigma with the majority thinking there is a lot.



The Week

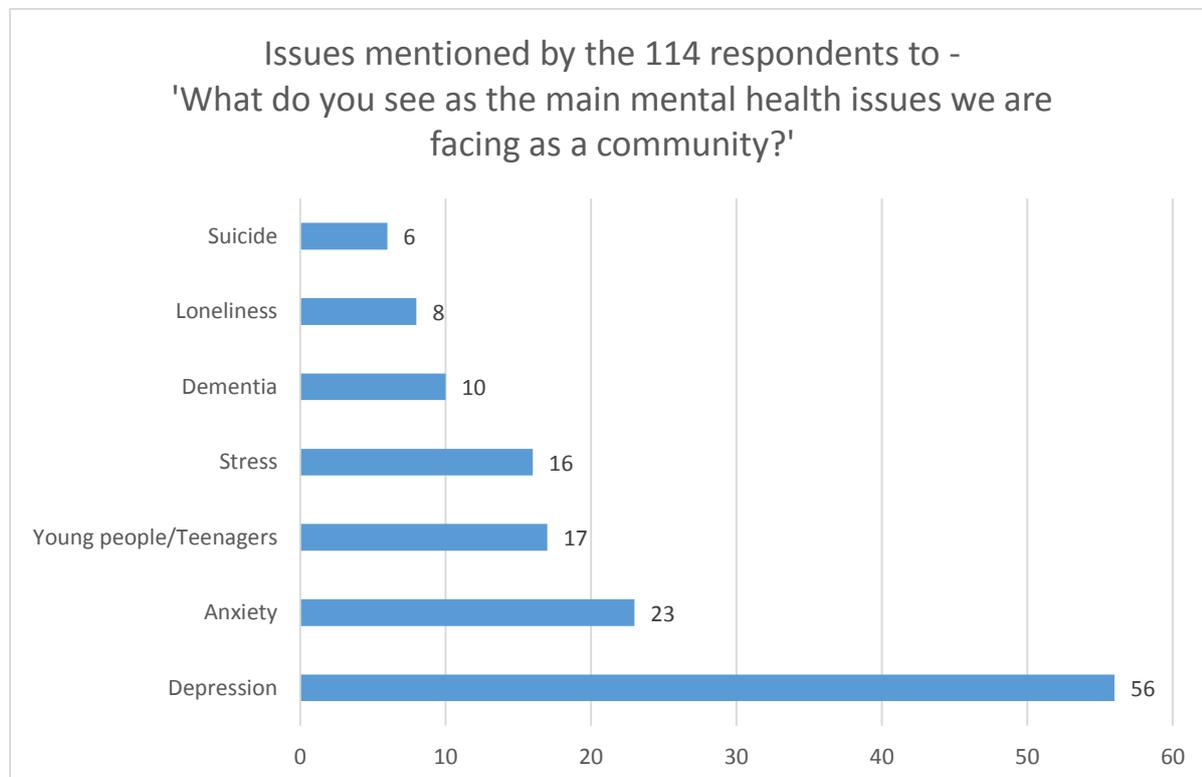
The majority of the respondents said they were finding the week useful.



There were a small number of written on comments on the paper forms, particularly from early on in the week, that it was too early to say or not applicable. Since these did not fit in the yes/no categories they were recorded as no response.

The Main Issues

There was a free format text field to respond to the question “*What do you see as the main mental health issues we are facing as a community?*” 70% (114 out of 162) took the time to fill in this with a wide range of comments. To help with interpretation the responses were analysed to count the number of mentions of some of the main issues.

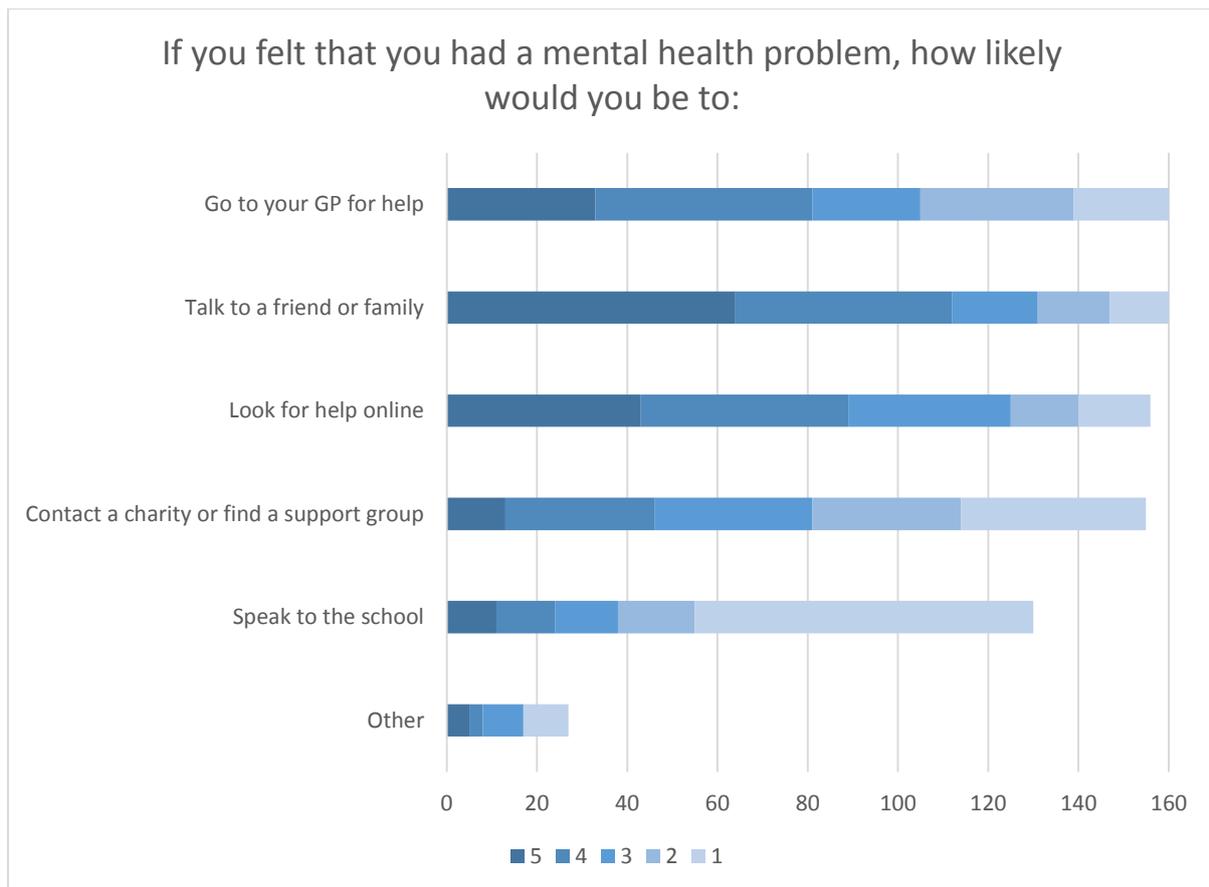


While many mentioned more than one issue it is clear that depression was mentioned in half of the responses and is seen as one of the most important issues we face.

Sources of help

We asked “*If you felt that you had a mental health problem, how likely would you be to*” On a scale of 1-Very Unlikely to 5-Very Likely would people be to do the following things.

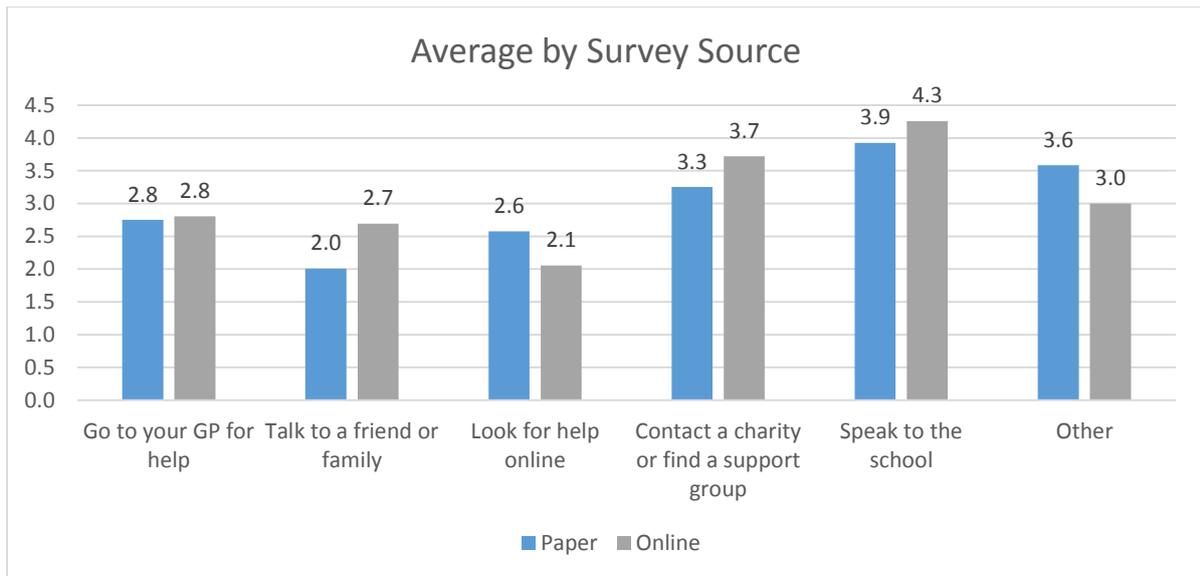
	Average Score	Total Responses
Talk to a friend or family	3.8	160
Look for help online	3.5	156
Go to your GP for help	3.2	160
Other	2.7	27
Contact a charity or find a support group	2.6	155
Speak to the school	2.0	130



A few mentioned other sources of help. Here they are with the score they gave it.

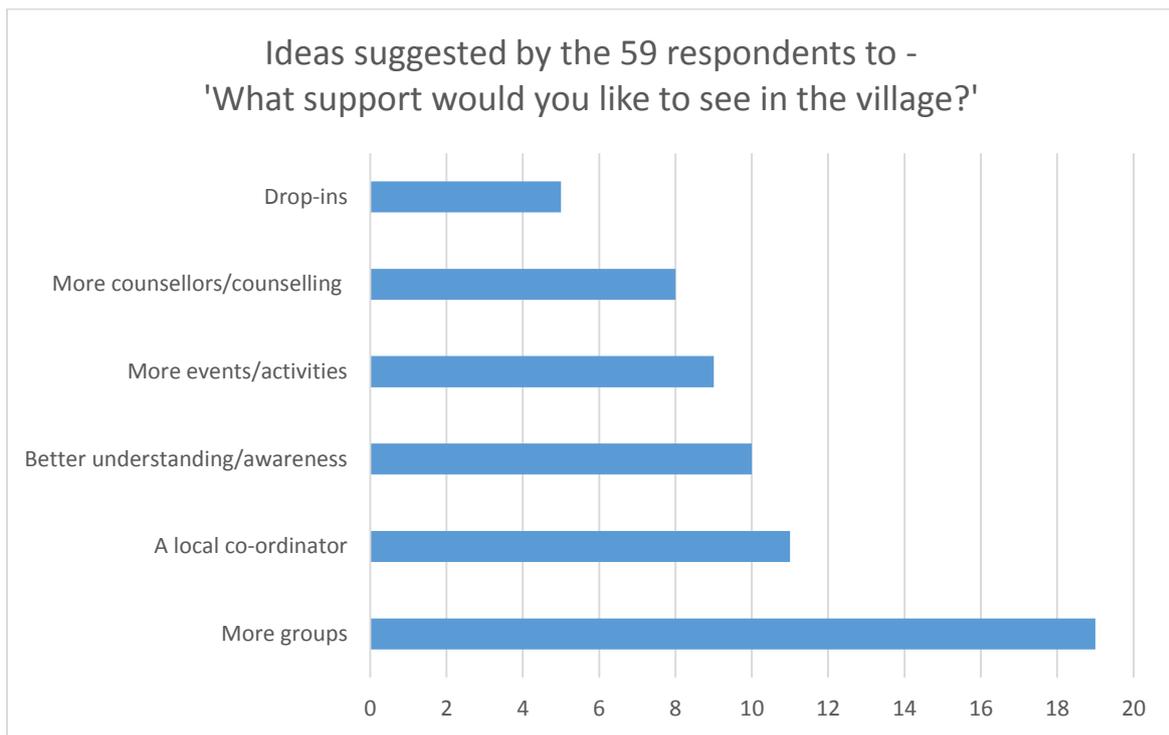
5	5
Express it though writing	1
Seek Christian counselling	1
Spirituality	1
work out what to do myself	1
(blank)	1
4	3
Investigate self-help books: there are some good ones, e.g., those recommended by "Books on Prescription."	1
private counselling	1
Talk with another supporting adult	1
3	9
(blank)	9
1	9
(blank)	9

One interesting feature of that was that the responses were different depending on how people completed the questionnaire. The searching online being more highly rated by those who completed the survey online.



Support Needed

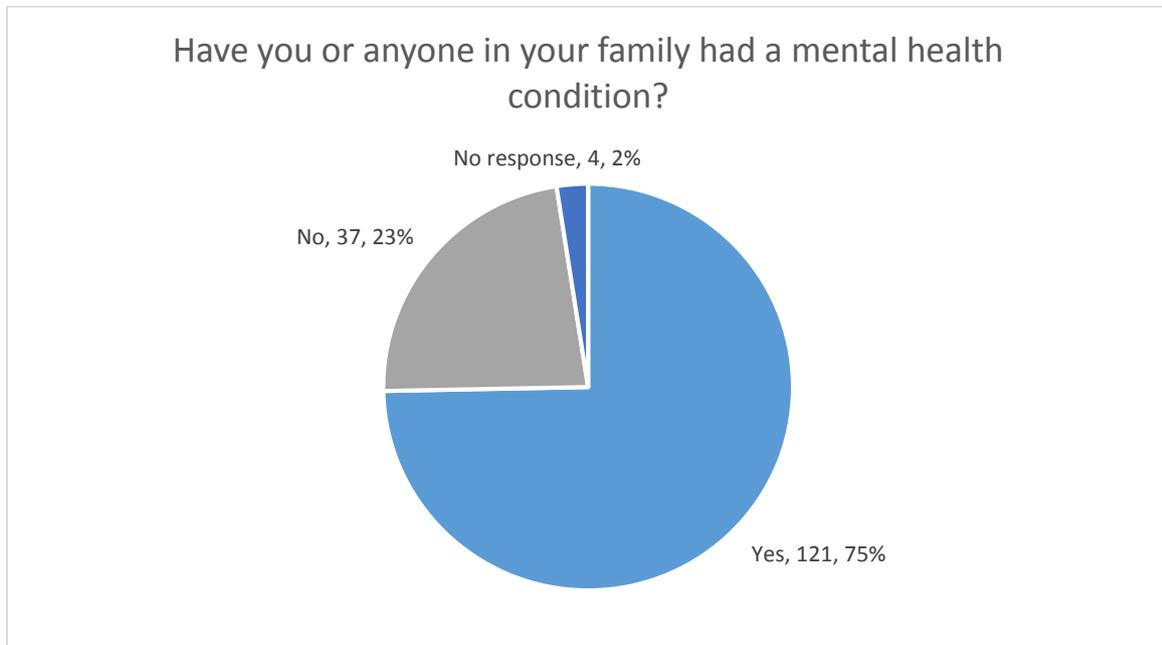
There were 59 responses to the open ended question *What support would you like to see in the village?* Here is a summary of a categorisation of the responses.



Experience of Mental Health Issues

Personal Experience

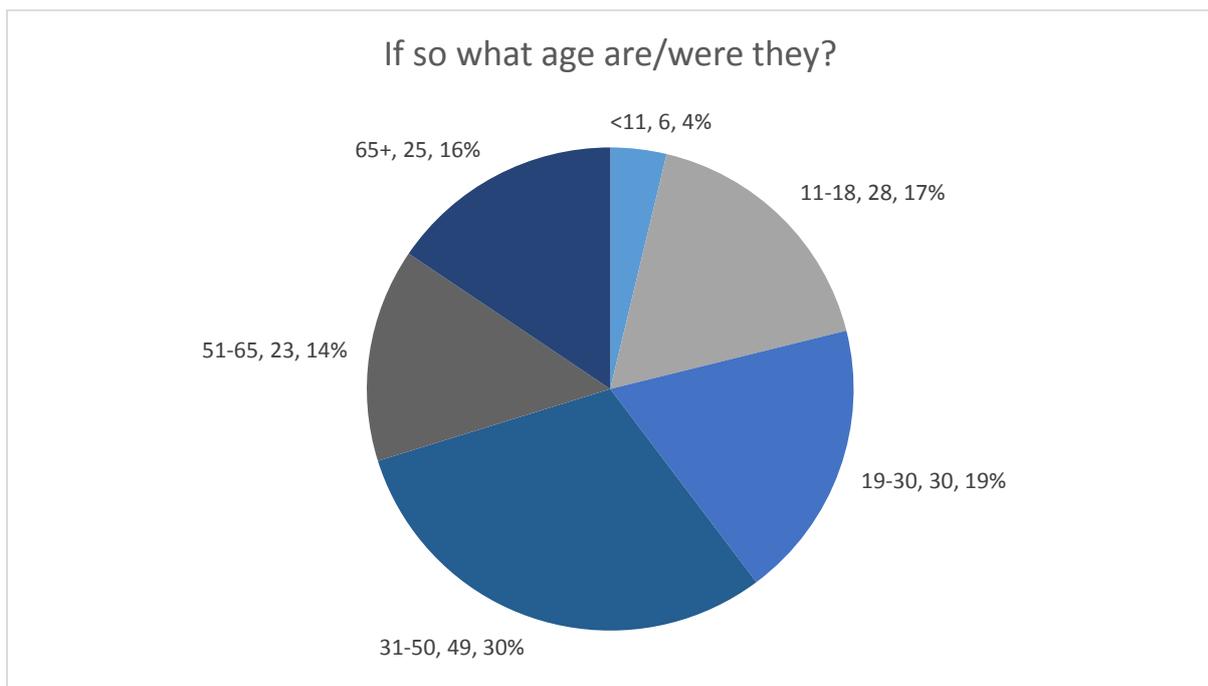
Three quarters of the respondents had direct personal experience of mental health either themselves or in their family.



The following data in this section applies only to those who answered yes to this question.

Age

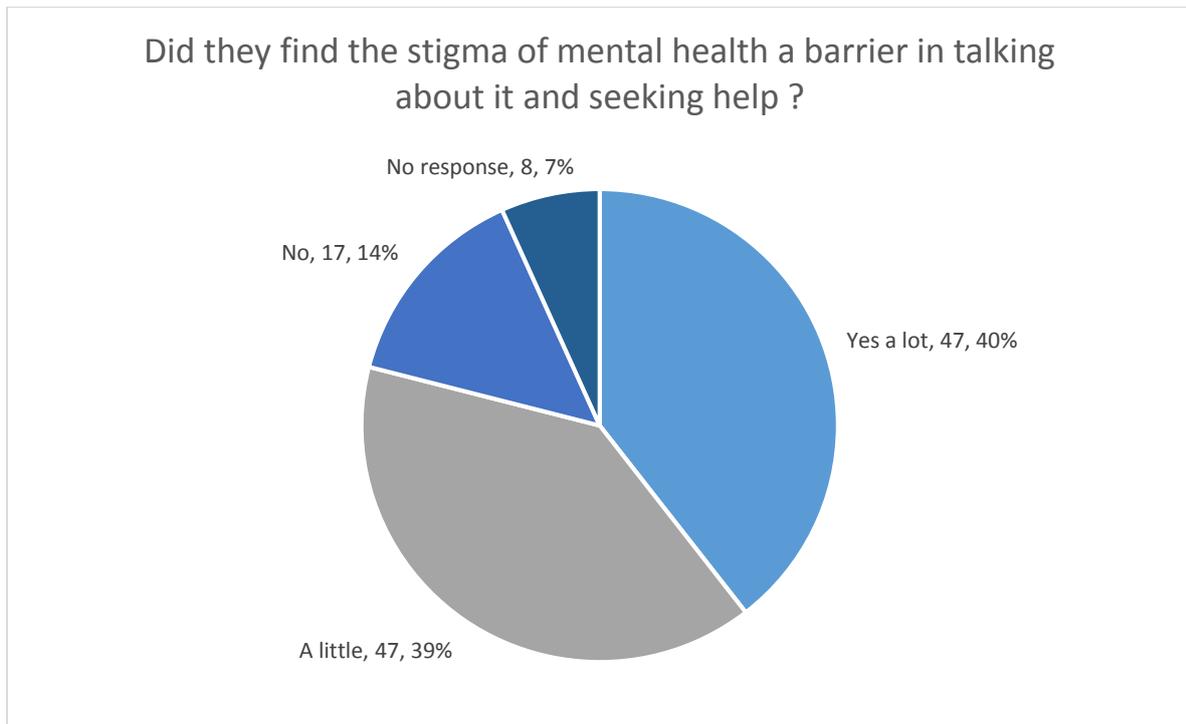
There was a reasonably even spread of ages for those who had experienced issues.



Note there was a significant difference between the data collected on the paper form where 27 responses indicated multiple ages. Whereas on the online form, the design meant that the respondents could only select one age group.

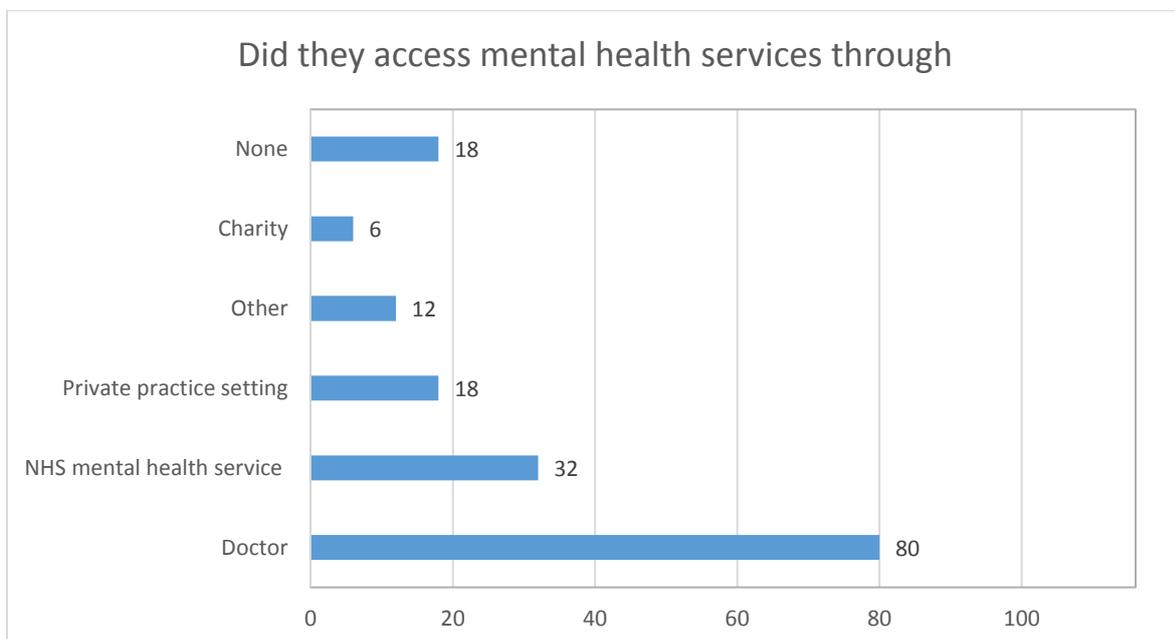
Stigma

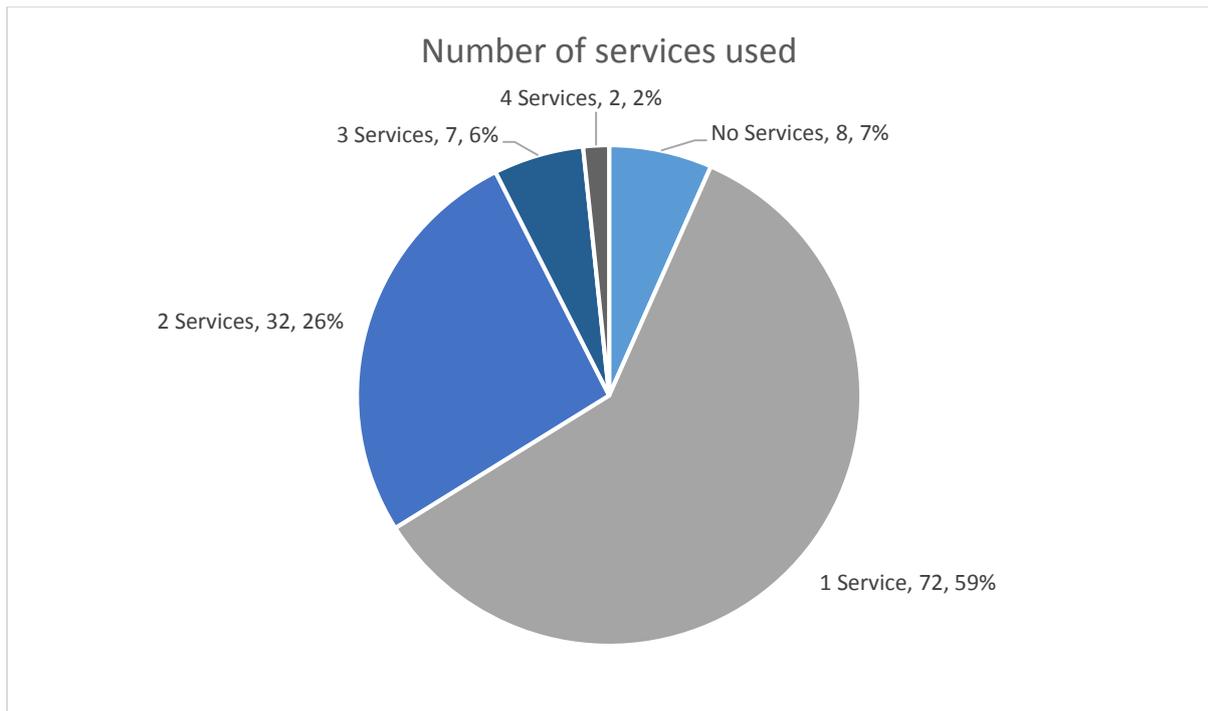
As in the second question the majority recognised that stigma had been an issue. But interestingly a significantly higher number with actual experience, 15, said they did not find stigma to be a barrier to getting help. Compared to the general question where only 4 answered no.



Services accessed

The vast majority accessed services through the GP and NHS mental health service.





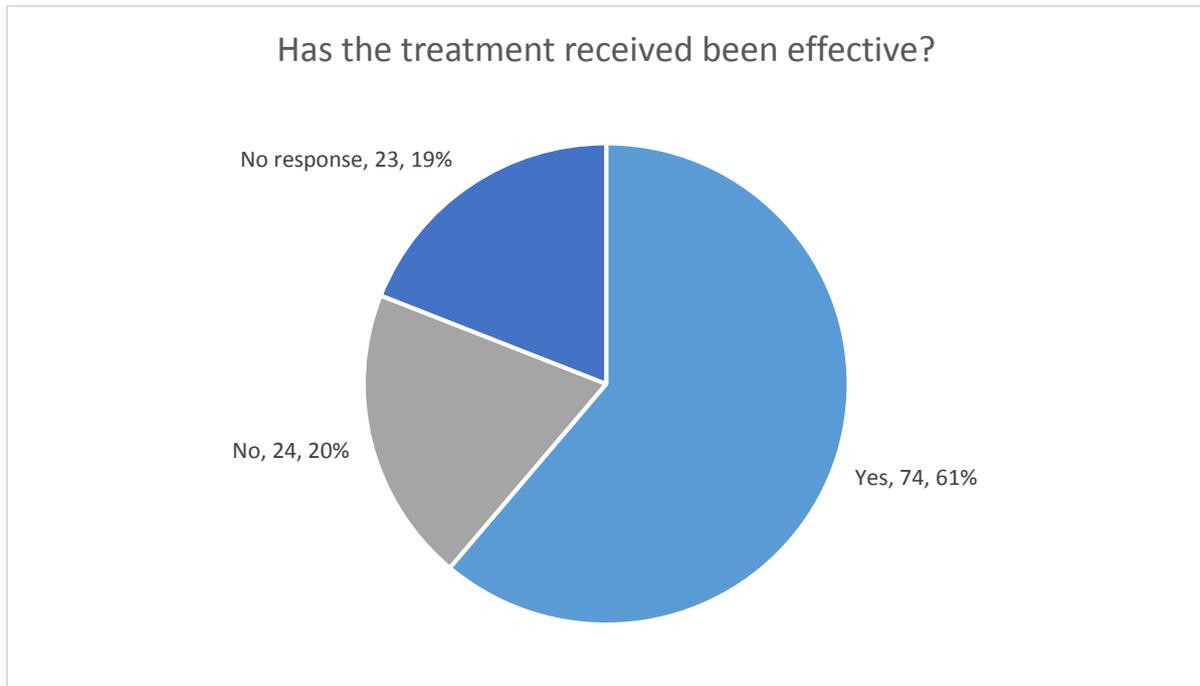
A third used more than one service. The most common combination was GP and NHS mental health service, which was used by 59% of those who used more than one service.

Some specified the following 'Other' services:

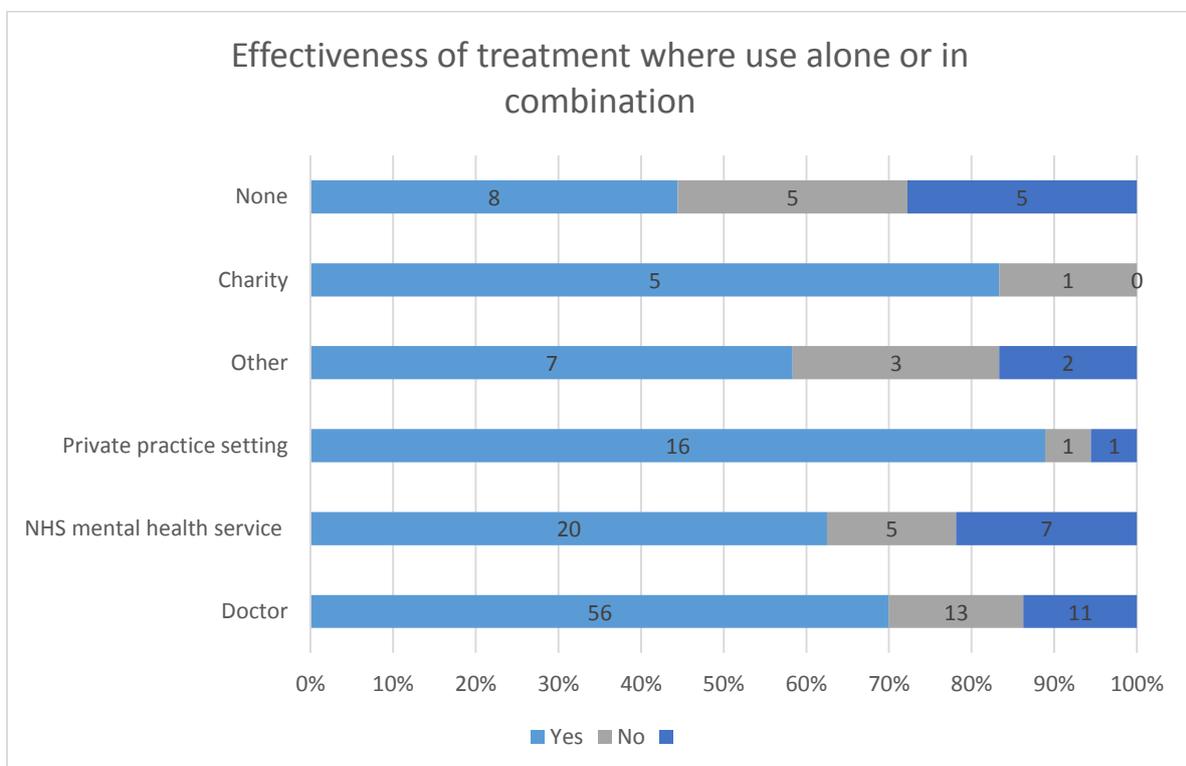
- Blue Smile
- Brookside
- College (Hills)
- Counsellor (Private)
- Family support/counselling
- Friends
- Hospital
- Attempted suicide, fast tracked to hospital service
- School
- Social services
- Work

Effectiveness

Almost two thirds of those who have personal experience of an issue said that the treatment that was received had been effective.

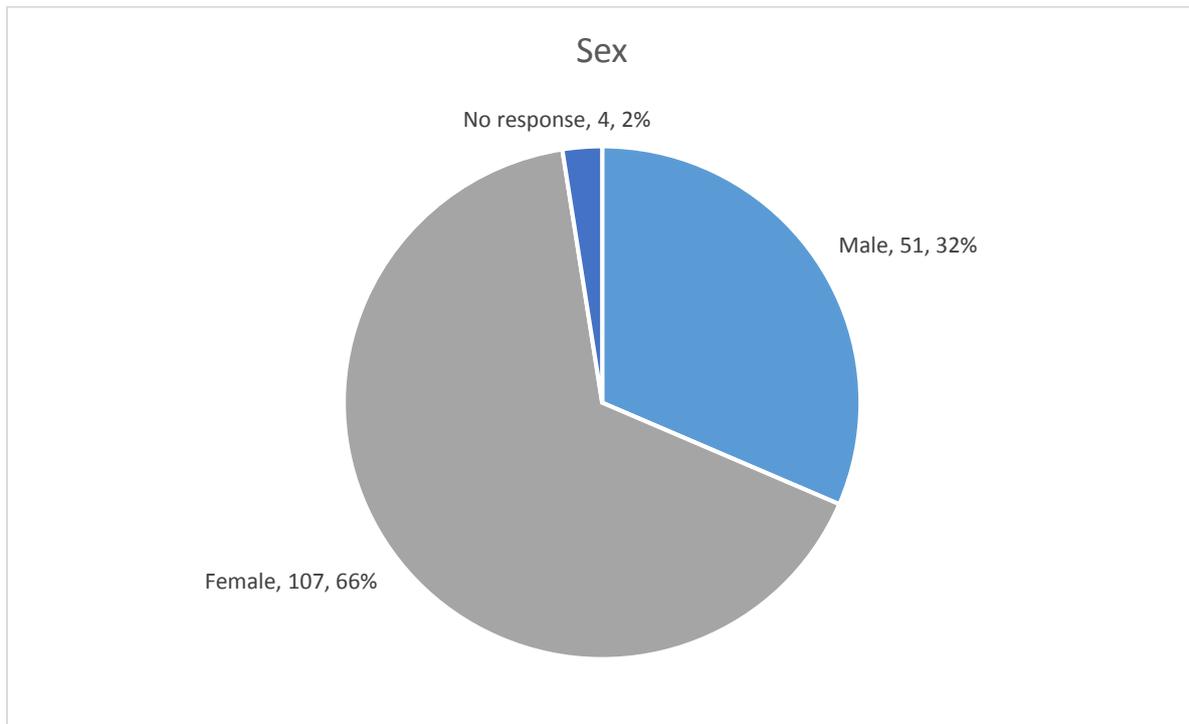


Looking at the effectiveness by type of service used, bearing in mind that 34% used more than one service



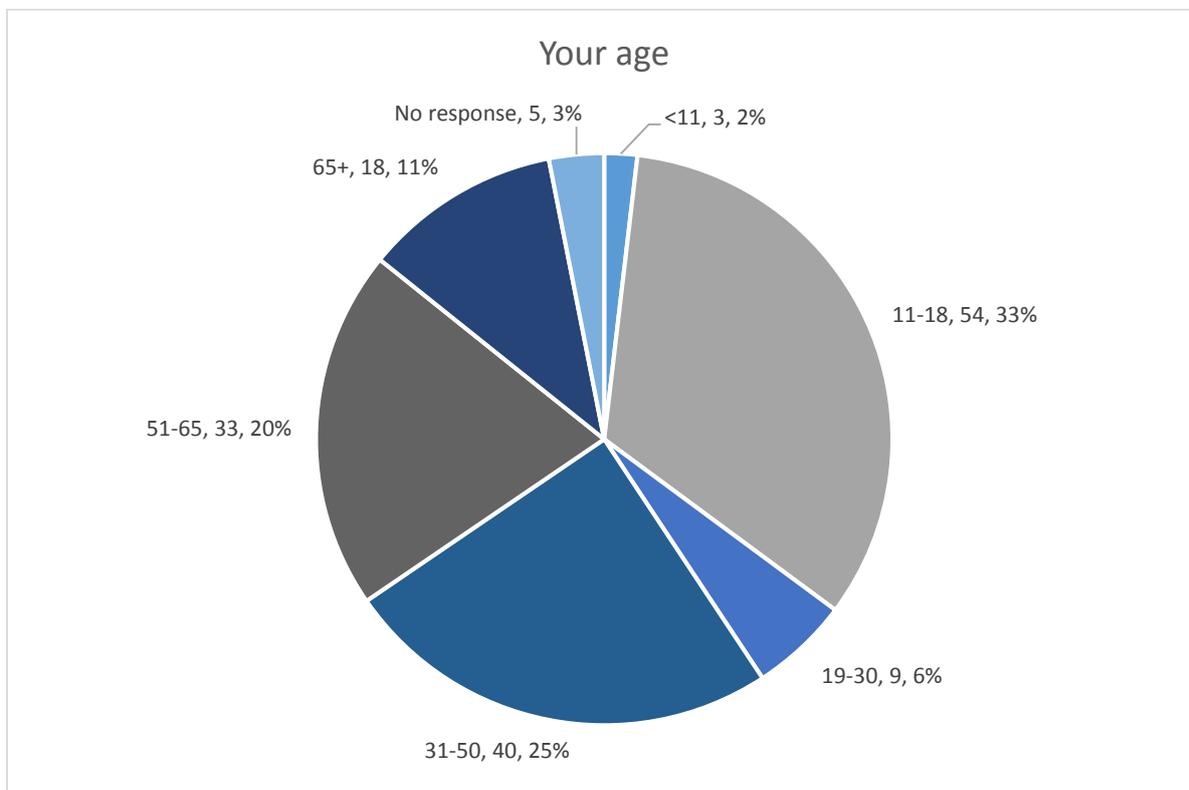
Who responded?

Here is the demographic breakdown of the respondents.



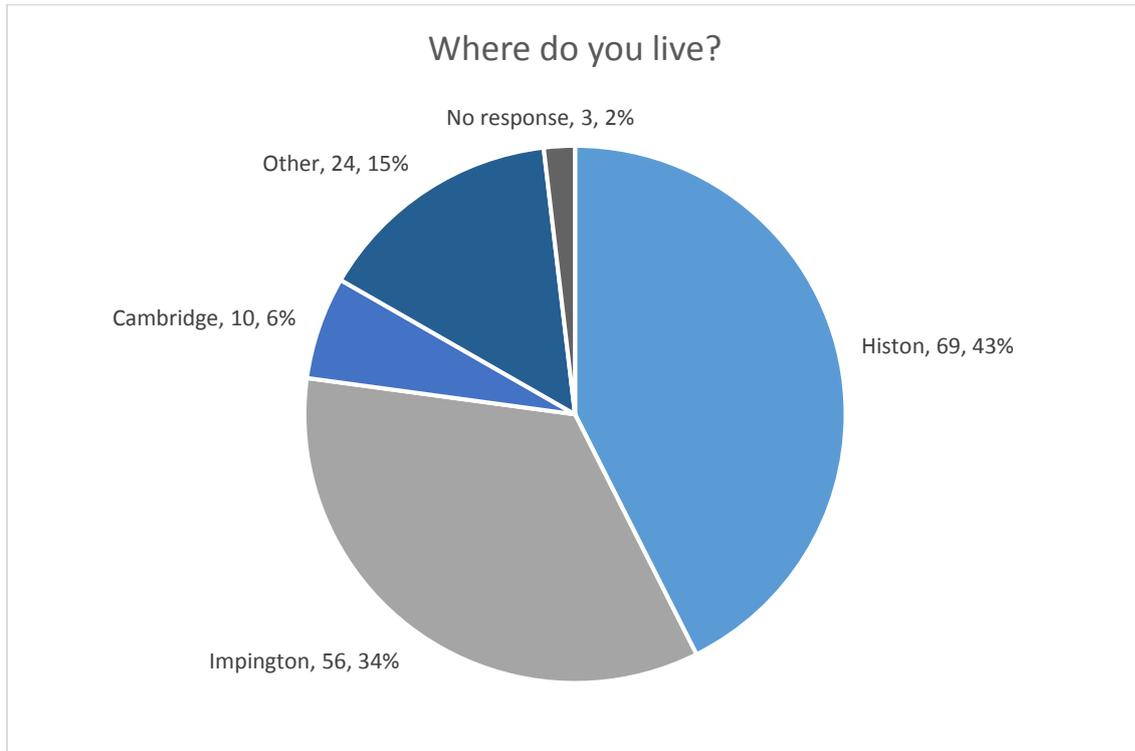
Age

There was a good response from teenagers, but a limited number of responses from the 19-30 age group



Location

79% of the respondents came from Histon and Impington.



Of the 24 who came from outside the Cambridge, Histon and Impington who specified and 'other' said the came from:

Cambridge	3
Girton	2
Huntingdon	2
Landbeach	1
Little Shelford	1
Milton	2
Oakington	2
St Ives	1
Sussex	1
Sutton	1
Waterbeach	3

Appendix: The Questionnaire



H & I Mental Health Awareness Survey

This survey is to help understand the awareness, main concerns and needs about mental health ranging from depression, anxiety, self harm, dementia and many other mental health issues within our community.

Awareness of Mental Health Issues

What proportion of people in the UK do you think might have a mental health problem at some point in their lives?	1 in 3	1 in 4	1 in 10	1 in 100	1 in 1000
Do you think that people with mental illness experience stigma and discrimination nowadays?	Yes a lot	A little		No	
Are you finding the Village Mental Health Awareness week useful?	Yes	No			
What do you see as the main mental health issues we are facing as a community?					

If you felt that you had a mental health problem, how likely would you be to:	Very unlikely	Neither likely nor unlikely		Very likely	
Go to your GP for help	1	2	3	4	5
Talk to a friend or family	1	2	3	4	5
Look for help online	1	2	3	4	5
Contact a charity or find a support group	1	2	3	4	5
Speak to the school	1	2	3	4	5
Other.....	1	2	3	4	5

What support would you like to see in the village?

Experience of Mental Health Issues

Have you or anyone in your family had a mental health condition?	Yes	No				
If so what age are/were they?	<11	11-18	19-30	31-50	51-65	65+
Did they find the stigma of mental health a barrier in talking about it and seeking help ?	Yes a lot	A little		No		
Did they access mental health services through	None Doctor Charity NHS mental health service Private practice setting Other					
Has the treatment received been effective?	Yes	No				

About Yourself

Sex	Male	Female				
Your age	<11	11-18	19-30	31-50	51-65	65+
Where do you live?	Histon Impington Cambridge Other					

Please return this form to the feedback box in the Saint Andrew's Centre or hand it in to the organisers at one of the events or email it to chris.cox@hisimp.com