

key factor in this. In response to this The Mental Health Foundation has published [Stress: Are we coping?](#) This report looks at the prevalence of stress in the UK and its implications. It also focuses on what people can do to manage and reduce stress and sets out recommendations for the government in creating a stress-free UK. Other helpful materials provided include booklets on [how to manage and reduce stress](#) and an [animation](#) on coping with stress.

Throughout MHAW NHS England published the following case studies

- [Chronic pain and low back pain pathway at Sheffield Improving Access to Psychological Therapies \(IAPT\) Service](#)
- [Early intervention service is supporting families when and where they need it: Tower Hamlets](#)
- [Employment Advisors in Improving Access to Psychological Therapies \(IAPT\) service at Let's Talk-Wellbeing: Leicestershire County and Rutland](#)
- [Mental health "game-changer care leads to 75 per cent reduction in hospital admissions": Cambridgeshire and Peterborough CCG](#)

The Vale of York CCG, and a member of the public, created and shared a five-minute film in which a York resident talks frankly about his struggle with [depression](#).

Mind focussed on [Stress in the Workplace](#) and have developed a range of useful resources for employers and employees.

Lastly, The Skills Network has become involved in a nationwide project to raise Mental Health Awareness by offering their Level 2 Mental Health accredited training course to organisations for free. The qualification is suitable for anyone who wishes to increase their knowledge of mental health problems, the factors that cause mental ill-health and the ways that mental health problems can be managed. The course is also suitable for those who already work in this area, anyone who wants to secure a job linked to mental health and anyone who wants to gain more knowledge for personal reasons. For more information go online [here](#) or email enquiries@theskillsnetwork.com

Suicide Prevention and Reduction

NHS England has announced additional funding to develop [suicide prevention and reduction schemes](#) in eight STPs/sICs with a high level of need. The funding is intended to ensure people are aware of high quality confidential help within their community. Details on plans from each STP/sICs are provided. Further information can also be found on the [Public Health England press release](#).

Physical Health of People with Mental Illness

A new collaborative to support the physical health of people with a mental illness has been launched. [Equally Well UK](#) brings together more than 20 professional organisations involved in mental health and physical health to support the reduction of the 15-20 year life expectancy gap facing people with a severe mental illness in Britain.

Perinatal Mental Health Care Pathways

NHS England has published [The Perinatal Mental Health Care Pathways](#). This document sets out policy drivers and strategic context for transforming perinatal mental health care, as well as pathways to deliver transformation. It provides services with evidence on what works in perinatal mental health and case studies of positive practice.

NHS England has also issued a news release [NHS England pledges specialist mental health services for new mums in every part of the country](#), which summarises the funding and services available across England.

Transition of Early Intervention in Psychosis Data Collection from UNIFY2 to SDCS

NHS England has advised Commissioners that Early Intervention in Psychosis (EIP) data collection will transition from UNIFY2 to the SDCS data collection from 1 May 2018, incorporating activity from April 2018. NHS Digital is in the process of linking up with CCGs to set up SEFT accounts to enable view of data submitted by providers via SDCS. Further information for the continuation of dual data collection can be found on the [Department of Health and Social Care's website](#).

National Mental Health Intelligence Network Profiling Tools

The National Mental Health Intelligence Network (NMHIN) has been conducting further developments on their suite of mental health profiling tools. Click on the links below to access the updates:

- [Common Mental Health Disorders](#)
- [Crisis Care](#)
- [Mental health and wellbeing JSNA profile](#)
- [Perinatal Mental Health](#)
- [Severe Mental Illness](#)

To receive updates directly from NMHIN visit the [PHE subscriptions page](#) and select 'Mental Health Dementia and Neurology'.

NICE Consultations and Shared Learning

NICE is currently consulting on the following:

- [Depression in Adults: Treatment and Management Guideline Second Consultation](#). The closing date for comments is **12 June 2018**.

Mental Health Reports, Resources and Research

The Centre for Mental Health and the Institute of Alcohol Studies have published [Alcohol and Mental Health: Policy and Practice in England](#). This report explores service provision for people with co-occurring mental health and alcohol misuse difficulties. It finds that co-morbidity is a barrier to treatment, and support for people with co-occurring alcohol and mental health problems is often poor and fragmented. It calls for concerted national leadership to improve the support offered to people with alcohol and mental health problems.

The Centre for Mental Health has published [Getting Serious about Prevention](#). This blog examines local prevention initiatives to improve mental wellbeing, including Thrive West Midlands led by MP Norman Lamb.

The Department of Health and Social Care has published [The Independent Review of the Mental Health Act: Interim Report](#). This review was set up to look at how the legislation in the Mental Health Act 1983 is used and how practice can improve. The interim report gives an update on the review's findings and the areas it will look at next. The review will examine the issues as set out in the report before making its final recommendations.

The Journal of Depression and Anxiety has recently published [Associations between therapists' occupational burnout and their patients' depression and anxiety treatment outcomes](#). The study highlights that many mental health professionals experience occupational burnout. Therapists experiencing burnout can become disengaged with their work and report low job satisfaction. Patients treated by therapists with high levels of burnout tend to have poorer depression and anxiety treatment outcomes. Therefore, one potential way to improve patients' treatment outcomes is to support therapists' wellbeing.

The Education and Health and Social Care Select Committees have published [The Government's Green Paper on Mental Health: Failing a Generation](#). This joint report finds the Government's proposed Green Paper on transforming children and young people's mental health lacks ambition and will not provide help to the majority of children who need it.

The Healthcare Quality Improvement Partnership has published [The Learning Disabilities Mortality Review Annual Report 2017](#). This report summarises the work of the Learning Disabilities Mortality Review (LeDeR) programme which reviews the deaths of people with learning disabilities in order to identify learning from those deaths and implement service improvement initiatives.

The House of Commons Library has issued [Mental Health Statistics for England: Prevalence, Services and Funding](#). This briefing paper examines the prevalence of mental health problems; examines IAPT, Early Intervention in Psychosis and secondary mental health services in detail and looks at funding for mental health services.

The Journal of Internet Studies has recently published [Self-Harm, Suicidal Behaviours, and Cyberbullying in Children and Young People: Systematic Review](#). The study found that victims of cyberbullying are at a greater risk than non-victims of both self-harm and suicidal behaviours. To a lesser extent, perpetrators of cyberbullying are at risk of suicidal behaviours and suicidal ideation when compared with non-perpetrators. The study recommends that policy makers and schools should prioritise the inclusion of cyberbullying involvement in programmes to prevent traditional bullying.

Money Saving Expert has recently released [Mental Health and Debt 2018](#). Debt and mental health problems be they caused by redundancy; bereavement, relationship breakdown, abuse or just naturally occurring are rarely talked about but very common. What is also rarely discussed is the link between mental health issues and debt. When debt mounts up, so does stress and anxiety. This guide is aimed at people experiencing mental health problems and friends, family and carers who want to help them tackle their finances.

NHS England has published [Carer Support and Involvement in Secure Mental Health Services](#). This toolkit aims to provide clear information for carers, service users, service providers and commissioners about how carers of people who use secure mental health services should be engaged with, supported, involved and empowered.

NHS Improvement has published [NHS Operation Productivity: Unwarranted Variations: Mental Health Services and Community Services](#). This review, carried out by Lord Carter, examines the productivity and efficiency of mental health and community health services and identifies unwarranted variation in the delivery of the services, as well as potential savings of nearly £1 billion that could be made in efficiencies by 2020/21.

NHS Providers has published [On the Day Briefing: Recent Reports on Mental Health and Learning Disabilities](#). This overview briefing provides a summary of the following three reports and puts forward NHS Providers' view of them:

- The Governments Green Paper on mental health
- The Learning Disabilities Mortality Review Programme
- The interim report of the Independent Review of the Mental Health Act

Mental Health Statistics

The following statistics have recently been released please click on the links to review further:

- [Learning Disability Services Monthly Statistics](#): Provisional: Apr 2018, Final MHSDS: Feb 2018
- [Learning Disabilities Health Check Scheme, England](#): Quarter 4, 2017-18
- [Mental Health Community Teams Activity](#): Quarter ending March 2018
- [Mental Health Early Intervention in Psychosis](#): March 2018
- [Measuring National Well-being: Quality of Life in the UK, 2018](#)
- [Mental Health Services Monthly Statistics](#): Final February, provisional March 2018
- [Out of Area Placements in Mental Health Services](#): February 2018
- [Psychological Therapies: Reports on the use of IAPT services, England](#): February 2018 final, including reports on the IAPT pilots

Dates for your Diary

Yorkshire and the Humber Mental Health Network Events:

- Wednesday 27 June 2018, 10:00-15:30, **Yorkshire and the Humber Liaison Mental Health and Crisis Network**, Venue to be confirmed, Leeds. For further information please email [Charlotte Whale](#).
- Thursday 19 July 2018, 12:30-16:30, **Yorkshire and the Humber EIP Network**, Venue to be confirmed, Leeds. To book your place click [here](#).

Other Events:

- **SafeTALK Course**, which aims to teach participants four basic steps to recognise if someone is having thoughts of suicide and how to connect them with resources that can help. Available on various dates throughout 2018.

For further information, and to check course availability, email: wdu@york.gov.uk or visit the website [here](#).

- Friday 8 June 2018, 09:00-17:00, **Improving Psychological Therapies for Older People**, De Vere West One Conference Centre, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Wednesday 20 June 2018, 09:00-17:00, **Family Interventions in Mental Health – Future Directions**, Ramada Birmingham Solihull Hotel, The Square, Solihull, B91 3RF. To book your place email [Sam Farooq](mailto:Sam.Farooq@york.gov.uk). NB: There is a cost to attend this event.
- Thursday 21 June 2018, 09:00-17:00, **EIPN Annual Forum**, Royal College of Psychiatrists, London. For further information click [here](#).
- Friday 22 June 2018, 09:00-17:00, **5th Annual PWP National Networking Forum**, Notts County Football Ground, Nottingham. To book your place click [here](#). NB: There is a cost to attend this event.
- Thursday 5 July 2018, 09:00-17:00, **The IAPT Manual in Practice**, Etihad Stadium, Manchester. To book your place click [here](#). NB: There is a cost to attend this event.
- Monday 10 September 2018, **World Suicide Prevention Day**. The international theme this year is 'Working Together to Prevent Suicide'.
- Monday 10 September 2018, 09:00-17:00, **Improving Physical Health Outcomes of People with Mental Health Conditions**, De Vere West One Conference Centre, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Friday 14 September 2018, 09:00-17:00, **Decision Making and Mental Capacity**, De Vere West One Conference Centre, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Wednesday 26 September 2018, 09:00-17:00, **Suicide Bereavement: Breaking the Silence**, Mercure Piccadilly Hotel, Manchester. To book your place click [here](#). NB: There is a cost to attend this event.
- Wednesday 17 October 2018, 09:00-17:00, **Employment Advisors in IAPT National Networking Forum**, Birmingham City Football Ground, Birmingham. To

book your place click [here](#). NB: There is a cost to attend this event.

Contacts

If you would like to discuss any of the items included in this e-bulletin or would like further information about the Mental Health Network please contact:

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Links and Partner Organisations

- **Interested in Dementia?** Why not check out the Yorkshire and the Humber Dementia Network E-Bulletin? Click [here](#) to read more.
- Yorkshire and the Humber Clinical Networks. Click [here](#) for the website.
- Yorkshire and the Humber Clinical Senate. Click [here](#) for the website.
- Yorkshire and Humber Academic Health Science Network. Click [here](#) for the website.

Request for Links: If you would like to feature a web link in this bulletin, or provide information as a Partner Organisation, please email details to sarah.boul@nhs.net with the words "Links and Partner Organisations" in the subject line.

Who produces this bulletin?

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