

shorter than average. Equally Well UK was established by the Centre for Mental Health in partnership with Rethink Mental Illness and Kaleidoscope Health and Care, and brings together organisations that can play a part in reducing this mortality gap and fight inequalities. Equally Well UK has co-produced a Charter for members to commit to prioritising physical health for people with mental health problems and work together to share what works. The Charter for Equal Health can be viewed [here](#).

New Guidance on Co-location of Mental Health Therapists in Primary Care

New guidance from NHS England intends to support GPs and commissioners to place mental health therapists in practice surgeries; bringing more mental and physical health services under one roof.

[Guidance on co-locating mental health therapists in primary care](#) provides information, case studies and blogs on integrating mental health therapists. It also identifies estate and financial issues that may need to be considered. Nine out of ten adults with mental health problems are supported in primary care and broadening the range of services for patients means health services are better equipped to deal with patients' physical and mental health needs.

NHS England Perinatal Mental Health Case Study

NHS England has recently published a case study showing how mums are benefiting from mental health support through a new community service at Hertfordshire Partnership University NHS Foundation Trust. The case study can be accessed [here](#).

NHS England Individual Placement and Support (IPS) Case Study

NHS England has committed to doubling access to Individual Placement and Support (IPS) services by 2021, enabling 20,000 people who experience a severe mental illness to find and retain employment. A [new case study](#) has been developed with mental health professionals and a service user at Northamptonshire Healthcare NHS Foundation Trust and can be accessed here.

Social Care Institute for Excellence Mental Capacity Act / Mental Health Act Webinar Recording

Social Care Institute for Excellence (SCIE) has released a recording of a webinar, which discussed the forthcoming [changes to the Mental Health Act and the Mental Capacity Act](#). The webinar reflected on the important changes in how people's rights are protected. A panel of policy and practice experts in both pieces of legislation helped practitioners, academics and others reflect on the changes.

Suicide Prevention Training on Offer

The Zero Suicide Alliance has developed an online course to share techniques on how to speak about one of the hardest subjects. The online course teaches some basic skills in how to approach the subject with someone who is distressed or is showing signs they may be struggling with their mental health and could be at risk of wishing to harm

themselves. The training is available on the [Zero Suicide Alliance's website](#).

The World Health Organisation has also released Preventing Suicide: A Community Engagement Toolkit. The toolkit is aimed at those who would like to initiate suicide prevention activities in their community. It describes a participatory bottom-up process by which communities can work together to identify, prioritise and implement activities that are important and appropriate to their local context and that can influence and shape policy and services. The toolkit can be accessed [here](#).

National Mental Health Intelligence Network Profiling Tools

The National Mental Health Intelligence Network (NMHIN) has released a new [Older People's Mental Health Data Catalogue](#) which:

- acts as a signposting guide for indicators, datasets and resources relevant to depression in older people at both a national and local level,
- is organised into three main focus areas: Prevention, Identification and Treatment,
- covers a range of topics from loneliness and social isolation to IAPT, use of the Mental Health Act and more.

The National Mental Health Intelligence Network (NMHIN) has also 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](#)
- [Severe Mental Illness](#)
- [Suicide Prevention Profile](#)

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

NICE Consultations and Shared Learning

NICE has published the Surveillance Reports below:

- [Common Mental Health Problems: Identification and Pathways to Care \(CG123, 2011\)](#): Surveillance decision: NICE will not update the guideline

These reports provide a summary of new evidence published related to a NICE guideline and include the decision that NICE has taken about the need to update the relevant clinical guideline in light of this new evidence.

NICE has also published a new guideline:

- NG105: [Preventing Suicide in Community and Custodial Settings](#)

This guideline covers ways to reduce suicide and help people bereaved or affected by suicides.

NICE has also published a quality standard on:

- [Quality standard \[QS175\]: Eating Disorders](#)

This quality standard covers assessment, treatment, monitoring and care for children, young people and adults with an eating disorder. It describes high-quality care in priority areas for improvement.

National Institute for Health Research (NIHR) Signals

The latest series of summaries of recently published research by the NIHR contain information on:

- [Cognitive behavioural therapy could benefit adults with attention deficit hyperactivity disorder \(ADHD\)](#)

The summaries intend to provide decision makers in health and social care organisations with evidence they can use to improve patient care.

Mental Health Reports, Resources and Research

The Children's Society has published [The Good Childhood Report 2018](#). This report examines the state of children's well-being in the UK from a survey of 10-17 year olds and their parents. One of the main findings highlighted in the report was that nearly a quarter of girls aged 14 said they had self-harmed in a year. The research also suggested both boys and girls can be harmed by gender stereotypes and pressure to live up to these expectations.

The Care Quality Commission has published [Sexual Safety on Mental Health Wards](#). This report presents findings and recommendations from a review of patient safety incidents related to sexual safety on mental health wards. The report follows engagement with trusts, national bodies, organisations representing people who use services and individuals with direct experience of sexual safety incidents.

The Centre for Mental Health has published [Coping through Football: Evaluation Report 2018](#). This report provides an economic analysis of the Coping through Football programme which aimed to deliver benefits to people living with mental health difficulties. The findings included a 12% reduction in the number of overnight hospital stays for participants.

The Centre for Mental Health has published [Social Media, Young People and Mental Health](#). This briefing paper is based on a brief scan of evidence from a range of sources to identify key themes in what is known about the impact social media (and their use) can have on young people's wellbeing, and the ways in which they can be harnessed positively.

Healthwatch has published [What people have told us about mental health](#). This report forms part of a multi-year project to understand people's experiences of mental health care. It sets out what people have told Healthwatch about their experiences of accessing mental health services and the wider support available. The report is accompanied by a literature review.

Mind has launched a new online 'gateway' to help workplaces improve staff wellbeing. [Mental Health at Work](#) brings together information, advice, resources and training that workplaces can use to improve wellbeing and give employees the mental health support they need.

Mental Health Statistics

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

- [Learning Disability Services Monthly Statistics - Provisional Statistics](#): August 2018: MHSDS: June 2018 Final
- [Mental Health Services Monthly Statistics](#): Final June, Provisional July 2018
- [Out of Area Placements in Mental Health Services](#): June 2018
- [Psychological Therapies: Reports on the use of IAPT services, England](#): June 2018 final, including reports on the IAPT pilots and quarter 1 2018-19 data
- [Personal Well-being in the UK](#): April 2017 to March 2018

Dates for your Diary

Yorkshire and the Humber Mental Health Network Events:

- Wednesday 3 October 2018, 09:45-15:45, **Yorkshire and the Humber IAPT Providers' Network**, Novotel, Leeds. To book your place email [Sarah Boul](mailto:Sarah.Boul).
- Wednesday 7 November 2018, 10:00-16:30, **Yorkshire and the Humber Crisis and Liaison Network**, Novotel, York. To book your place click [here](#).
- Thursday 15 November 2018, 12:00-16:30, **Yorkshire and the Humber EIP Network**, The Cosmopolitan Hotel, 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](#).

- Monday 1 October 2018, 09:00-17:00, **Improving Mental Health Crisis Care Summit**, De Vere West One Conference Centre, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Monday 8 October 2018, 09:00-17:00, **IAPT Long Term Conditions**, De Vere West One Conference Centre, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Tuesday 9th October 2018, 10:00-13:00, **NCISH Annual Report Launch**, MANDEC, 3rd Floor, University Dental Hospital, Higher Cambridge Street,

Manchester M15 6FH. To book your place click [here](#). NB: There is a cost to attend this event.

- Friday 12 October 2018, 09:00-17:00, **The Mental Capacity Act Masterclass**, De Vere West One Conference Centre, London. 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.
- Monday 12 November 2018, 09:15-17:00, **First UK Conference on Autism and Eating Disorders**, Cedar Court Hotel in Harrogate. To book your place click [here](#). NB: There is a small cost to attend this event.
- Monday 12 November 2018, 09:00-17:00, **Reducing the Impact of Sexual Abuse on Mental Health**, De Vere West One Conference Centre, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Friday 16 November 2018, 09:00-17:00, **Improving Mental Health Support for Asylum Seekers and Refugees**, De Vere West One Conference Centre, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Wednesday 12 December 2018, 09:00-17:00, Meeting Mental Health Needs: Practical Interventions to Improve Services, America Square Conference Centre, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Wednesday 23rd January 2019, 09:00-17:00, **2019 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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