



Yorkshire and the Humber Mental Health Network News

Issue 55

July 2020

Welcome!

Welcome to Issue 55 of the Yorkshire and the Humber Mental Health Network News.

This e-bulletin aims to provide a synthesis of national and regional developments in mental health; highlight newly available data and policies, support collaboration and share best practice across Yorkshire and the Humber. This month we would like to draw your attention to the [NHS led mental wellbeing webinars](#) that our colleagues in the London Network will be providing – freely available to all.

If you have any comments on this edition, ideas for improvements or suggestions for future editions, please get in touch. Contact details can be found [here](#).

All versions of this bulletin are available online [here](#).

Contents:

- [Grief and Loss Support Service launched for West Yorkshire and Harrogate](#)
- [Listening Service Launched in South Yorkshire and Bassetlaw](#)
- [The Dark Heart Therapy](#)
- [NHS Led Mental Wellbeing Webinars](#)
- [NHS Launches Ground Breaking Online COVID-19 Rehab Service](#)
- [Covid-19: Understanding Inequalities in Mental Health During the Pandemic](#)
- [A Councillor's Workbook on Mentally Healthier Places](#)
- [National Mental Health Intelligence Network Profiling Tools](#)
- [National Institute for Health Research \(NIHR\) Signals](#)
- [Mental Health Reports, Resources and Research](#)
- [Mental Health Statistics](#)
- [Dates for your Diary](#)
- [Contacts](#)
- [Links and Partner Organisations](#)

Grief and Loss Support Service launched for West Yorkshire and

Harrogate

A new [support and advice service](#) has been launched to help people across West Yorkshire and Harrogate through grief and loss.

The free service, commissioned by West Yorkshire and Harrogate Health and Care Partnership, will be delivered by West Yorkshire and Harrogate Independent Hospices Consortium, Bradford Counselling Collaborative and Leeds Mind. The practical and emotional support and advice service will be available 7 days a week, from 8am to 8pm.

Open to people in West Yorkshire and Harrogate, the service will be the first point of contact for anyone suffering any form of grief and loss, or those worried about losing someone, whether this relates to a family member, friend or member of their community. It is also available to those feeling impacted by the deaths of public figures and/or the volume of deaths across the country. A loss may not have been directly caused by the virus, for example, someone may have been unable to visit a loved one during an illness or see them in their final days.

People will be able to self-refer to the service or will be signposted by other agencies such as the police, hospital bereavement services, funeral directors, GPs, community and faith organisations and others. People will be signposted to further support where required, with the service well-connected to local place-based specialist bereavement support services.

Listening Service Launched in South Yorkshire and Bassetlaw

A new [listening service](#) for people who have lost loved ones during the coronavirus pandemic has been launched in South Yorkshire and Bassetlaw. Health and local authority partners in South Yorkshire and Bassetlaw recognised that during the Coronavirus pandemic people are experiencing the death of family and friends in difficult and painful circumstances. It is very likely that due to the restrictions people may not be with their loved ones at the time of their death or they may have witnessed traumatic scenes and it could have happened very quickly. Restrictions also mean that the usual practical and emotional support people can physically get from family and friends following a bereavement may not be there.

The service is a free to call number and people who call it will be able to talk to a trained therapist who will be able to offer emotional health and wellbeing support and practical support. Available from Monday-Friday between 10am and 5pm, the free service is open for self-referral as well as taking referrals from emergency services, GPs or a range of other frontline services.

The Dark Heart Therapy

[The Dark Heart Therapy](#), produced in association with XenZone (Kooth), aims to help men and boys feel easier about accessing therapy and to drive male engagement in mental health services. The Dark Heart Therapy is a powerful ten minute film, which seeks to penetrate the inner recesses of the male psyche and explores the continuum between vulnerability and violence. It would be a useful resource in educational programmes aimed at enabling men to feel comfortable enough to present themselves for therapeutic help and, as such, it has a part to play at the current time when the suicide rate among men is escalating in many cultures.

NHS Led Mental Wellbeing Webinars

Webinars for the general public, Tuesdays at 4pm:

A [Coping Well During Covid](#) webinar series is supporting anyone who is feeling anxious or worried about coronavirus and how it is impacting them, their loved ones, their work and their future. Taking place on Tuesdays at 4pm, each 60-minute webinar is NHS-led and current topics include managing wellbeing, anxiety, low mood and sleeping difficulties.

Each webinar offers participants the chance to explore ideas and tools to support mental health and wellbeing in a clinically led and interactive way, when joining live. Further sessions are also being explored, such as focusing on money and mental health and bereavement. The full schedule and recorded webinars are available from the [Thrive LDN website](#).

Webinars for health and care workers, Thursdays at 4pm:

A new [Keeping Well for Health and Care Workers](#) webinar series is designed to help manage the emotional health and wellbeing of those working in health and care services, whether at the front line or in supporting services. Taking place on Thursdays at 4pm, each session has a focus on sustaining staff wellbeing and will explore topics such as preventing burnout, coping with stress and sleeping better. The full schedule and recorded webinars are available from the [Thrive LDN website](#).

NHS Launches Ground Breaking Online COVID-19 Rehab Service

Tens of thousands of people who are suffering long-term effects of coronavirus will benefit from a revolutionary on-demand recovery service. Nurses and physiotherapists will be on hand to reply to patients' needs either online or over the phone as part of the service. The new 'Your COVID Recovery' service forms part of NHS plans to expand access to COVID-19 rehabilitation treatments for those who have survived the virus but still have problems with breathing, mental health problems or other complications. More information can be found [here](#).

Covid-19: Understanding Inequalities in Mental Health During the Pandemic

The Centre for Mental Health has published [a briefing paper](#), supported by 13 other national mental health charities, exploring the mental health inequalities that are associated with the pandemic in the UK. It finds that the virus and the lockdown are putting greater pressure on groups and communities whose mental health was already poorer and more precarious.

The Centre for Mental Health has also published [a briefing paper](#) on Covid-19 and the nation's mental health: July 2020. The briefing warns that the combination of a possible rise in Covid-19 cases combined with seasonal flu, the absence of financial safety nets such as the furlough scheme, and a no-deal Brexit may affect the whole UK economy and have a major knock-on effect on mental health.

A Councillor's Workbook on Mentally Healthier Places

The Local Government Association has published [a workbook](#) that has been designed as a distance learning aid to support councillors in developing mentally healthier

communities. It is structured to reflect the three most important factors influencing health as identified by the World Health Organization: individual characteristics and behaviour; physical environment; and economic context.

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](#)
- [Severe Mental Illness](#)
- [Suicide Prevention Profile](#)

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

National Institute for Health Research (NIHR) Alerts

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

- [Ambulance staff who respond to suicides need more support](#)
- [Therapists and patients have good quality interactions during telephone sessions](#)
- [Research funding boost for mental health in low- and middle-income countries](#)

Alerts are short, accessible summaries of health and care research which is funded or supported by NIHR. This is research which could influence practice and each Alert has a message for people commissioning, providing or receiving care.

Mental Health Reports, Resources and Research

AXA Asia and Columbia University World Health Organization (WHO) Centre for Global Mental Health has developed a toolkit to help business leaders and managers anticipate and take actions that effectively support employees' mental health during COVID-19 and beyond: [Supporting Mental Health of Employees During and Beyond COVID-19](#).

The British Red Cross has published [Life after lockdown: tackling loneliness among those left behind](#). The Covid-19 crisis has made loneliness worse, with some people more affected than others. This report shows that although social distancing and lockdown measures will continue to be eased, loneliness will remain and for those most left behind, it may continue to grow.

The Institute for Fiscal Studies has published [The mental health effects of the first two months of lockdown and social distancing during the Covid-19 pandemic in the UK](#).

This report discusses the impact of Covid-19 on mental health. It finds that mental health in the UK has worsened substantially as a result of the Covid-19 pandemic, particularly for groups that already had lower levels of mental health before Covid-19, such as young adults and women.

The King's Fund have published [Staying motivated in uncertain times](#). Three months into the Covid-19 crisis, the trajectory of the pandemic remains unclear and no one knows what the future looks like. This uncertainty can leave us feeling tired and demoralised, so we have got some guidance on keeping ourselves and our teams motivated in these challenging times.

The King's fund has published [What has Covid-19 taught us about supporting workforce mental health and wellbeing?](#) The Covid-19 outbreak has exposed gaps in psychosocial support for health care workers. Mary Docherty, Consultant Liaison Psychiatrist at King's College Hospital NHS Foundation Trust London, considers the action needed to address those gaps and meet the needs of the workforce in future.

The King's Fund has published [Mental health care in the time of Covid-19](#). Helen Gilbert reflects on the experiences of staff and people with mental health problems during the first months of Covid-19 and urges mental health services to learn from those experiences to plan for the future.

The Mental Health Foundation has launched a new guidebook, which explores the relationship between nature, wellbeing and mental health. The [Mental Health Foundation](#) is proud to have joined forces with [WWF UK](#) to make available this free resource 'Thriving With Nature'.

Mind have published [The mental health emergency: how has the coronavirus pandemic impacted our mental health?](#) Mind has announced five key tests for the UK government as part of its recovery plan for mental health: investing in community services; protecting those most at risk and addressing inequalities faced by people from black, Asian and other minority ethnic communities; reforming the Mental Health Act; providing a financial safety net through the benefits system; and supporting children and young people.

The National Child Mortality Database for England have published a report on child suicides over the lockdown period <https://www.ncmd.info/2020/07/09/suicide-covid/>. In the report, analysis of early findings from a real-time surveillance system for child suicide deaths based on NCMD shows:

- There is a concerning signal that child suicide deaths may have increased during the first 56 days of lockdown, but risk remains low and numbers are too small to reach definitive conclusions.
- Amongst the likely suicide deaths reported after lockdown, restriction to education and other activities, disruption to care and support services, tensions at home and isolation appeared to be contributing factors.
- Previous research has highlighted suicide risk in people with autism. The report found that a quarter of individuals both pre and post lockdown had ASD or ADHD. Although the finding of increased risk is unconfirmed statistically, clinicians and services should be aware of the possible increase and the need for vigilance and support.

Public Health England have published the following updated guidance on mental health and wellbeing during coronavirus:

- [Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus \(Covid-19\) pandemic](#)

- [Guidance for the public on the mental health and wellbeing aspects of coronavirus \(Covid-19\)](#)

The Teenage Cancer Trust has published [Cancer x coronavirus: the impact on young people](#). Young people with cancer are feeling further isolated. This report reveals that they are having difficulties accessing emotional and psychological support and are finding the isolation from friends and family, school or work hardest to manage.

YoungMinds has published [Coronavirus: impact on young people with mental health needs](#). This second survey with young people by YoungMinds investigating the mental health impact of the Covid-19 coronavirus pandemic shows that many are under increasing pressure and struggling to get the right support. The report reflects the results of a survey with 2,036 young people aged 13-25 with a history of mental health problems, carried out between 6 June and 5 July. It follows on from a similar survey carried out in March, at the start of the lockdown period.

Zero Suicide Alliance and Mental Health Foundation have launched an interactive [suicide risk mapping service](#) for England that draws together information from multiple sources. You can explore different regions and local authorities and look at the 11 different social factors with suggested actions for the public sector.

Mental Health Statistics

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

- Autism Statistics reports can be found at: <https://digital.nhs.uk/data-and-information/publications/statistical/autism-statistics/autism-statistics>
- [Background quality report: mental health in the UK armed forces, June 2020](#)
- [Child suicide rates during the Covid-19 pandemic in England: real-time surveillance](#)
- [Coronavirus and loneliness, Great Britain: 3 April to 3 May 2020](#)
- [Learning disability services monthly statistics \(assuring transformation: May 2020, mental health statistics dataset: March 2020 final\)](#)
- [Lockdown's side effect: mental health deterioration of people affected by dementia, with third 'giving up'](#)
- Mental Health Services Monthly Statistics reports can be found at: <http://digital.nhs.uk/pubs/mhsfinmar20>
- [Out of area placements in mental health services: April 2020](#)
- [Psychological therapies: reports on the use of IAPT services, England, April 2020 final, including reports on the IAPT pilots](#)

Dates for your Diary

Yorkshire and the Humber Mental Health Network Events:

- Friday 31 July 2020, 12:30-14:00 or 14:30-16:00, **North East and Yorkshire and the Humber Psychological Therapies for Severe Mental Ill Health Stakeholder Events**, MS Teams. To book your place email [Denise Friend](#).

- Tuesday 3 November 2020, 09:30-15:30, **Yorkshire and the Humber Senior PWP Network**, MS Teams. To book your place email [Sarah Boul](mailto:Sarah.Boul).
- Wednesday 18 November 2020, 09:30-15:30, **Yorkshire and the Humber IAPT Providers' Network**, MS Teams. To book your place email [Sarah Boul](mailto:Sarah.Boul).

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 2020.

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

- Monday 27 July 2020, 09:00-13:00, **Mental Capacity in the Time of Coronavirus**. Virtual Workshop. To book your place click [here](#). NB: There is a cost to attend this event.
- Thursday 10 September 2020, 09:00-13:00, **Mental Capacity in the Time of Coronavirus**. Virtual Workshop. To book your place click [here](#). NB: There is a cost to attend this event.
- Friday 11 September 2020, 09:00-17:00, **Virtual Reality in Mental Health and Psychological Therapies**, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Friday 18 September 2020, 09:00-17:00, **Decision Making and Mental Capacity: Ensuring Best Practice and Adherence to the NICE Guideline**, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Monday 21 September 2020, 09:00-17:00, **Prevention and Management of Violence and Aggression**, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Monday 21 September 2020, 09:00-17:00, **Improving the Management of People with Coexisting Severe Mental Illness and Substance Misuse**, London. To book your place click [here](#). NB: There is a cost to attend this event.
- Wednesday November 18 2020, 09:00-17:00, **Suicide Bereavement: Using our Collective Voice, Manchester**. To book your place click [here](#). NB: There is a cost to attend this event.
- Tuesday 8 December 2020, 09:30-16:00, **NHS Employee Wellbeing**

Conference, Live Streamed. 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:

Sarah Boul, Quality Improvement Manager: Adult Mental Health
sarah.boul@nhs.net, 07584362063

Denise Friend, Quality Improvement Lead: Adult Mental Health
denise.friend@nhs.net, 07795668907

Twitter: @YHSCN_MHDN #yhmentalhealth

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?

This bulletin is provided for anyone working with, or interested in, Mental Health and the Clinical Networks in Yorkshire and the Humber. The bulletin is provided on an opt-out basis. If you received this email in error, or no longer want to receive the bulletin, email sarah.boul@nhs.net with the words 'Unsubscribe Bulletin' in the subject line.

Disclaimer: *The content of this bulletin does not necessarily reflect the views of NHS England, but is provided as a rapid information service for staff interested in Mental Health and the Clinical Networks in Yorkshire and the Humber. All links from this bulletin are provided for information only. A link does not imply endorsement of that site. We do not accept responsibility for the sites linked to, or the information displayed there.*