



## **Better Support for Self-harm in the Community**

The [National Confidential Inquiry into Suicide and Safety in Mental Health](#) (NCISH) is working alongside experts from the [Manchester Self-Harm Project](#) and the [Patient Safety Translational Research Centre](#) to support community mental health transformation teams with practical advice to improve community-based services and care for people who self-harm by providing broad expert knowledge of current self-harm data and research; providing guidance on national guidelines and recommendations for the care of people who self-harm and advising on methods of data collection to monitor and evaluate the impact of service changes for people who self-harm.

In addition to this, NCISH have recently launched an [online resource](#) with sections containing information on different aspects of care for people who self-harm, including national clinical guidelines, peer reviewed journal publications, and commissioned reports. This website will be continually updated as the project progresses and will be an important live resource for all STPs / ICSs working towards implementing their new models of community-based mental health care from 2021/22.

## **COVID-19 Vaccination and the Mental Capacity Act 2005**

Department of Health and Social Care [guidance](#) is available for health and social care staff about the COVID-19 vaccination for people who may lack mental capacity, under the terms of the Mental Capacity Act 2005.

Additionally, inpatients within mental health and learning disability settings who are 80 years of age and over are listed [as a priority group](#) to receive the vaccine. NHS England and NHS Improvement are working with the vaccination deployment programme to ensure that effective models are put in place across all regions to deliver for this cohort of people. This may include roving or outreach teams, which are to be commissioned regionally. This work will be supported by updates to the vaccination standard operating procedures to ensure that the vaccine is delivered safely and effectively within mental health and learning disability settings.

## **Every Mind Matters Campaign - Make Inside Feel Better**

COVID-19 has impacted the whole country; for almost everyone, life has had to change fundamentally. Research shows that since the start of the pandemic there has been an increase in a range of mental health conditions for adults, from low wellbeing, sleep problems and anxiety to depression. However, there are things that people can do to support their mental health and wellbeing at this time and the Every Mind Matters campaign is here to support the nation's mental wellbeing with the encouragement that "When things aren't so good out there, make inside feel better" by creating a free NHS-approved [Mind Plan](#). Find out more about Every Mind Matters [here](#).

## **Mental Health Services Data Set (MHSDS) Version 5.0 Public Consultation Questionnaire**

The MHSDS is a person level, output based, secondary uses data set which aims to deliver robust, comprehensive, nationally consistent and comparable person-based information for children, young people and adults who are in contact with mental health, learning disability and autism services located in England or located outside England but treating patients commissioned by an English CCG or NHS England specialised

commissioner or an NHS-led Provider Collaborative. Changes are required to MHSDS v4.1 to ensure that the data set remains fit for purpose. The changes included in this release relate to new government policy initiatives; resolution of issues within the current data collection and inclusion of other key stakeholder requirements.

As part of the application to obtain approval from the Data Coordination Board (DCB) NHS Digital [are asking for feedback](#) on the proposals for MHSDS Version 5.0. Consultation feedback will be reported back to the DCB before publication of an Information Standards Notice (ISN) is agreed. The consultation runs until 29 January 2021.

### **Mind's Inquiry into Mental Health and Secondary Schools**

Mind want to hear from mental health professionals with experience of working with secondary school age children as part of Educating Mental Health: Mind's inquiry into mental health in schools. Mind are interested in hearing about experiences of working with children and young people aged 11-18. Answers will inform recommendations on how to ensure children and young people at secondary school can get the support they need with their mental health. Please see [here](#) to complete the survey.

### **Reforming the Mental Health Act**

An independent review of the Mental Health Act 1983 (MHA), published in 2017, looked at how it is used and made suggestions for improvement. It concluded that the MHA does not always work as well as it should for patients, their families and their carers. This White Paper proposes a range of [changes to the Mental Health Act](#), based on four principles that have been developed with people with lived experience of the MHA. They are: choice and autonomy; least restriction; therapeutic benefit; and the person as an individual. The consultation on these proposals closes on 21 April 2021.

### **Staff Mental Wellbeing Support**

The spread of COVID-19 is affecting the mental health of everyone in the NHS, from nurses, doctors and porters to caterers, procurement teams and service managers. As we head further into winter and increasing pressures from the pandemic, now, more than ever, it is important that we look after ourselves and each other. Free, confidential, emotional support specifically for NHS staff is available from the Samaritans. You can access the NHS support line on 0800 0696 222. It is open 7am to 11pm, seven days a week. The line is independently run by Samaritans, with trained volunteers on hand to support you when you've had a tough day, are feeling worried or overwhelmed, or just have a lot on your mind. Samaritans is there for everyone, not only those in crisis or feeling suicidal.

NHS England and NHS Improvement have also put in place a comprehensive package of emotional, psychological, and practical support for NHS staff available at [people.nhs.uk](https://people.nhs.uk).

You can also access helplines and text services via the following:

- Send the text 'FRONTLINE' to 85258 to start a conversation - this service is free on all major mobile networks and is a direct support for those who may be struggling to cope and need help.
- Listening Line - For all NHS staff, call 0800 0696 222 07:00-23:00
- Bereavement and loss support call 0300 3034434 07:00-23:00

## **West Yorkshire and Harrogate Health and Care Partnership Suicide Prevention Campaign**

West Yorkshire and Harrogate Health and Care Partnership have launched a 'Check-in' campaign aimed at staff. The campaign aims to reduce staff suicide and promote a wellbeing culture by normalising the conversation around suicide and mental health as well as providing training, resources and signposting for support. Please see [here](#) for more information on this campaign as well as detail on the partnerships Five Year Suicide prevention strategy.

## **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:

- [The long term severity of psychosis could be predicted by an early test of coordination and balance](#)
- [The WHELD programme for people with dementia helps care home staff deliver person-centred care](#)

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**

The Association of Mental Health Providers has published [Digital inclusion in mental health: a guide to help improve access to digital mental health services](#). In the wake of Covid-19, the use of remote or digital mental health services was accelerated or adopted to ensure individuals who need services could continue to access support. This guide aims to help mental health service providers ensure all individuals in need of mental health services have choice in the care they receive, and nobody is excluded due to a lack of digital access, confidence or skills.

COVID-19 Guidance for Communicating with People with a Learning Disability, Autism, Dementia or Mental Health Needs has been published. [This guidance](#) has been assessed to identify potential equality impacts of the COVID-19 pandemic on people with mental

health needs and a learning disability and autistic people. It is acknowledged that people with mental health needs, a learning disability or autism who contract COVID-19 may require reasonable adjustments.

The Journal of Psychiatric Research has published [The early impact of COVID-19 on mental health and community physical health services and their patients' mortality in Cambridgeshire and Peterborough, UK](#). This study examined service use and mortality in patients of mental health and community health in Cambridgeshire and Peterborough, up to August 2020. The study found referrals and self-presentations to health services dropped substantially at lockdown across mental health and community health in the area and then rose to pre-lockdown levels in liaison psychiatry services.

The Lancet Public Health has published [Effects of the COVID-19 pandemic on primary care-recorded mental illness and self-harm episodes in the UK: a population-based cohort study](#). This study examines the incidence of self-harm, anxiety, depression, prescribing, and GP referrals to mental health services for the period April to June 2020. Rates of self-harm were 30% lower than expected in this period. The findings also reveal the treatment gap for depression and anxiety was greater in working age adults.

The Samaritan's have published [a number of briefings](#) on understanding their callers during the coronavirus pandemic. Since March 2020, Samaritan's have provided emotional support over 1.2 million times, and their helpline has given unique insights into how callers have been impacted. These short briefing documents explore the effects on three groups that Samaritan's are particularly concerned about: middle-aged men, young people who self-harm, and people with pre-existing mental health conditions.

## Mental Health Statistics

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

- [Autism Waiting Time Statistics](#)
- [Covid-19 has made children more worried, scared, and lonely: YouGov survey](#)
- [Learning Disability Services Monthly Statistics AT: December 2020, MHSDS: October 2020 Final](#)
- [Mental Health Services Monthly Statistics Performance October, Provisional November 2020](#)
- [Psychological Therapies: reports on the use of IAPT services, England September 2020 Final including report on the EA in IAPT pilot](#)

## Dates for your Diary

### Yorkshire and the Humber Mental Health Network Events:

- Tuesday 2 February 2021, 10:00-12:30, **Yorkshire and the Humber Senior PWP Network**, MS Teams. To book your place email [Sarah Boul](#).
- Thursday 11 February 2021, 12:30-14:00, **North East and Yorkshire and the Humber EIP Network**, MS Teams. To book your place email [Sarah Boul](#).
- Wednesday 24 February 2021, 10:00-12:30, **Yorkshire and the Humber IAPT Providers' Network**, MS Teams. To book your place email [Sarah Boul](#).

### Other Events:

- Thursday 21st and Thursday 28th January 2021, 9.00-13:00, **IAPT National Networking Conference**, Online Event. To book your place click [here](#). NB: There is a cost to attend this event.
- Thursday 28 January 2021, 09:00-17:00, **Suicide Prevention in a Changing World**, Online Event. To book your place click [here](#). NB: There is a cost to attend this event.
- Wednesday 27 January 2021, 09:00-16:00, **Mental Capacity in the Time of Coronavirus**, Online Event. To book your place click [here](#). NB: There is a cost to attend this event.
- Wednesday 10 February 2021, 09:00-17:00, **Improving the Physical Health Outcomes of People with Serious Mental Illness**, Online Event. To book your place click [here](#). NB: There is a cost to attend this event.
- Wednesday 24 February 2021, 09:00-17:00 Working with Children and Young People's Anxiety, Depression and Traumatic Symptoms, Online Event. To book your place click [here](#). NB: There is a cost to attend this event.
- Thursday 15 April 2021, 08:30-16:15, **Learning Disabilities and Autism: Equality and Empowerment**, The Studio, Manchester. To book your place click [here](#). NB: There is a cost to attend this event.
- Tuesday 20 April 2021, 08:30-16:15, **Mental Health: Supporting NHS Workforce Resilience**, The Studio, Manchester. 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](mailto:sarah.boul@nhs.net), 07584362063

Denise Friend, Quality Improvement Manager: Adult Mental Health  
[denise.friend@nhs.net](mailto: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](mailto: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](mailto: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.*