

# Oxfordshire Mental Health Prevention Framework

2024-2027



# Introduction

MENTAL HEALTH AND A WIDER SENSE OF WELLBEING IS A LOCAL AND NATIONAL PUBLIC HEALTH PRIORITY AND IS NOW WIDELY RECOGNISED AS AN ASSET TO INVEST IN THROUGHOUT OUR LIVES.

We know that mental health is complex and multi-faceted, and prevention efforts should take a multi-agency approach, utilising the skills and knowledge from local partners, stakeholders, and those with lived experience. Partners across Oxfordshire signed up to the Prevention Concordat for Better Mental Health in 2019 and developed the first Oxfordshire Mental Health Prevention Framework 2020-2023 to ensure the promotion of good mental health remained a local priority.

Lots of progress has been made since 2020 despite the challenges throughout this time. A Mental Wellbeing Needs Assessment was completed to inform priorities, the Oxfordshire Communications Group was set up and delivered 9 joint mental health and wellbeing campaigns, and the Oxfordshire Men's Health Partnership successfully developed and launched their 30 Chats in 30 Days Campaign.



We have seen improvements in average wellbeing scores for people aged 16 and over in Oxfordshire with mean scores for feeling “worthwhile”, “happiness” and “life satisfaction” each increasing by 0.1%, 2% and 1.7% respectively<sup>1</sup>. However, significant challenges in mental health prevention remain, and the number of school aged children with social, emotional and mental health needs in Oxfordshire continues to increase, exceeding the national average<sup>1</sup>

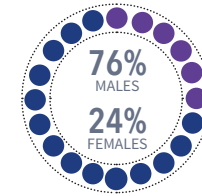
This Mental Health Prevention Framework 2024-2027 has been developed to continue the work the group has committed to do, and to identify opportunities for further collaboration and innovation. To succeed, we recognise we need to address the wider social determinants of health, tailor our approach to address the needs of our communities and prioritise the key life stages where people are more at risk of poor mental health. Our vision is that everyone in Oxfordshire has the opportunity to achieve good mental health and wellbeing. We aim to achieve this by working together on four key focus areas:

- Collaboration and Co-production
- Insight and Evaluation
- Confident Workforce
- Resilient Communities

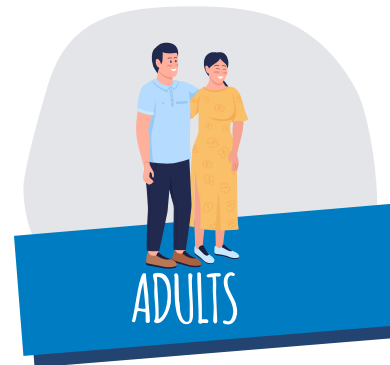
Please join us in embracing this second framework for the prevention of mental health in Oxfordshire and work with us to support our residents to stay mentally well and thrive where they live, learn and work.

# The local picture across the life course

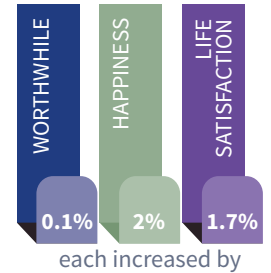
For the 3 years 2019 to 2021, there were **181** deaths from suicide in Oxfordshire<sup>3</sup>



**138** MALES  
**43** FEMALES



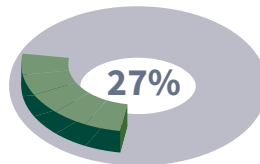
Improvements in personal wellbeing data in Oxfordshire between March 2021 and March 2022<sup>1</sup>



Oxfordshire had **7379** LIVE BIRTHS in 2021<sup>1</sup>



Perinatal Mental Illness affects up to **27%** of new and expectant mothers<sup>2</sup>

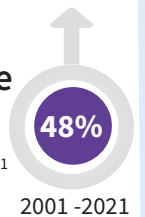


At the age of 65 **Males** can expect just over **11 years** of healthy life, followed by **8.5 years** in poor health



At the age of 65 **Females** can expect almost **14 years** of healthy life, followed by **8 years** in poor health.<sup>4</sup>

The number of older people aged **65 and over** increased<sup>1</sup>

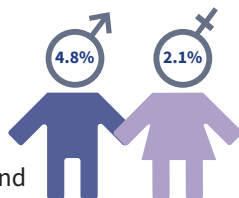


In 2021-22 there were **545** hospital admissions for **10-24 year olds** as a result of **self-harm**, equivalent to a rate of

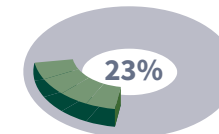
**402** per 100,000 population<sup>1</sup>



**4.8%** of boys  
**2.1%** of girls in all state schools now have **social, emotional and mental health** needs<sup>1</sup>



**23%** of people aged **85+** live in areas of **Oxfordshire** ranked in the **most deprived** areas nationally on access to services<sup>1</sup>



# Our Approach

The Mental Health Prevention Concordat Partnership Group is working together to achieve our vision that everyone in Oxfordshire has the opportunity to achieve good mental health and wellbeing.

Our approach recognizes that the enablers, social, environmental, physical and economic factors, support good mental wellbeing. We will work with settings where we are born, grow, live, work and age.

## UK RESEARCH TELLS US THAT...

### COMMUNITY CONNECTION

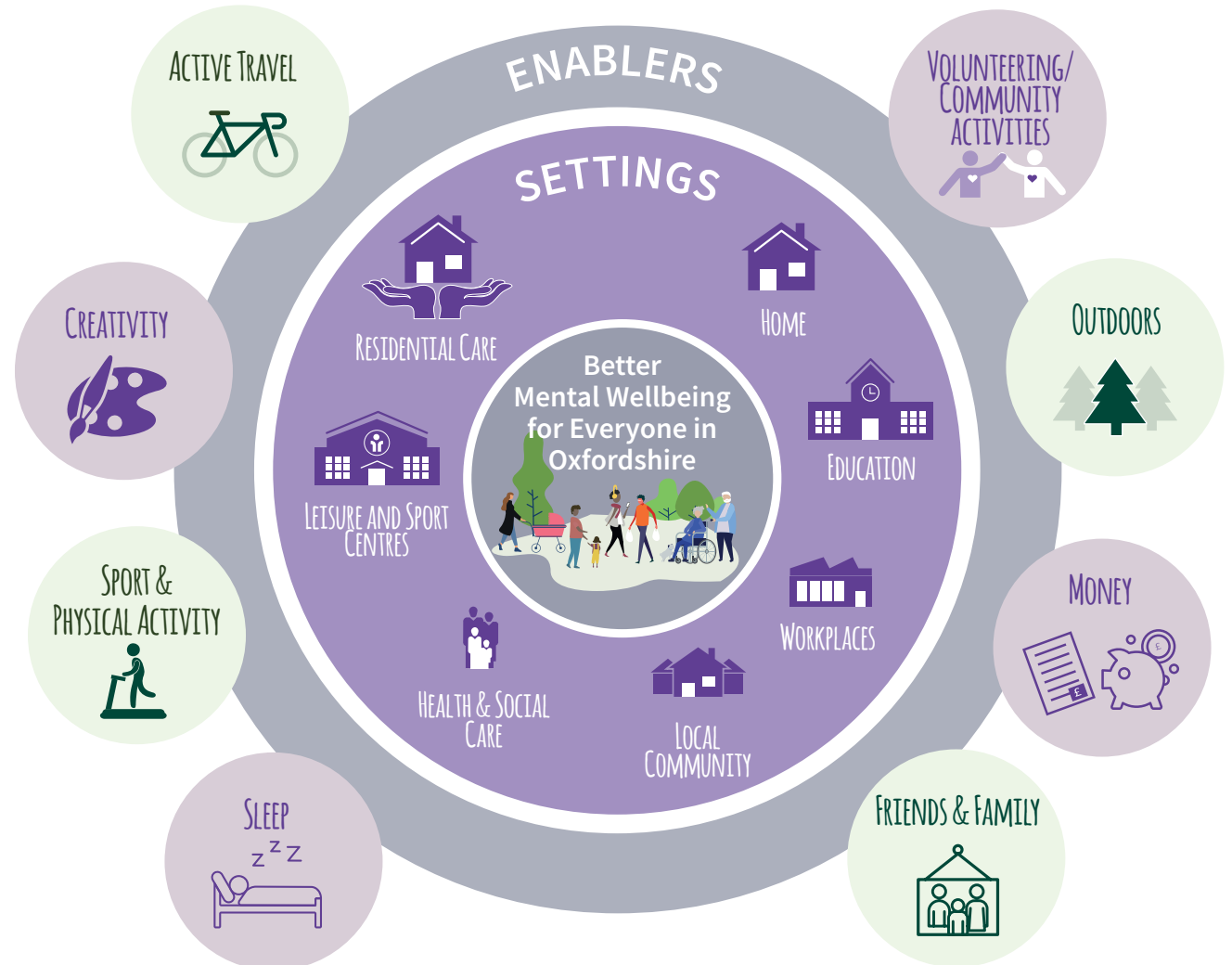
Living in a community where there are assets such as green space, play areas, community buildings and strong social networks can promote feelings of togetherness and support mental wellbeing<sup>5</sup>

### PHYSICAL ACTIVITY

Physical activity is well recognised as a protective factor against mental disorders such as depression and anxiety and people with high physical activity levels are less likely to develop a mental illness<sup>6</sup>

### GREEN SPACE

Evidence indicates that people who report feeling more 'connected to nature' tend to have a more positive outlook on life, increased vitality, life satisfaction, feelings that life is worthwhile and of personal growth compared to those who feel less connected<sup>7</sup>



# Framework for action

THE FRAMEWORK FOR ACTION IS DIVIDED INTO 4 FOCUS AREAS, EACH WITH A KEY AIM AND A SET OF ACTIONS THAT WILL EVOLVE OVER TIME.



## REDUCING INEQUALITIES AND LIFE COURSE APPROACH

### Collaboration and Co-production

- Continue to support and maintain the effectiveness of the Concordat Partnership and sub-groups including the Oxfordshire Communications group and Oxfordshire Men's Health Partnership
- Co-ordinate and communicate mental wellbeing campaigns for partners, adopting national branding where possible
- Broaden the reach and influence of the Concordat Partnership using opportunities to influence policy and strategy

### Insight and Evaluation

- Identify and analyse emerging community insight on mental health to capture the local (Oxfordshire) voice
- Seek good practice and research opportunities to support the work of the Concordat
- Stay up to date with national and local latest insights and findings on mental health

### Confident Workforce

- Upskill front-line staff and volunteers around Mental Health Awareness and Suicide Prevention, prioritising settings and groups identified in the Mental Wellbeing Needs Assessment
- Develop a network to share good practice, identify further need and empower people to develop their role supporting the mental wellbeing of individuals and communities
- Support employers to feel confident talking about mental health to their workforce in a way that is culturally and socially relevant and uses inclusive language

### Resilient Communities

- Continue to explore, identify and share funding opportunities with the group to deliver community based initiatives
- Promote wellbeing through connection to people and place
- Focus on groups in the community with identified need

# Members of The Mental Health Prevention Concordat Partnership

Terms of reference, governance and accountability structures are in place to ensure effectiveness and sustainability of the group.

The Concordat is a continually evolving partnership and we welcome new members who are passionate about improving the health and wellbeing of our community. We are committed to remain flexible with the ability to adapt in response to emerging needs of our community to ensure we are tackling health inequalities and supporting people with greatest need.





# Signposting for Support for Better Mental Wellbeing

Click on the links below to find out what's available, including the latest tools and evidence to support people to stay mentally well:



**Every Mind Matters**, get your own mind plan, designed to help you feel more in control, deal with stress and anxiety, boost your mood and improve your sleep.



**NHS** talking therapies service are for people in England aged 18 or over. You can speak to your GP about talking therapies or get in touch with the talking therapies service directly. Talking therapies can treat many conditions including depression, anxiety, obsessive-compulsive disorder (OCD) and post-traumatic stress disorder (PTSD).



**Live Well Oxfordshire**, the website tells you of range of support services across Oxfordshire for adults (18+), families and carers.



Oxfordshire Youth & Oxfordshire Mind have created the **Youth in Mind** Guide, this interactive map lists a range of organisations that provide activities or support for young people across the county



**Oxfordshire MIND Guide**, easy reference tool for anyone who is trying to access mental health services across Oxfordshire.

## REFERENCES

1. Oxfordshire JSNA 2023 Full Report, Oxfordshire Insight. **Available here**
2. NHS England - Perinatal mental health. **Available here**
3. Suicides in England and Wales: 2021 registrations, Office for National Statistics. **Available here**
4. Living longer, living better an older people's strategy for Oxfordshire 2019-2024 **Available here**
5. Mental Health: Environmental Factors - GOV.UK, 2019. **Available here**
6. Physical activity, exercise, and mental disorders: It is time to move on 2021. **Available here**
7. Improving access to greenspace A new review for 2020, Public Health England. **Available here**