



Spotlight on

# Mental Wellbeing

Mental health is the way that we think and feel, and our ability to deal with the ups and downs of life. Being mentally healthy enables us to make the most of our potential, cope with day to day pressures, and play a full part in family, workplace and community life.

The anxiety and isolation felt by many of us as a result of Covid-19 has impacted on our everyday lives, most especially for those who were already receiving support for their mental wellbeing. With face to face services withdrawn or replaced with digital solutions, many report feeling cut off from vital services to the detriment of their long term mental health. Research from MIND found that two-thirds of adults and three-quarters of 13 to 24 year olds with a pre-existing mental health problem said it had become worse during lockdown. Figures suggest that a quarter of people seeking NHS mental health support during lockdown periods have been unable to get the help they need.

As restrictions ease and the impacts of Covid-19 unfold, mental health support charities expect a surge in cases from people who have struggled to cope with factors including family separation, bereavement, loneliness, social isolation, unemployment and anxiety.

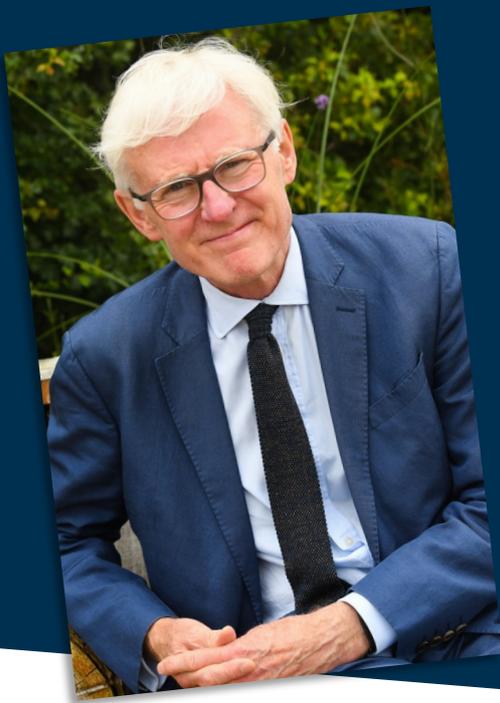
Young people whose education has been disrupted and whose future plans and aspirations have been plunged into uncertainty face exceptional personal challenges. While people of all ages are more likely to have experienced depression as a result of Covid-19, the biggest proportional increase has been amongst young people.

The Centre for Mental Health charity estimates that 8.5 million adults and 1.5 million children in England will need support for depression, anxiety, post-traumatic stress disorders and other mental health difficulties in the coming months and years. That is the equivalent of 20% of all adults and 15% of all children.

**The mental health impacts of Covid-19 continue to touch all our lives. Our charities offering support and care will clearly be vital in meeting this surge of need now, and in the long term.**

Together, Norfolk shines brighter





## Working with Sir Norman Lamb to raise awareness of youth mental health in Norfolk

Sir Norman is one of the UK's most tireless campaigners in the area of mental wellbeing, and he has joined with Norfolk Community Foundation to call for action to ensure equality, justice and human rights for children, teenagers and young adults with mental ill health, those on the autism spectrum or with learning disabilities.

The Sir Norman Lamb Coalition for Young People brings together Norfolk's charities and voluntary groups providing services to children and young people to actively contribute to their wellbeing. The Coalition aims to help grow skills and capacity in the sector by sharing information and resources, and giving grassroots organisations a strong voice to highlight the needs of our young people to funders, policy makers and commissioners.



**Benjamin Foundation** is supporting children and young people aged 11-19 in North Walsham who are struggling to cope emotionally or socially with the impact of the pandemic. The project aims to help young people reintegrate with school and social life, to alleviate anxiety and raise aspirations. Local schools have

**1 in 4** young people told The Prince's Trust they were 'unable to cope with life' since Covid-19

identified a growing number of children who are in need of mental wellbeing support.

**Opening Doors** provides training and accessible information on issues affecting adults and young people with learning disabilities, developed by members who have learning disabilities themselves. People with learning disabilities and mental health issues can face double discrimination - they are often disadvantaged in terms of treatment as information and support is inaccessible to them and hard to understand. It is recognised that levels of mental ill health are much higher amongst learning disabled people than in the general population, and many have faced extreme stress and anxiety while in isolation due to the pandemic.

## Eating Matters

supports people of all ages affected by mild to moderate eating disorders. Individual therapy is not available on the NHS until an eating disorder becomes more severe.

Eating Matters provides early intervention, enabling clients to get help quickly, ensuring negative behaviours are not entrenched or reoccurring.

Eating disorder referrals have increased by **85%** in the last 4 years in Norfolk



**Outsiders Community Consultants** lead an innovative campaign using the positive image of the 12th Man in sport to raise awareness of men's mental health, and encourage men to seek help. The project recognises that some men might be more likely to talk to a barber or plumber about how they feel, rather than their GP or even a family member.

Men accounted for **three quarters** of all suicide deaths in England and Wales in 2019

