Mental health scoping project: Survey results

About the survey respondents

79%
female

71%
aged
36-55

93%
white

Newent
9

Coleford
10

Blakeney /
Bream /
Mitcheldean
14

Lydney
23

Drybrook
&
Lydbrook
17

Sedbury
5

1 person in
Gloucester

1 person in
Ross-on-Wye

If you needed regular support, advice, and information about mental health, which of these places would you be able to travel to?

| Location	Value
Cinderford	55
Coleford	50
Lydney	45
Newnham	28
More rural settings & locations around the FoD	25
Gloucester	24
Newent	24
Sedbury	16
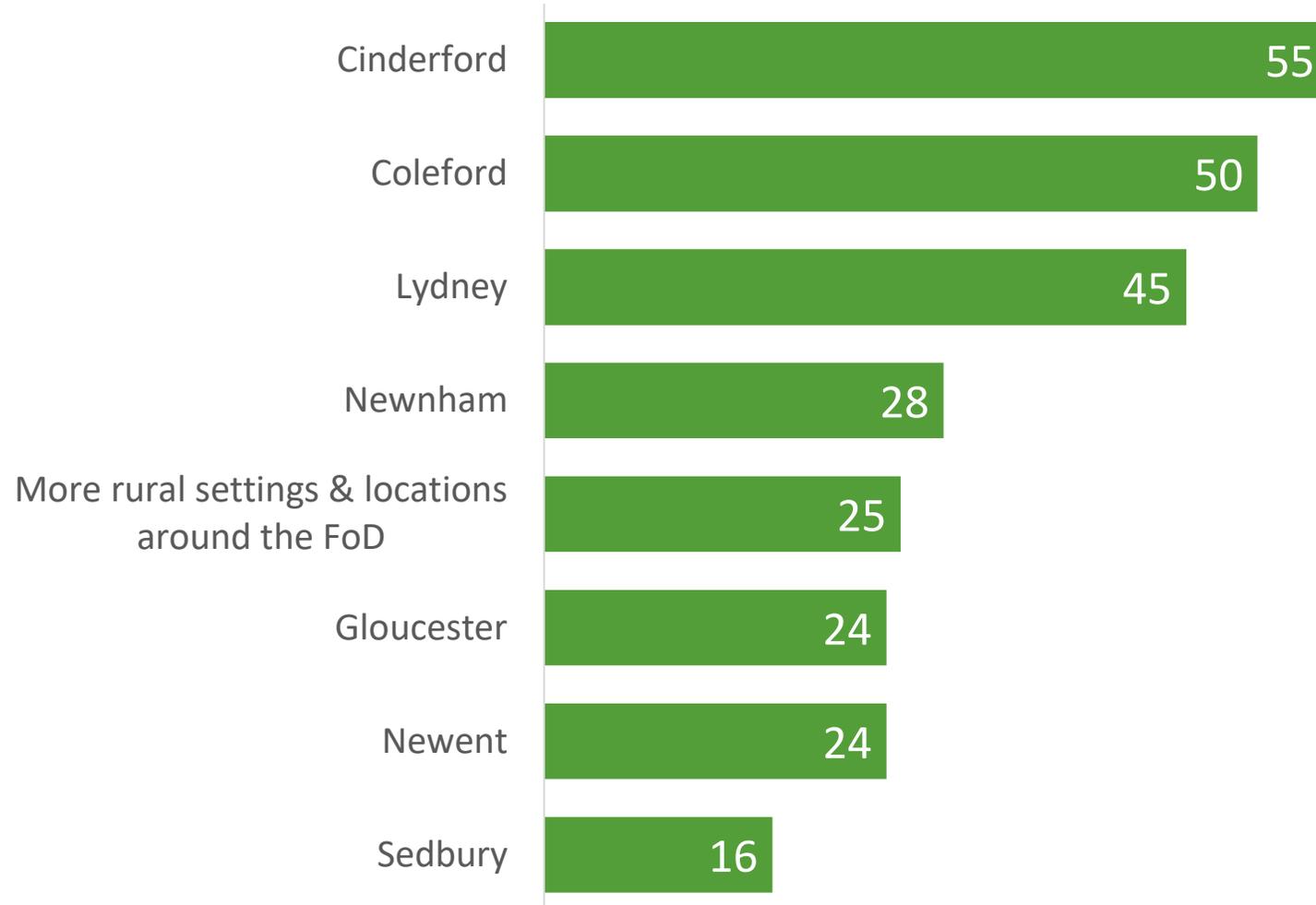
- 21 people selected only one location. Everyone else chose more than one.

- Half of the respondents chose three or more locations.

Personal experiences around mental health

Respondents' own health

Do you consider yourself to have a disability or a long-term health condition?

Yes 32
No 48
1
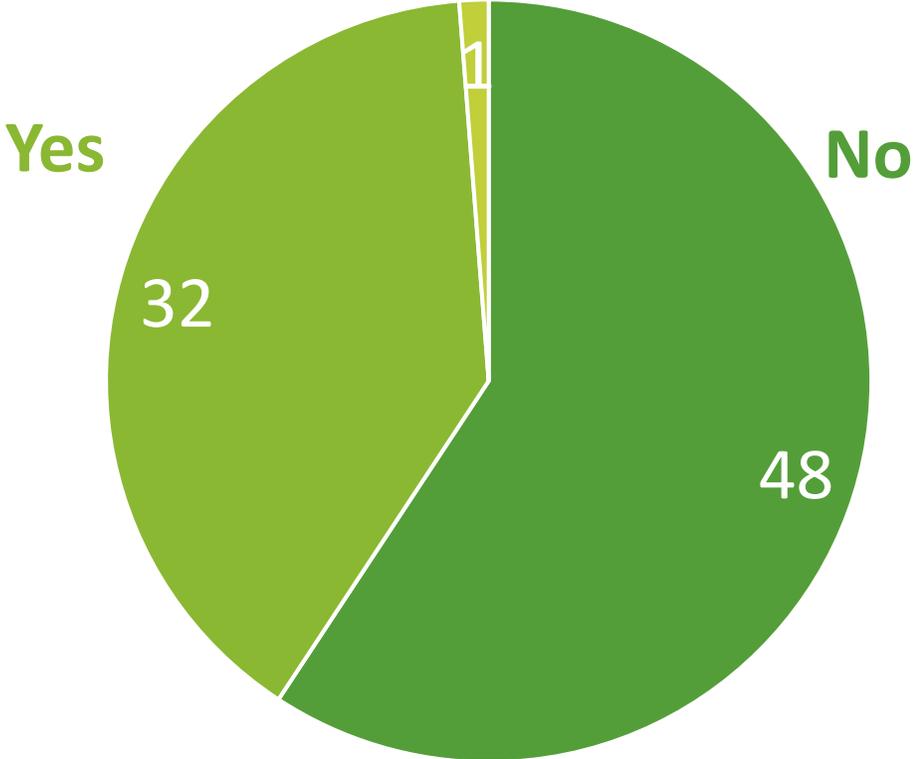
Do you feel that you have needed support for your mental health over the last 18 months?

Yes 54
No 23
3
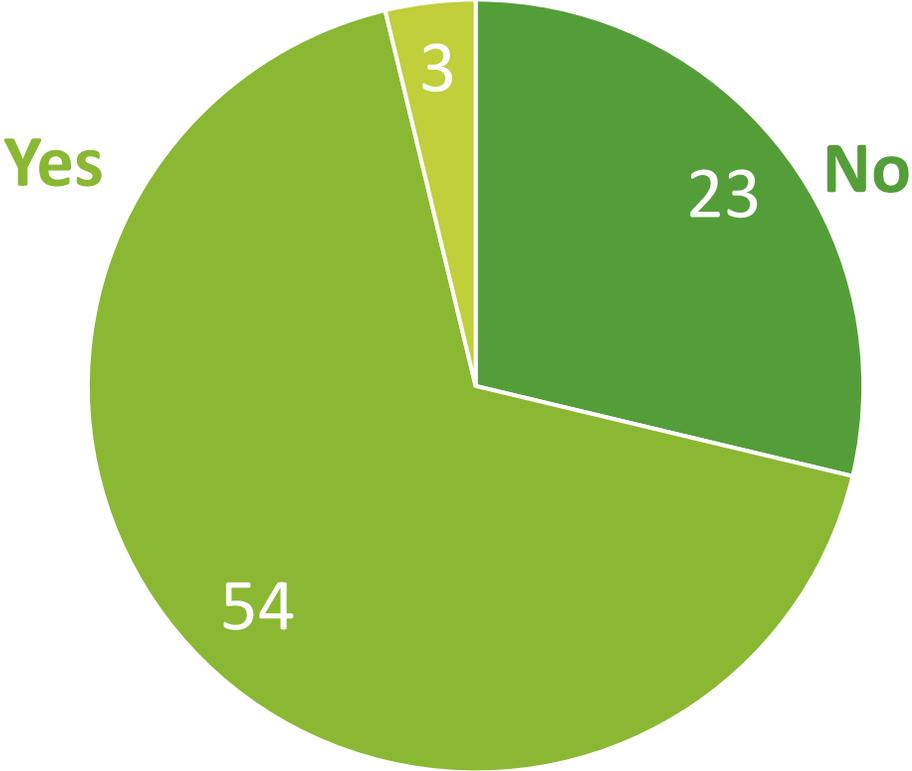
Respondents' own health

Which, if any, of the below have you needed support for over the last 18 months?

Condition	Count
Anxiety	41
Depression	34
Isolation & Loneliness	14
Self-harm	8
Complex Emotional Needs	7
Eating disorders	6
Autism Spectrum Conditions	6
Other	3
Psychosis	2
Obsessive Compulsive Disorder	2
Prefer not to say	1
Bipolar Disorder	0
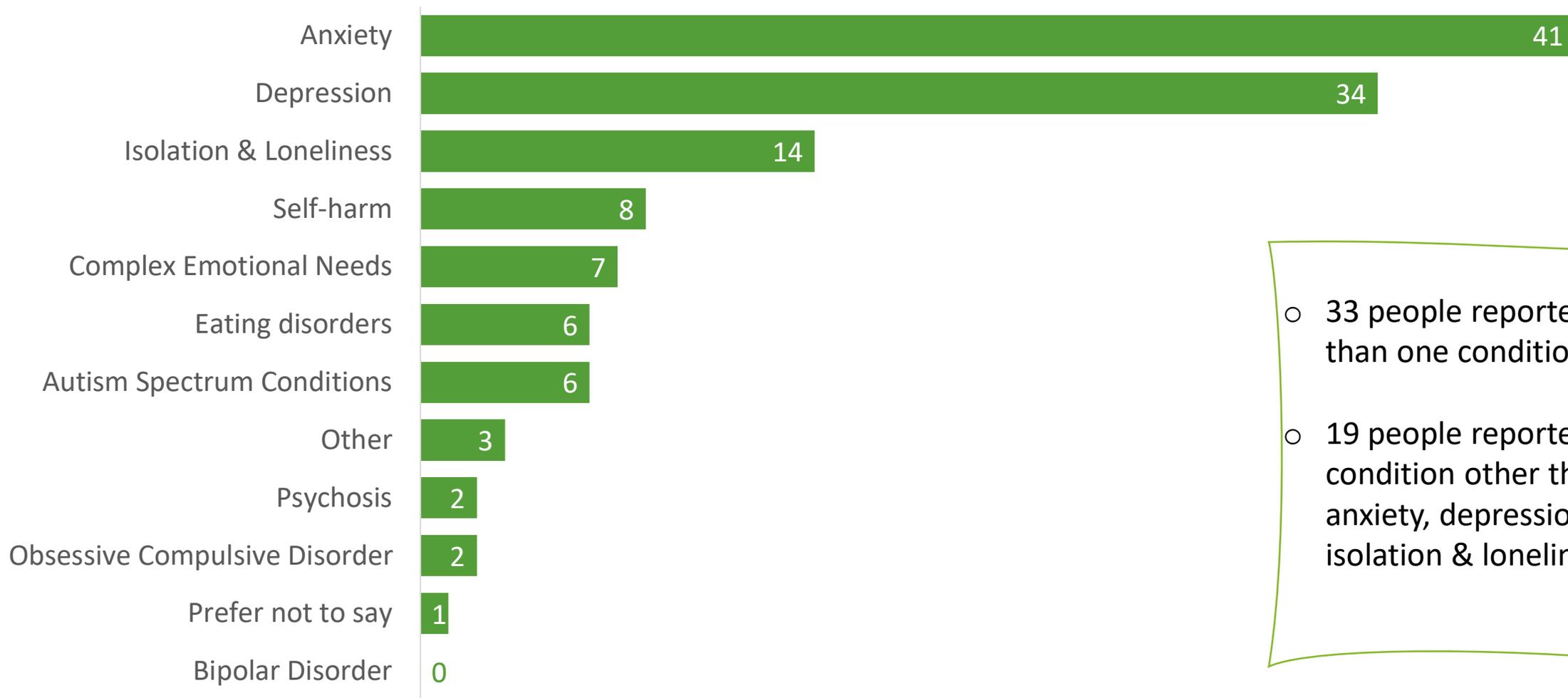
- 33 people reported more than one condition.

- 19 people reported a condition other than anxiety, depression or isolation & loneliness.

Personal experiences seeking mental health support

If you feel that you have needed support for your mental health over the last 18 months, do you feel that you managed to receive, or began to receive the support that you needed?
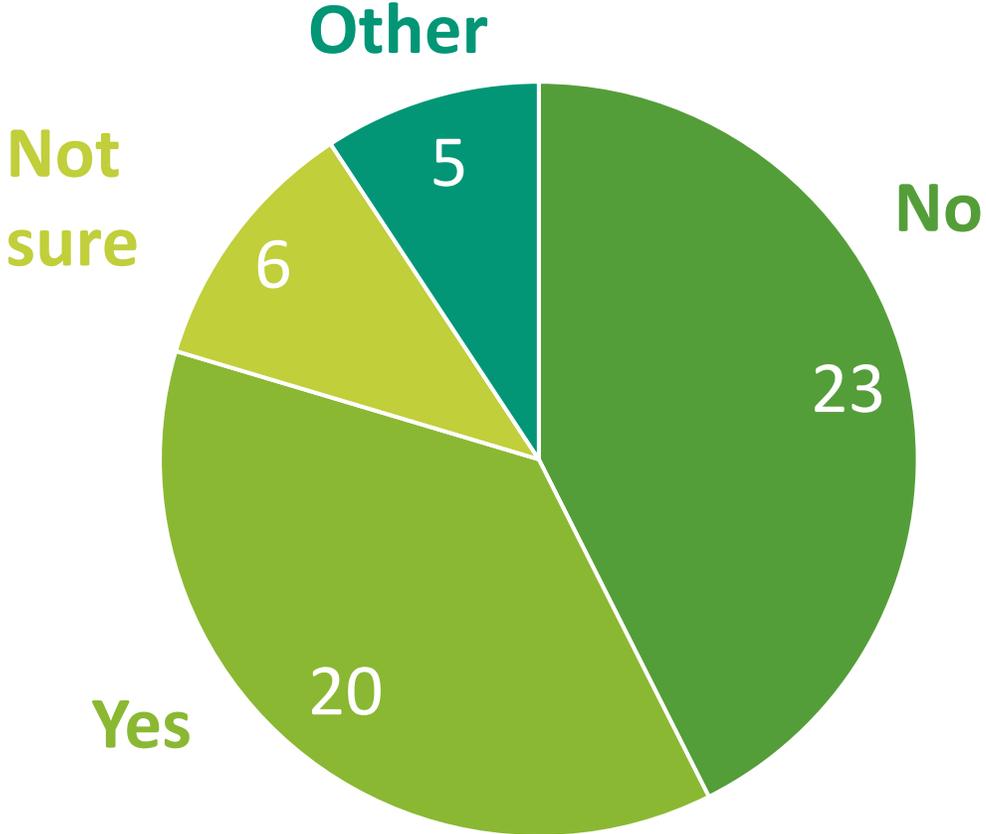

Other
- Long waiting lists
- GP receptionists a barrier
- Offered online group support; would have preferred 1:1 face-to-face counselling
- Support for some needs but not all
- Had to pay privately
- No need for professional support – good support network & coping strategies

Personal experiences seeking mental health support

If you feel that you have needed support for your mental health over the last 18 months, do you feel that you managed to receive, or began to receive the support that you needed?

People who reported one mental health condition
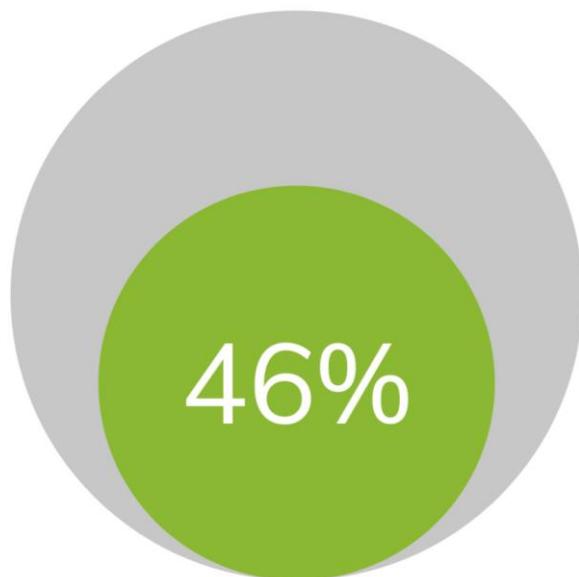
People who reported more than one mental health condition

46%

30%
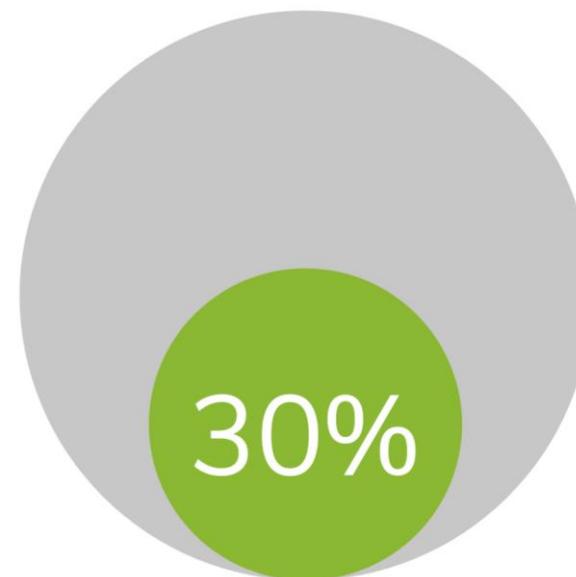
Experiences supporting others with their mental health

Do you provide unpaid care for a family member or friend?
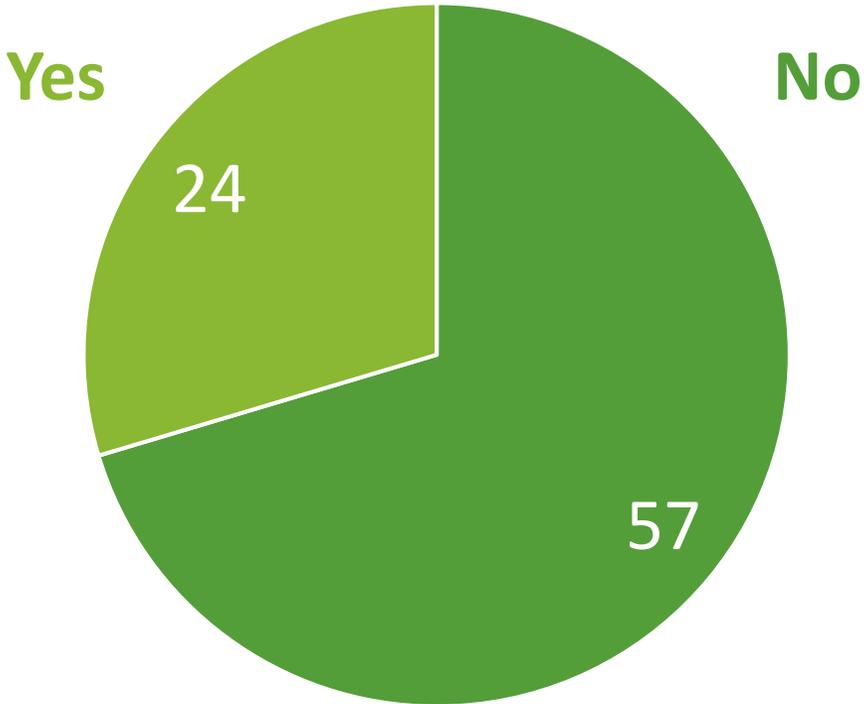
Are you a volunteer or professional who regularly supports people with their mental health needs?

Yes 24

No 57
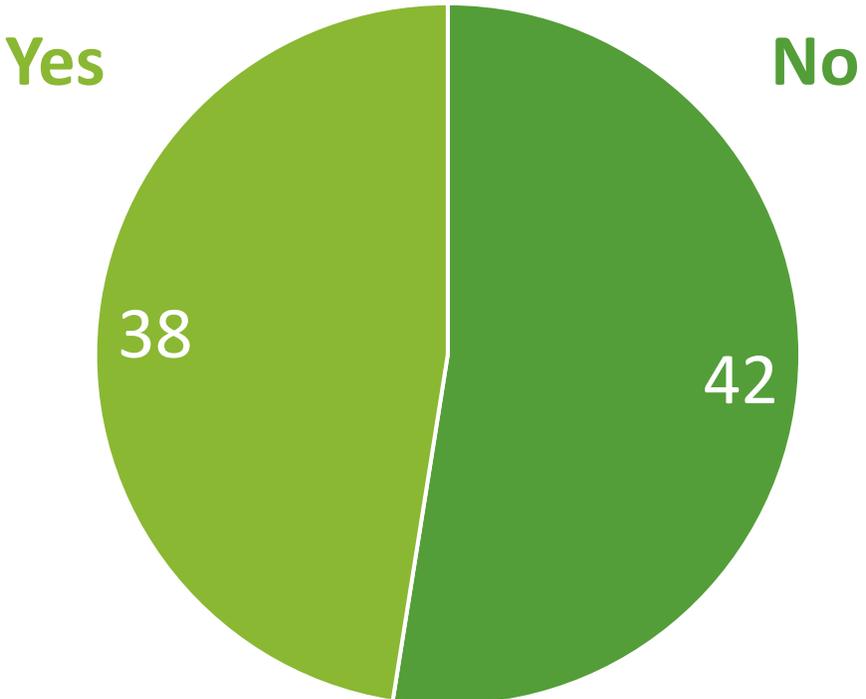
10 people were providing both informal and formal support

Yes 38

No 42

What would you find most valuable in the Forest of Dean?

7 interventions suggested:

Respondents were asked to tell us the extent to which they would find a suggested intervention valuable.

| Very valuable to me | Quite valuable to me | No opinion of its value | Not particularly valuable to me | Not at all valuable to me |
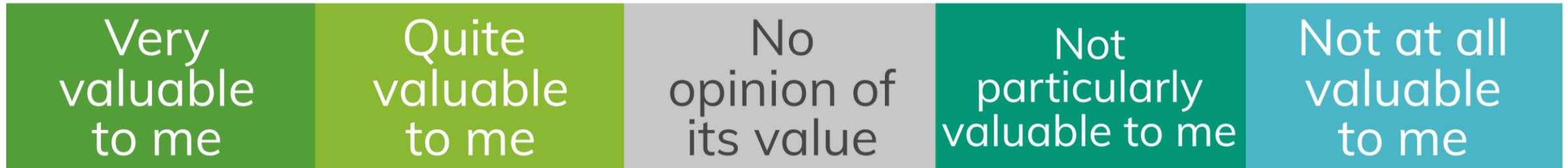
7 interventions suggested:

1. One-to-one support:
   a. From a trained mental health professional
   b. From a person with personal experience of mental health recovery

2. Group-based support
   a. A structured group (around a theme, topic or activity for example)
   b. An informal discussion group (a tea and chat group for example)

3. Community advocacy

4. Local information point or phoneline

5. One to one buddying, peer mentoring or befriending
   a. For a time limited period
   b. For an open ended and fluid or variable time period

6. A place to go to and talk with peers

7. Access to learning and training on mental health and recovery

Most and **least** popular suggestions:

1. One-to-one support:
   a. From a trained mental health professional
   b. From a person with personal experience of mental health recovery

2. Group-based support
   a. A structured group (around a theme, topic or activity for example)
   b. An informal discussion group (a tea and chat group for example)

3. Community advocacy

4. Local information point or phoneline

5. One to one buddying, peer mentoring or befriending
   a. For a time limited period
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6. A place to go to and talk with peers

7. Access to learning and training on mental health and recovery

1. One-to-one support: Being able to talk to someone, one to one, about my mental health (as opposed to in a group setting for example)

a. One-to-one support from a trained mental health professional

40 29 4 8
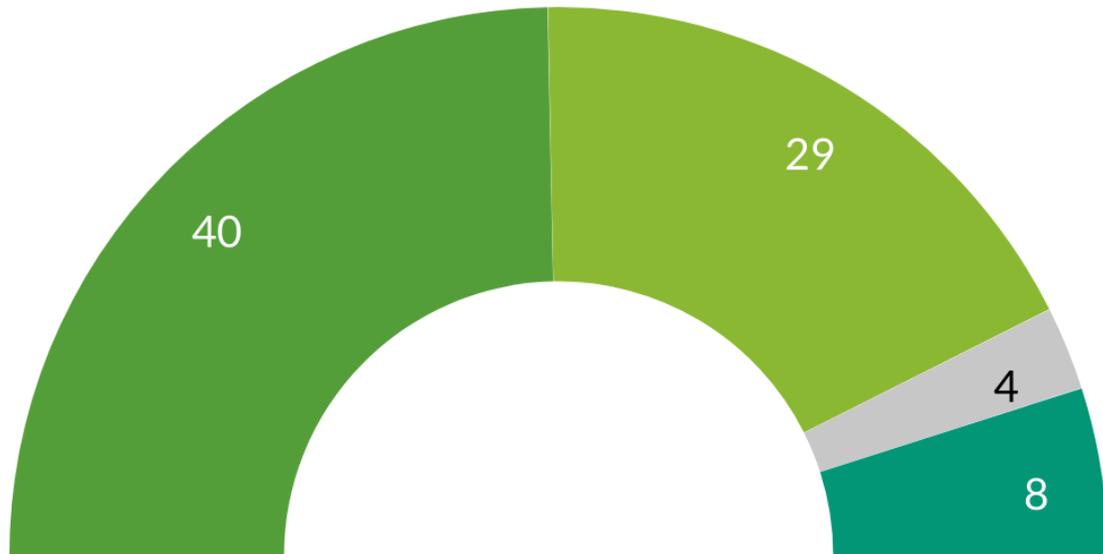
b. One-to-one support from a person with personal experience of mental health recovery


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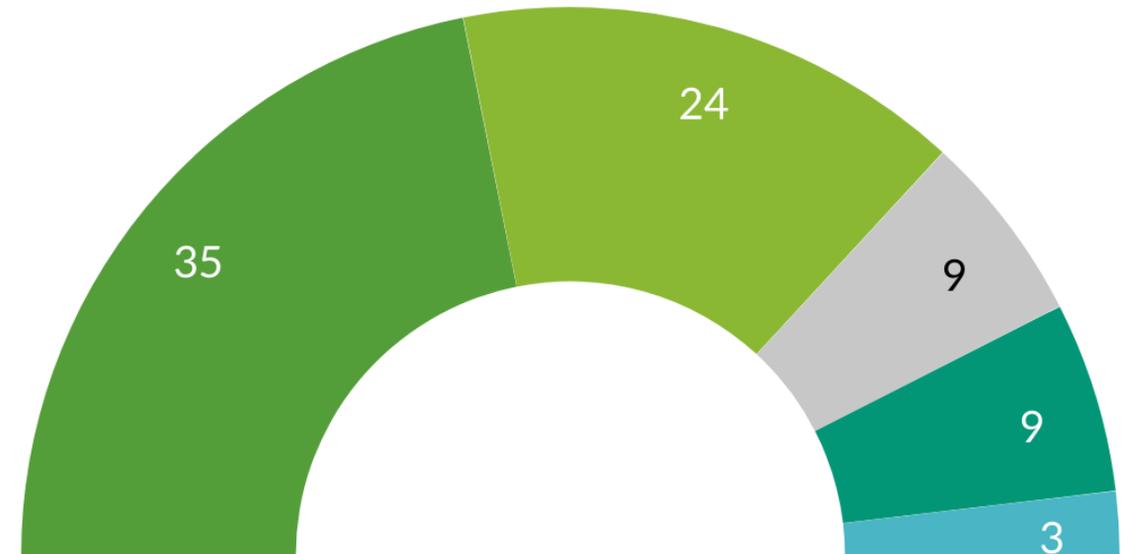
2. Group-based support: Being able to meet with others as part of a group for activities, discussion and connecting with each other.

a. Group-based support in a structured group (around a theme, topic or activity for example)
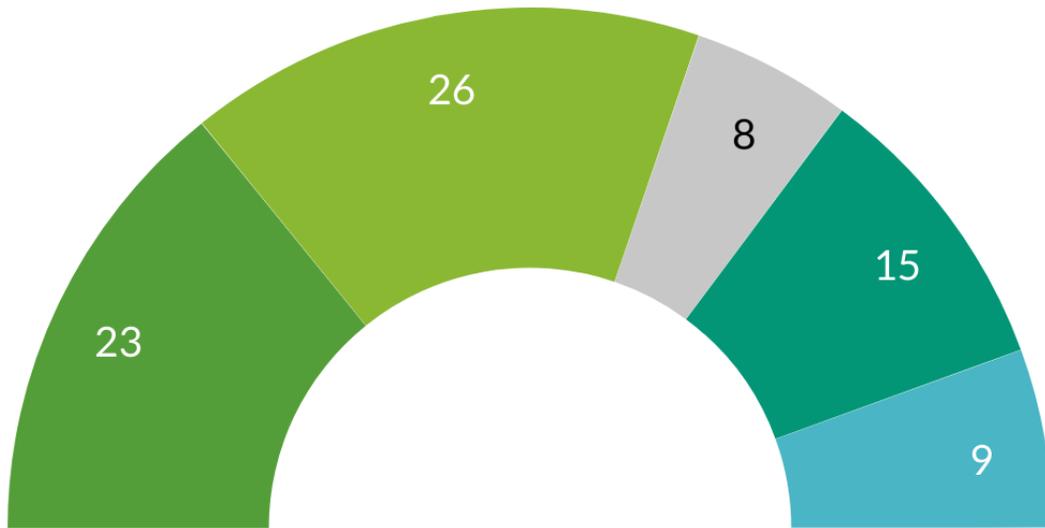
b. Group-based support in an informal discussion group (a tea and chat group for example)
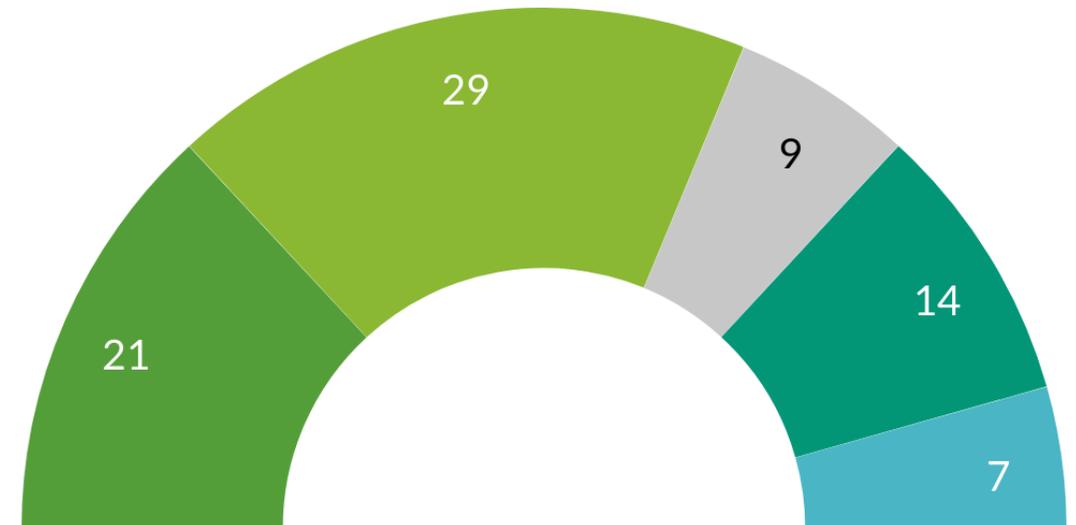
3. Community advocacy:

Someone you can talk to in the community who is able to help you to explore options; access services, information and resources; understand your rights; and help you to have your voice heard.
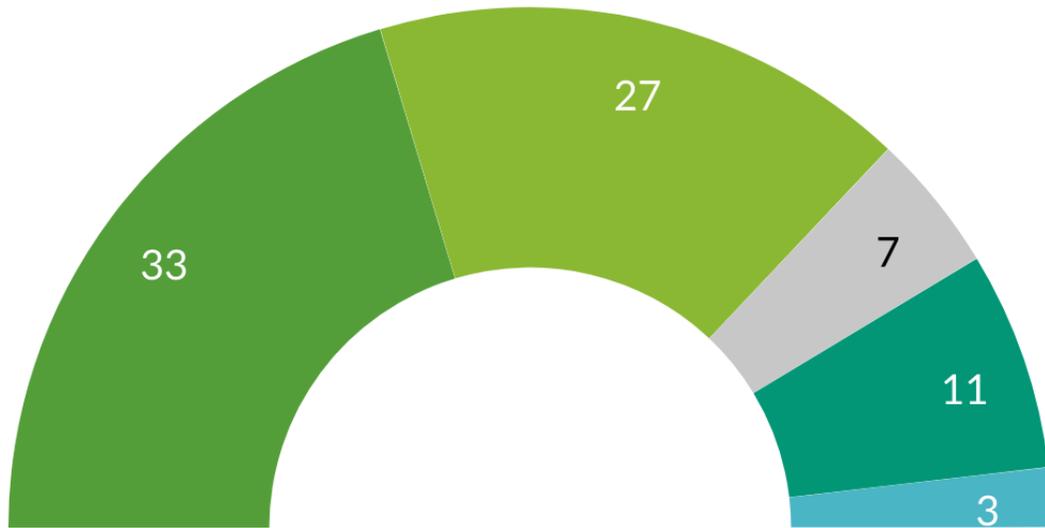

4. Local information point:

Local information point or phoneline for you or someone who you care for: A central point you could contact to obtain information, advice, support, and guidance about mental health and recovery.
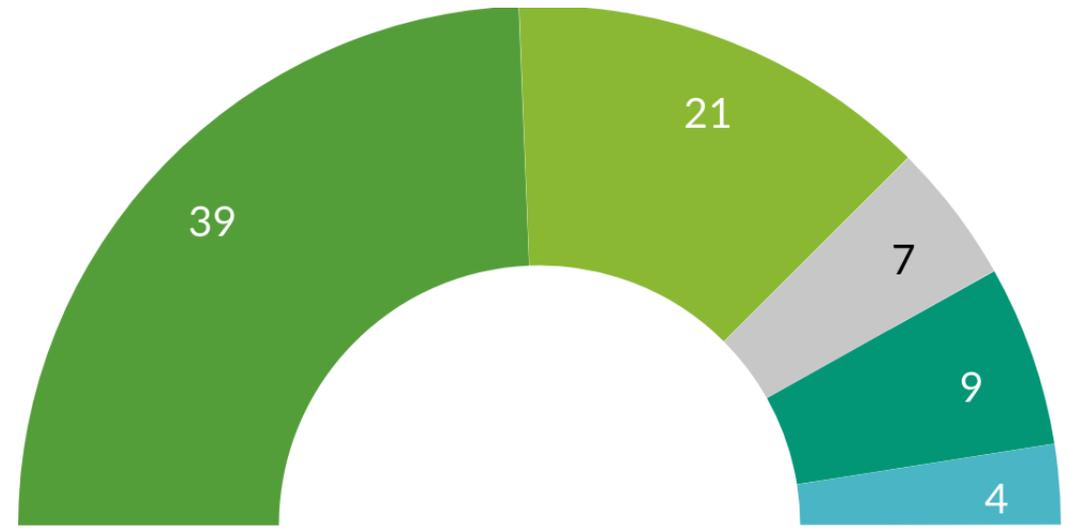
5. One to one buddying, peer mentoring or befriending

## a. For a time limited period, limited sessions
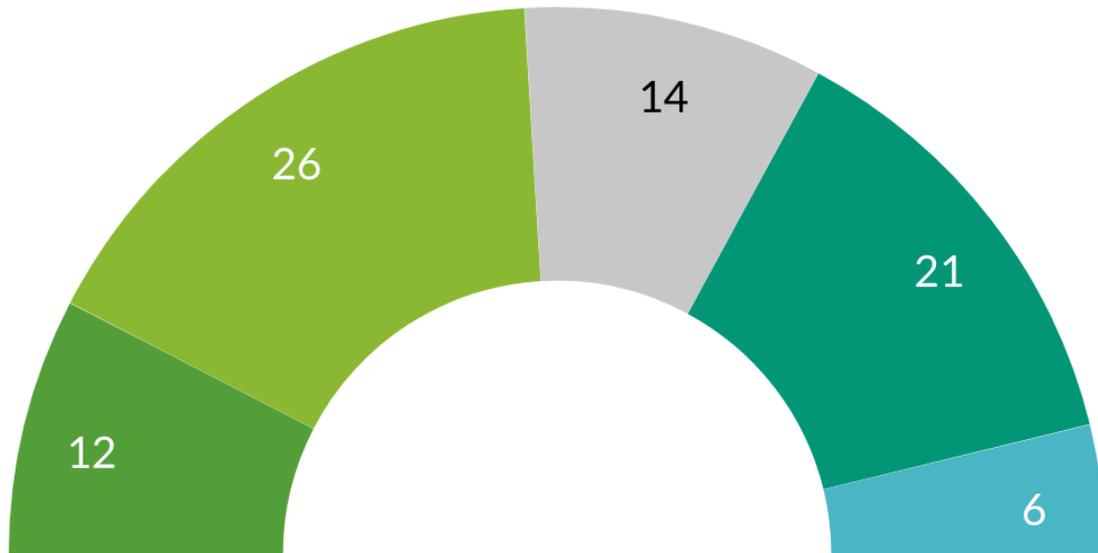
b. For an open ended and fluid or variable time period
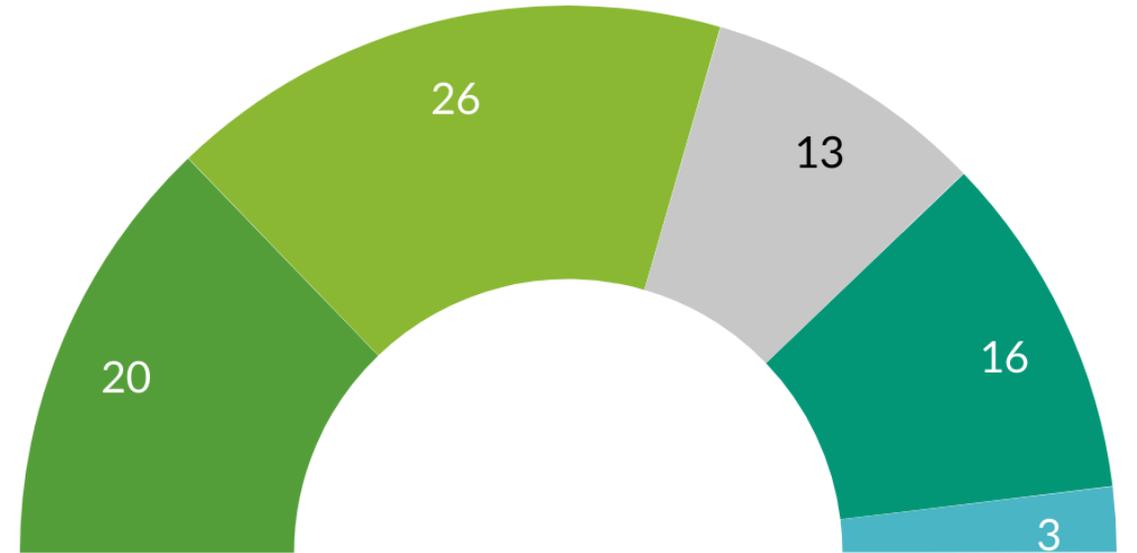
6. A place to go to and talk with peers:

A safe and open place you could visit when you are struggling with your mental health, to talk with others who have been through similar experiences and have learnt resources or ways of recovering from these.
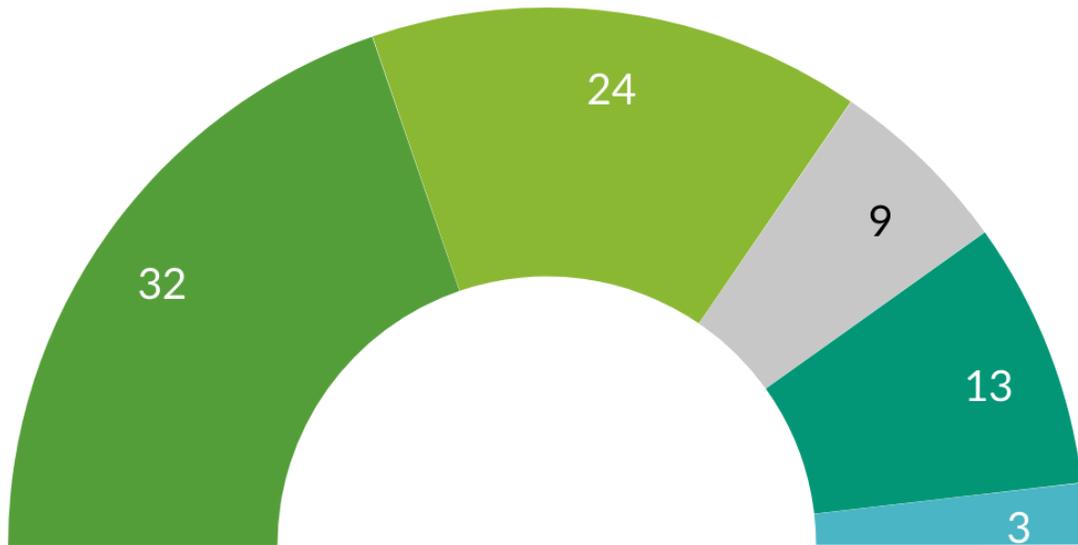
7. Access to learning and training on mental health and recovery:

You would like to learn ways to support yourself and your own mental health and recovery, or how to support others with their mental health challenges.

24

9

32

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3

40

32

6

3
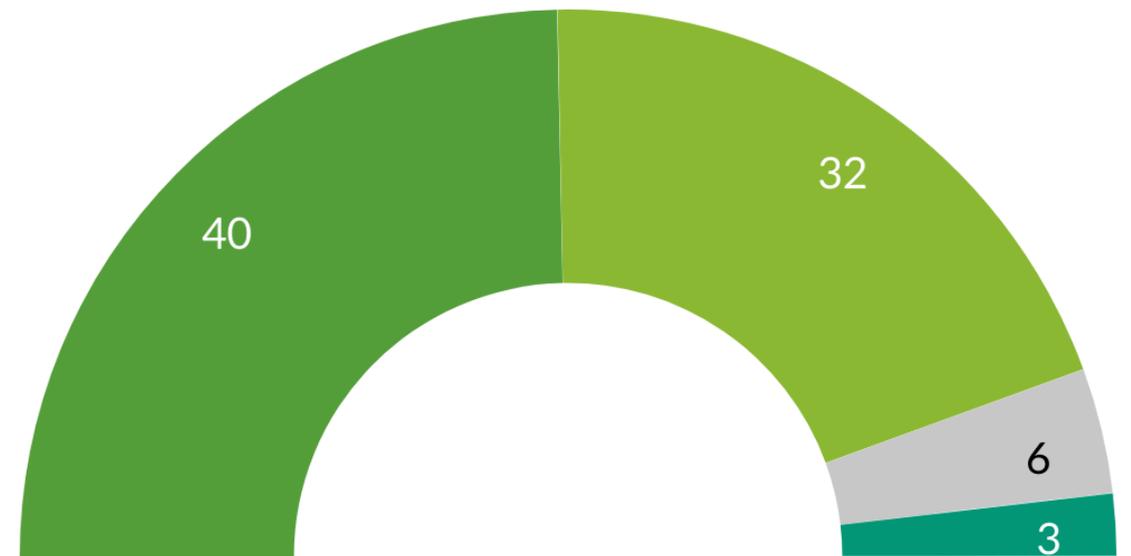
1. One-to-one support
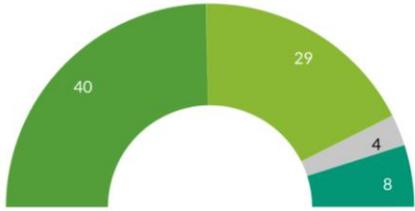
5. Buddying
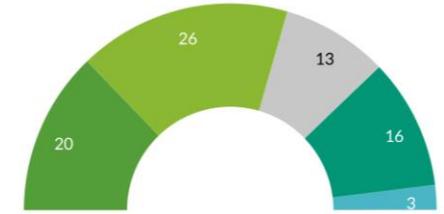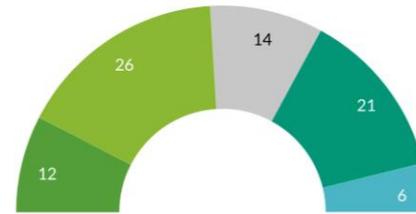
2. Group-based support

6. A place to go and talk with peers
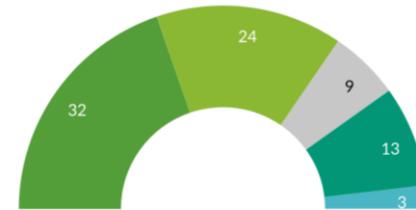
3. Community advocacy
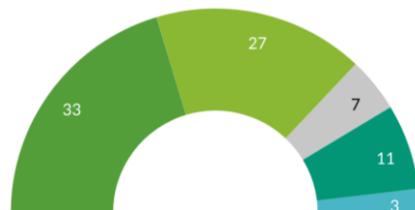
4. Local information point
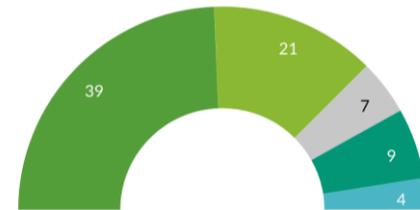
7. Access to learning & training on mental health & recovery

Other suggestions & notes on what would be valuable to support your mental health

Support for children and young people:

- Three people mentioned the need for particular support for young people.

- Two of these explicitly noted insufficient support for children and young people and their parents, including long waiting times for CAMHS and CYPS.

Drug & alcohol support:

- Three people particularly noted a need for greater support for drug and alcohol use.

- One of these mentioned facing stigma within mental health services for their drug use.

Other suggestions & notes on what would be valuable to support your mental health

Group support:

- Two people sought more opportunities for group support, noting the benefits of meeting like-minded people for mutual support.

- One person, however, said that their anxiety would make a group setting impossible.

One-to-one counselling

- One person sought one-to-one counselling without the need for continual self-assessment.

- One professional noted the lack of affordable options for counselling locally, which many of their clients would otherwise have sought to engage with.

Other suggestions & notes on what would be valuable to support your mental health

Broad comments about ways to improve services: Flexible, open-ended, available when needed

- Several people mentioned the need for more flexibility in mental health services.

- One professional noted that many of their clients would benefit, for example, from proactively being contacted, or being visited at home, and that without that option they were often dropped from services because they were not able to engage on services' terms.

- Several mentioned long waiting lists, with one person noting the particular difficult arising when often people don't seek support until they are already at crisis point and need urgent help.

Other suggestions & notes on what would be valuable to support your mental health

Specific needs mentioned

There were a couple of specific gaps in provision noted:

- One person noted that there needed to be more training for 'ASD' ['Autism Spectrum Disorder'] amongst mental health professionals.

- One professional saw a particular gap in support for people struggling with hoarding.

- One person said that there seemed to be very little local support for suicide.

Other suggestions & notes on what would be valuable to support your mental health

Broader life circumstances

Some people talked about things in their life which could be improved to support their mental health:

- Several people spoke about being isolated, having no friends, or feeling cut off (one person mentioned a lack of transport in that context). One person said: ***"I'm so sick of spending most nights alone."***

- One person's isolation was compounded by their full-time caring responsibilities.

- Another person spoke about a particular concern about money, especially given a lack of affordable supermarket options in their area. This person also felt broadly negatively about their local town.

Existing sources of support in the Forest of Dean

Are there any services, community groups, spaces or resources that already exist in the Forest that you have felt very supported by?

These need not be groups or spaces specifically set up to support people with mental health challenges but can be community access places or safe spaces that you would recommend to a loved one (or someone you work with) because they felt safe and supportive of positive mental health when you engaged with them. (Please list all the resources you have found valuable.)

Services, community groups, spaces or resources that already exist in the Forest

Mentioned by more than one person	
Accessing green spaces: Forest bathing, gardening groups, walking	7 people
Nothing available	6 people
Artspace	3 people
Teens in Crisis	3 people
Alcoholics Anonymous	2 people
Ironmasters Gym	2 people
Tastelife	2 people
Sedbury Space	2 people
Support from GP	2 people
Support with self-soothing / mindfulness techniques	2 people

Mentioned by one person
Local churches
Forest of Dean Mental Health Carers Group
Local political group
Coleford Library
Colliers Court
Perinatal mental health services
Let's Talk
CAMHS
Basecamp Counselling (Chepstow)
Listening Post (Gloucester)
The Chillout Zone *
The Cavern (Gloucester) *