

Welcome!

To the Depression Discussion Forum

Advance warning

Thank you for taking the time to join us today.

We will be discussing some topics that may cause distress or upset to those who have been affected, directly or indirectly, by depression.

If any part of this conversation affects your wellbeing, please leave the forum and contact our Sussex Mental Health Line on the details below.



Stressed and anxious?

We want to help.

Call the Sussex Mental Healthline on:

0300 5000 101

24 hours - 7 days a week

NHS
Sussex Partnership
NHS Foundation Trust

Guidance for this session



- Use the commentary box to post questions, comments or make us aware you would like to say something



- If you feel comfortable to, turn your webcam on so we can say hello



- If you can, mute your microphone when not speaking to ensure the sound quality is clear for others



- Be respectful of others' thoughts and comments

Enjoy

- Enjoy the discussion

Who we are



Sussex Partnership
NHS Foundation Trust



Dr Jason Read
Consultant Psychiatrist
& Associate Medical
Director



Angie Culham
Service User Governor



Gill Bowden
Public Governor



Topics for discussion



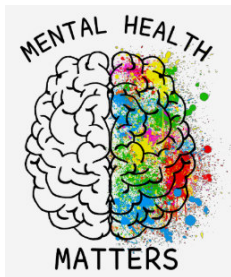
- What is Depression, and how prevalent is it



- Hear support and advice from our lived experience Governors



- What support is available



- Breaking the Stigma
- The impact of COVID-19

What is Depression? How Prevalent is it?

Some facts and figures

Depression: Key Facts and Figures

Did you know...

- **1** in **4** people will experience a mental health problem of some kind each year in England.
- **1** in **6** people report experiencing a common mental health problem (like anxiety and depression) in any given week in England

Depression: Key Facts and Figures

In any given week in England:

- Mixed anxiety and depression: **8** in **100** people
- Generalised anxiety disorder (GAD): **6** in **100** people
- Post-traumatic stress disorder (PTSD): **4** in **100** people
- Depression: **3** in **100** people
- Phobias: **2** in **100** people
- Obsessive-compulsive disorder (OCD): **1** in **100** people
- Panic disorder: fewer than **1** in **100** people

Depression: Self Harm & Suicide

Over the course of someone's lifetime:

- 1 in 5 people have suicidal thoughts
- 1 in 14 people self-harm
- 1 in 15 people attempt suicide

**All figures are from a MIND National Survey in 2014*

The ICD-10 Classification for Depression

Key Symptoms:

- Persistent sadness or low mood and/or
- Loss of interests or pleasure
- Fatigue or low energy

At least one of these, most days, most of the time for at least 2 weeks

Other Associated Symptoms:

- Disturbed sleep
- Poor concentration or indecisiveness
- Low self-confidence
- Poor or increased appetite
- Suicidal thoughts or acts
- Agitation or slowing of movements
- Guilt or self-blame

Depression: Severity of Depression

Can be identified using the following:

- **Not depressed** (<4 symptoms)
- **Mild depression** (4 symptoms)
- **Moderate depression** (5-6 symptoms)
- **Severe depression** (>7 symptoms, with or without psychotic symptoms)
- Symptoms should be present for a month or more and every symptom should be present for most of every day

- **Biological:** medication, physical health, substance use
- **Psychological:** talking therapies and support
- **Social:** activities, employment, education, vocational, social network and social prescribing
- However it is estimated that only **1** in **8** people suffering with depression get treatment.

Why?

Angie's Journey

A view of depression from our Lived Experience Governor

Angie's Journey

About me

MY JOURNEY WITH ME

I have been using services for **20 years**

I first began having trouble at the age of **18**.

I did not seek help for a long time, because the **stigma** of mental health was different then.

As part of my recovery, I wanted to **make something good** come out of my **experiences and struggles**.

MY JOURNEY WITH SUSSEX PARTNERSHIP

I work with the Recovery College to help facilitate the 'Understanding Psychosis' Course



I run a 'Hearing Voices' Group at Shepherd House



I work with the **RESEARCH** and Development Team

Angie's Journey

How it all started



When I first became involved with services, **it was difficult to engage**. It took me a long time to **accept that I needed help**.



I visited my GP, and after our initial discussion, it felt like **a huge weight had been lifted from me**. It was after I accepted that I needed help, that **services then knew how best to help me**.



I was referred to a Psychiatrist and met Dr Angus. **He was the first Doctor that wanted to include me in my recovery**. We built a trusting relationship.



I was allocated a Community Psychiatric Nurse. It felt good having **someone I could regularly talk to**.



I have been admitted into hospital on occasions when the depression and the voices become overwhelming. **I am made to feel safe in hospital**.

Angie's Journey

How things have changed



The mental health workforce is stabilising and reducing temporary staff. I saw the **same Psychiatrist for 20 years**.



Hospitals have adapted to provide a more **'home from home' environment**.



Care and Treatment is **person-centred**.



Talking and alternative therapies are increasingly used, the **medication reliance for mental health has decreased**.



The stigma of mental health is changing, but there's still **more to do**.

Angie's Journey

My lived experience tips



Recognising that you need support is the first step.



Try to **talk about mental health**, even if you're not suffering or feeling unwell at the time. Explore these conversations.



If you are suffering or need support, don't be afraid to reach out. **There are services available and support is ready for you.** Seeing your GP can be the first step towards feeling well.



Now, I have much better days. My work with the Trust helps me. I feel that I'm supporting my community, and I can **support others who are feeling the way I did**. I still have bad days, and I have coping strategies to help me. **Take each day as it comes.**

What Support is available?

Support for depression from our Lived Experience Governor

General Support for Anxiety and Depression



Sussex Partnership
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- **GP**
- **Pathfinder, West Sussex**
<https://www.pathfinderwestsussex.org.uk/>
- **Mind (part of Pathfinder Alliance)**
<https://www.westsussexmind.org/>
- **Mental Health Charities and Organisations**
<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>



Although **women are 50% more likely** to be diagnosed with depression, **men are four times more likely to commit suicide.**

The reasons for this may be:

- Less willing to seek help from GP or other sources
- Men are more likely to describe their experience in terms of physical rather than emotional symptoms
- Societal norms
- Less of a support system

Additional Signs of Depression in Men

Alongside the usual signs of depression, men may exhibit **other symptoms that can help to identify that they need support.**

These include:

- Anger, Irritability and/or aggression
- Self-Destructive or risky behaviours, e.g. drug or alcohol abuse, dangerous driving
- Working excessively without taking a break
- Physical symptoms e.g. headaches, unexplained pain or digestive issues
- Lose interest in family and hobbies
- Avoiding social situations
- Women can also exhibit these symptoms but they tend to be more prevalent in men

Sources of Help

- **IAPT (Improving Access to Psychological Therapies) services:**
 - **West Sussex: Time To Talk**
<https://www.sussexcommunity.nhs.uk/services/servicedetails.htm?directoryID=16358>
 - Brighton & Hove: Brighton & Hove Wellbeing Service**
<https://www.brightonandhovewellbeing.org/>
 - East Sussex: Health In Mind** <https://www.healthinmind.org.uk/>
- **Sussex Recovery College**
www.sussexrecoverycollege.org.uk
- **Campaign Against Living Miserably**
www.thecalmzone.net

A helpful list of specifically male services, including those relating to self-harm, eating disorders and domestic abuse for men can be found at:

www.foryoubyyou.org.uk

Suicide Prevention Support



Sussex Partnership
NHS Foundation Trust

- **Preventing Suicide in Sussex**
www.preventingsuicideinsussex.org
- **Zero Suicide Alliance**
www.zerosuicidealliance.com
- **Samaritans**
www.samaritans.org
Tel: 116 123
- **National Suicide Alliance**
www.nspa.org.uk

Causes of depression and anxiety that **more commonly affect women** include:

- Hormones: menstrual cycle, pregnancy and birth, menopause, hormonal medications
- Body Image Issues
- Juggling motherhood with other pressures, such as work
- Stress: women produce more stress hormones so may react more strongly to stressful events such as bereavement or divorce
- Historical or current domestic, sexual or emotional abuse

It is quoted that men are four times more likely to commit suicide than women, however this may be partially due to the different methods that tend to be employed.

Men are more likely to attempt suicide through more 'effective' methods, whilst women tend to use methods such as overdosing, which have a higher rate of being recovered from.

It is important to consider how this situation will evolve given that, according to Samaritans, the rate for females under the age of 25 has increased by 93.8% since 2012.

Locally, the Brighton Women's Centre states that 61% of the women seeking support from their service have attempted suicide in the previous six months or suffer from suicidal thoughts

Sources of help for Women

- **IAPT (Improving Access to Psychological Therapies) services:**
 - **West Sussex: Time To Talk**
<https://www.sussexcommunity.nhs.uk/services/servicedetails.htm?directoryID=16358>
 - Brighton & Hove: Brighton & Hove Wellbeing Service**
<https://www.brightonandhovewellbeing.org/>
 - East Sussex: Health In Mind** <https://www.healthinmind.org.uk/>
- **Mind**
www.mind.org.uk
- **Sussex Recovery College**
www.sussexrecoverycollege.org.uk
- **Brighton Women's Centre (also has hubs throughout East and West Sussex)**
www.womenscentre.org.uk
- **Perinatal Mental Health Services (NHS)**
<https://www.sussexpartnership.nhs.uk/perinatal>

Mental health care needs to start early.

According to Public Health England, half of all lifetime mental health problems start by mid-teens, and by preschool age 5.5% of children may have a mental disorder.

Poor mental health in childhood increases likelihood of:

- Poor educational attainment
- Antisocial behaviour
- Drug and alcohol misuse
- Teenage pregnancy
- Involvement in criminal activity
- Adult mental health problems

- **GP**
- **Schools and colleges:** implementation of Mental Health Support Teams in schools, SENCO
- **Early Help Hubs (WSCC)**
- **Self Referral:** by parents or children themselves
- **Carers Support**
<https://www.carerssupport.org.uk/>

Sources of help for Children and Young People

- **Child and Adolescent Mental Health Service (CAMHS) - Sussex Partnership Foundation Trust**
<https://www.sussexpartnership.nhs.uk/CAMHS>
- **Youth Emotional Support service (YES) - 11 to 18 years**
<https://www.westsussex.gov.uk/education-children-and-families/your-space/health/emotional-wellbeing-and-mental-health/youth-emotional-support-yes-service/>
- **Find It Out Centres - 13 to 25 years**
<https://www.westsussex.gov.uk/education-children-and-families/your-space/places-to-go/finditout-centres/>
- **Mind - all ages**
<https://www.mind.org.uk/information-support/for-children-and-young-people/>
- **Early Help Hub - pregnancy to 25 years**
<https://www.westsussex.gov.uk/education-children-and-families/support-for-families/information-for-families-and-expectant-parents/>
- **Other Useful Services**
<https://www.coastalwestsussexccg.nhs.uk/map-of-cyp-mental-health-services>

Checking In



Sussex Partnership
NHS Foundation Trust

Thank you for taking the time to have this conversation with us.

We know that these conversations can be difficult, and we want you to leave this discussion feeling well.

If this conversation have affected you, and you would like to talk to someone about how you are feeling, please call our Sussex Mental Health Line on the details below.

The graphic features a blue background with a white speech bubble on the left containing the text "Stressed and anxious?". On the right, there is a white rounded rectangle containing the text "We want to help. Call the Sussex Mental Healthline on: 0300 5000 101" with a telephone icon. Below the number, it says "24 hours • 7 days a week". The NHS logo and "Sussex Partnership NHS Foundation Trust" are in the top right corner.

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 [Sussex Partnership NHS Foundation Trust](https://SussexPartnershipNHSFoundationTrust)

 sussex_partnership_nhs

HEADS  www.headsoncharity.org

Follow our conversation at: #SPFTgovernors

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