



mind Suffolk

The Mental Health Toolkit

Preventing
Mental ill health
in East Suffolk

Jon Neal

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Today's session

- Quick recap of the Emotional Needs & Resources approach
- Barriers to getting our needs met
- How are we in East Suffolk?
- What can we do next?
- Q&A

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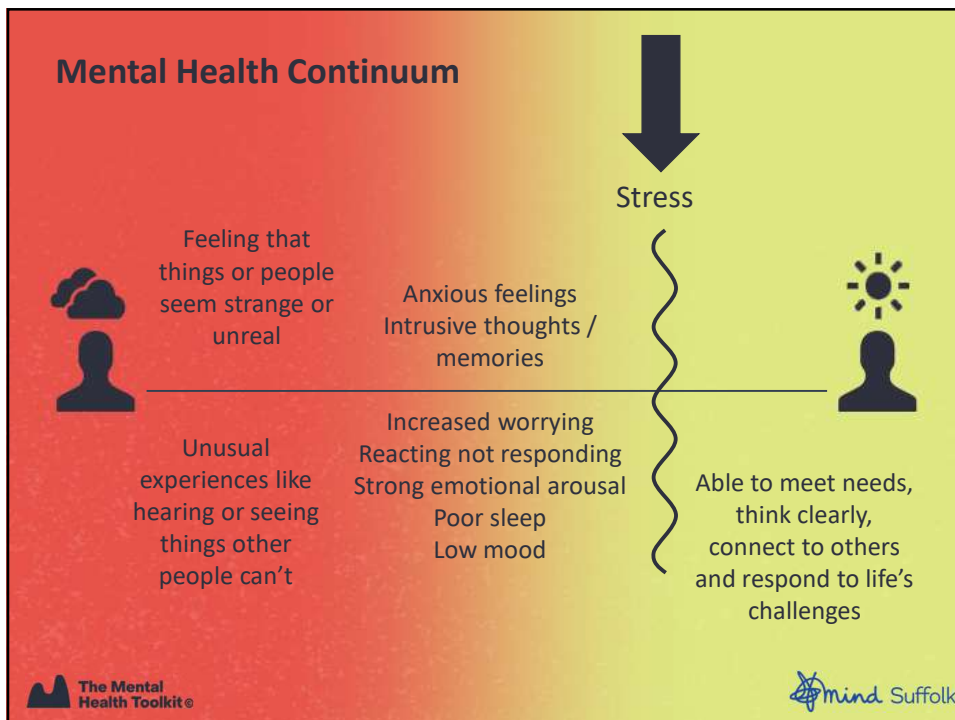
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Making Suffolk better

- We want to make Suffolk the best place in the world to talk about and take care of mental wellbeing
- Just as 'five-a-day' and a little exercise are part of staying physically healthy, so it is with mental health
- We all have emotional needs that must be met if we are to stay mentally well
- Raising awareness, unpacking metaphors, sharing straightforward language
- Enabling people to look after themselves and those around them




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What do we need?

FOOD & DRINK MOVEMENT SLEEP SECURITY CONTROL COMMUNITY

STATUS PRIVACY EMOTIONAL CONNECTION ATTENTION ACHIEVEMENT MEANING & PURPOSE

Fortunately nature has given us innate resources to help us meet those needs

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Innate Resources

PATTERN MATCHING EMOTIONS BLACK & WHITE THINKING RATIONAL THINKING DREAMING

RAPPORT MEMORY IMAGINATION OBSERVING SELF

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Barriers to getting our needs met

- **The environment:**
workplaces, homes, schools, physical environment and culture
 - **Change (start small)**
 - **Leave (temporarily or permanently)**
- **Misuse of resources:**
eg, catastrophising about the future, the three Ps: Personalised, Pervasive, Permanent
 - **Learn and develop**
- **Diverse, under-developed or harmed resources:**
eg, diversity, learning difficulties, post-traumatic stress disorder
 - **Adapt or heal**

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Barriers to getting our needs met

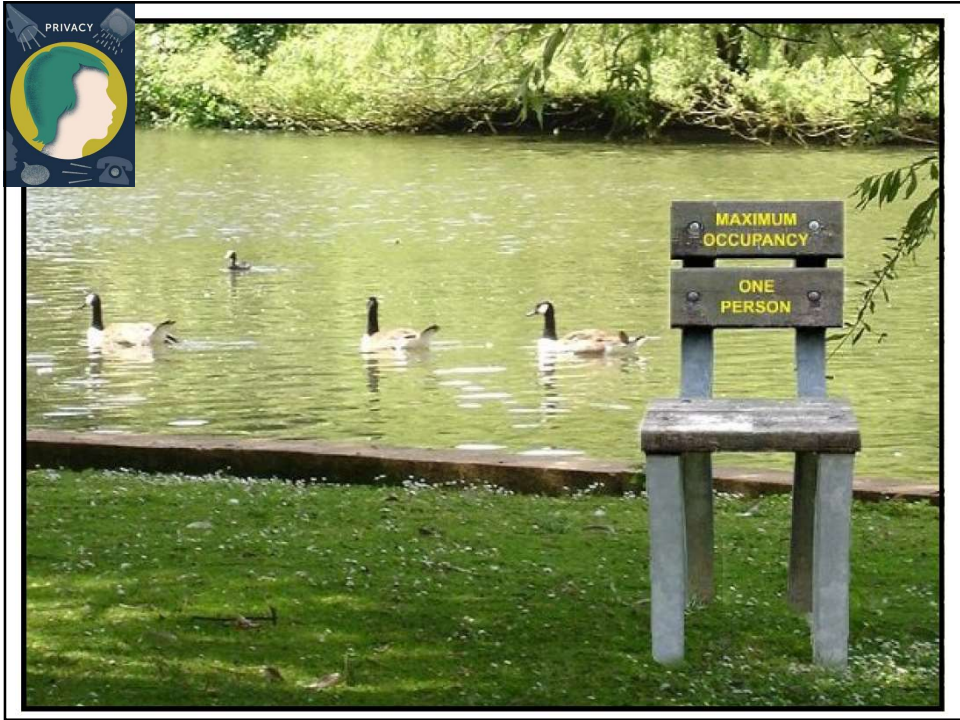
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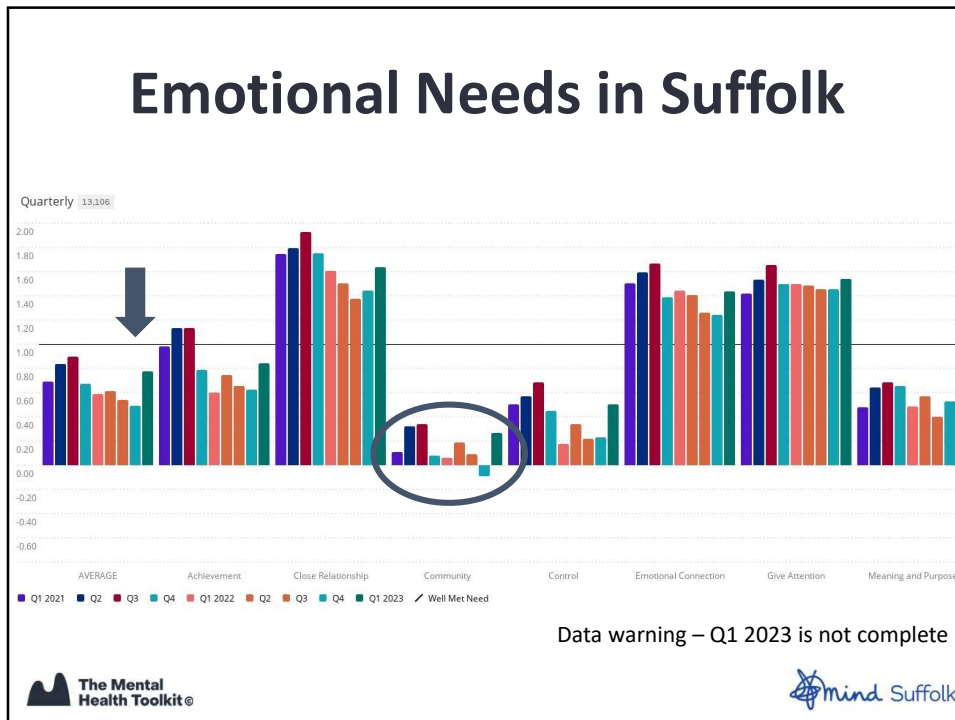
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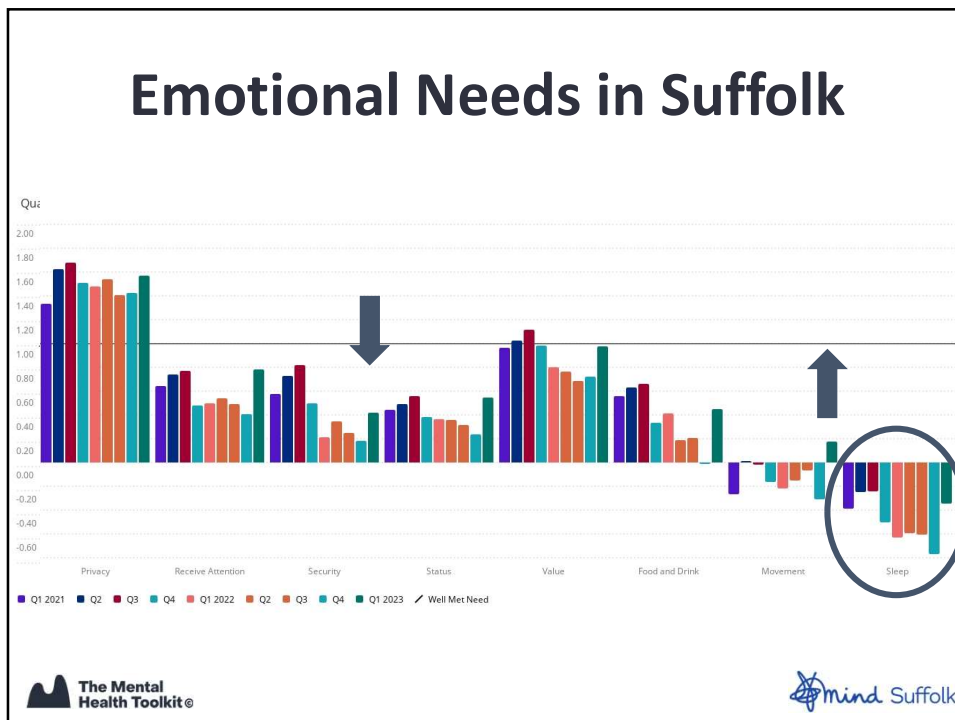
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1.	I feel secure in all major areas of my life. <i>Such as work or home.</i>	-3 -2 -1 0 1 2 3
2.	I feel in control of my life most of the time.	-3 -2 -1 0 1 2 3
3.	I feel like I receive enough attention .	-3 -2 -1 0 1 2 3
4.	I feel like I give others enough attention .	-3 -2 -1 0 1 2 3
5.	I feel like I have a status that is acknowledged.	-3 -2 -1 0 1 2 3
6.	I feel part of a wider community .	-3 -2 -1 0 1 2 3
7.	I can obtain privacy when I need to.	-3 -2 -1 0 1 2 3
8.	I have an intimate relationship in my life. <i>One where you feel physically and/or emotionally accepted by a close friend or pet.</i>	-3 -2 -1 0 1 2 3
9.	I feel I have emotional connection to others.	-3 -2 -1 0 1 2 3
10.	I feel that my contribution is valued . <i>This could be your work, volunteering or raising a family.</i>	-3 -2 -1 0 1 2 3
11.	I am achieving and competent in at least one major area in my life.	-3 -2 -1 0 1 2 3
12.	I feel mentally and/or physically stretched in ways that give me a sense of meaning and purpose.	-3 -2 -1 0 1 2 3
13.	I feel that I get enough energy, nutrition and pleasure from my diet .	-3 -2 -1 0 1 2 3
14.	I feel that I am doing enough physical activity .	-3 -2 -1 0 1 2 3
15.	I feel rested after sleep .	-3 -2 -1 0 1 2 3

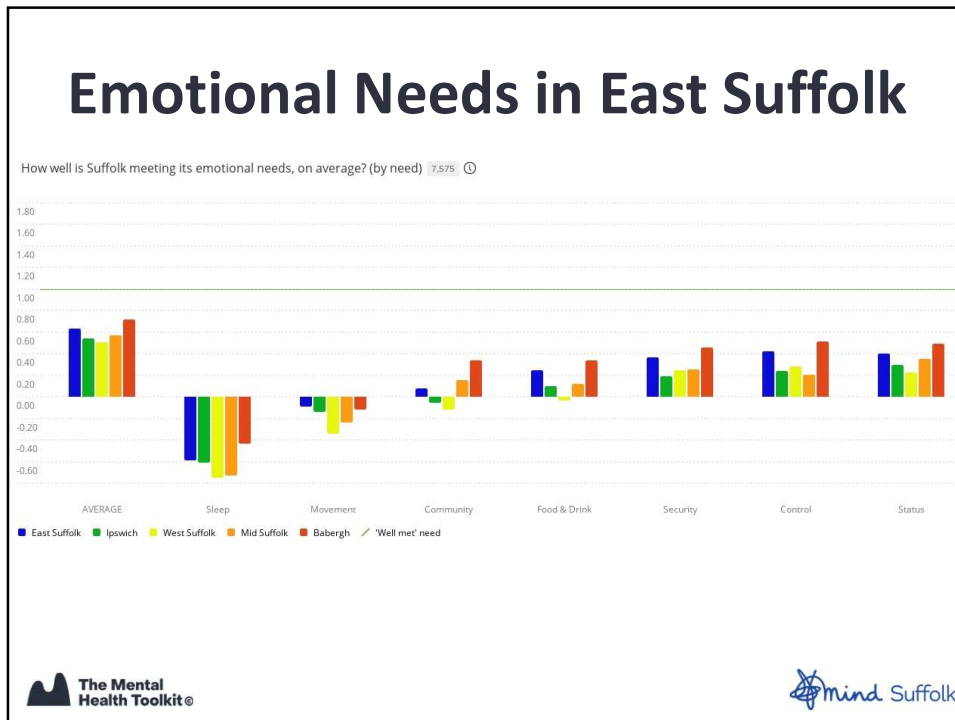
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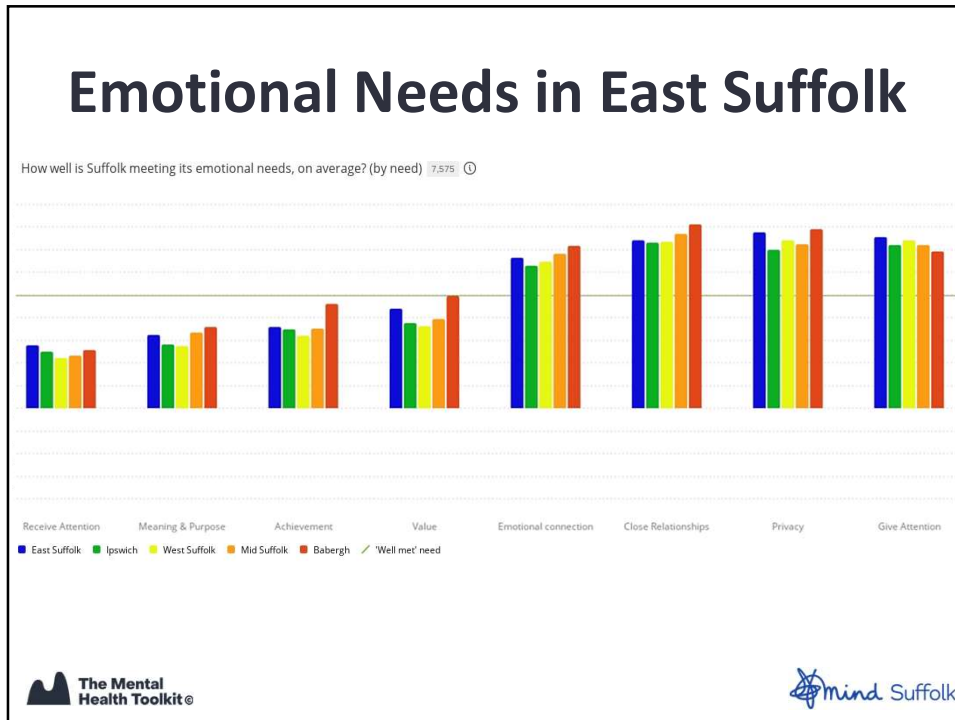
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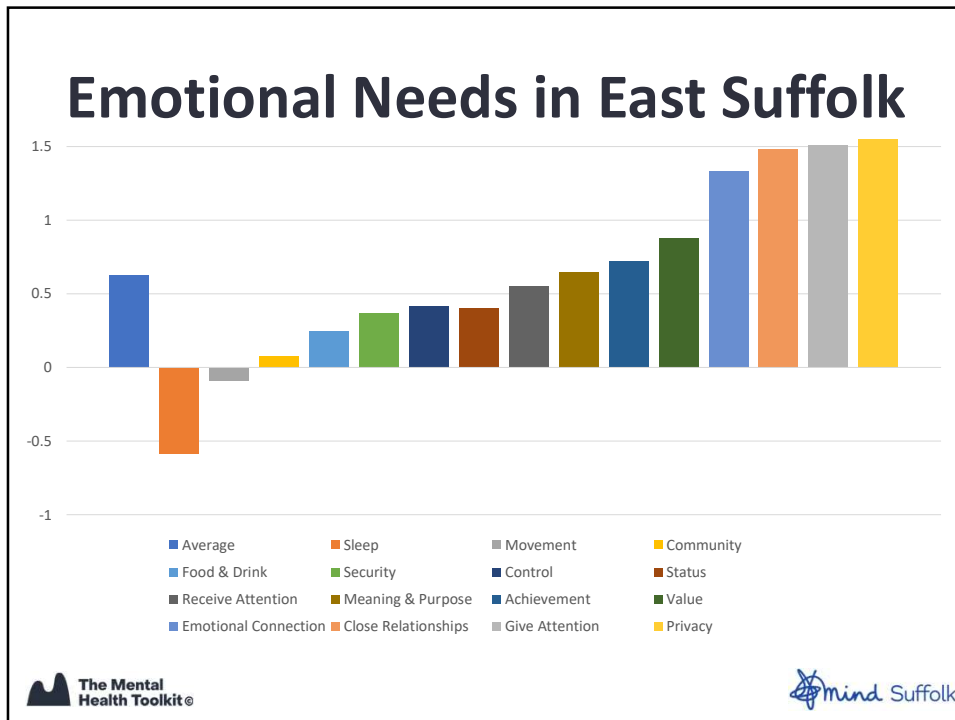
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What can we do?

- In groups, tables, pairs
- What environmental factors might influence how well someone can meet their needs?
- What could we change or improve about workplaces, schools, village/town centres?
- What skills could we teach people to help them meet their needs more effectively?
- How can we help people sleep better?
- What other information would it be useful to have?

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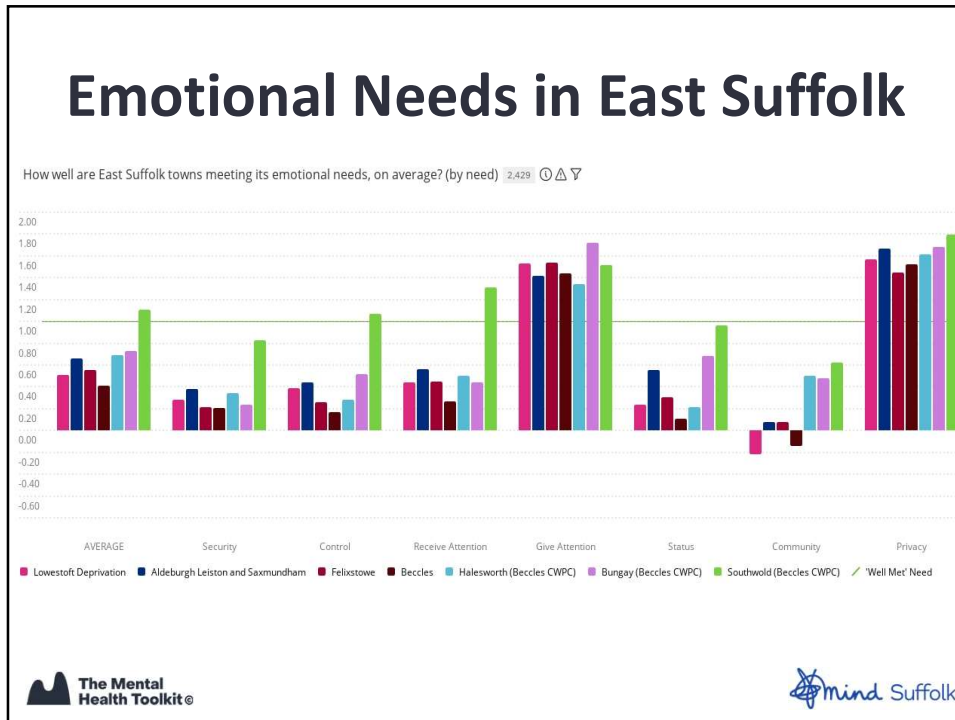
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What can we do?

- East Suffolk better than most parts of the county
- Best met needs are supported by people's relationships and home/work environments
- Clear relationship between physical needs and Security, Control and Value
- Community is least well met emotional need
 - 55% physical and mental health = barrier
 - 27% cost of living
 - 26% work situation
- Nobody is sleeping particularly well
 - Driven by poor Food & Drink, Control, Security, Movement
 - 67% physical and mental health = barrier
 - 27% work situation



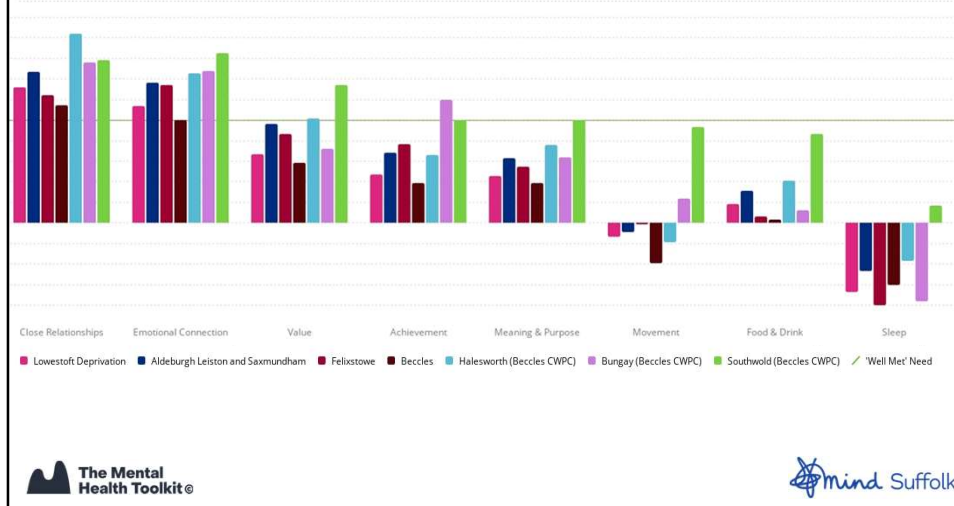

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Emotional Needs in East Suffolk

How well are East Suffolk towns meeting its emotional needs, on average? (by need) 2,429 ⓘ ⚙



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What can we do?

- Caveat 1: not all towns/villages represented due to low data in some areas
- Caveat 2: towns with lower sample size have better met needs
- What's so special about Southwold?
- Where should we focus our efforts to improve the overall Community scores?
- What could we do in those areas?
- Needs for Security, Control and Receive Attention are poorly met in most places
- How can we help people to meet those needs?

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East Suffolk Towns

- Significant relationship found between east Suffolk towns and:
 - Community
 - Close relationships
 - Achievements
 - Meaning and Purpose



- Other needs less dependent upon town location

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Emotional Needs in East Suffolk



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Other demographic info

- 18-44yr-olds have lower scores on:
 - Security
 - Control
 - Status
 - Community
 - Physical needs
- Over 65s meeting needs for Security and Control much better
- c500,000 retirements across UK since 2019
- Older people more financially secure?
- Cost of living crisis hitting younger people more severely?
- Hangover of the pandemic – younger people more affected

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Summary

- East Suffolk is doing better than most other parts of Suffolk
- Best met needs:
 - Privacy
 - Close Relationship
 - Emotional Connection
 - Give Attention
- Least well met:
 - Sleep
 - Movement
 - Community
 - Food & Drink
- Main Supporting Factors: Relationships and Environments
- Main Barriers: physical and mental health, cost of living, work
- Younger age groups have lower scores and are particularly concerned about job security and finance

What one (or more, if you like) thing might you take away from today to explore or implement?

What could you change about your immediate environment, community, workplace, etc?

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**Get good sleep...
Ten top tips**

- Cut caffeine intake
- Exercise
- Privacy before bed
- Routine
- No screens
- Blackout blinds or eye mask
- Temperature 19°C
- Relaxation exercises
- Bed for sleep only
- Get your needs met

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Next Steps

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suffolkmind.org.uk/friends

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