

Mental health in Leicester (Adults)

A Joint Strategic Needs Assessment (JSNA) is a statutory process by which local authorities and commissioning groups assess the current and future health, care and wellbeing needs of the local community to inform decision making.

**Joint Strategic Needs Assessment Summary Document
August 2023, Division of Public Health, Leicester City Council**
[Joint Strategic Needs Assessment \(leicester.gov.uk\)](https://leicester.gov.uk/jсна/)

Further information:

Mental health in Leicester (adults) Leicester City Council
JSNA chapter: [Mental health and wellbeing \(leicester.gov.uk\)](https://leicester.gov.uk/jсна/)

Mental health Office for Health Improvement and Disparities:
[Mental Health and Wellbeing JSNA - OHID \(phe.org.uk\)](https://phe.org.uk/jсна/)

Impact of mental health, poor mental health risk factors, and groups at risk: Mental health conditions can have a substantial impact on all areas of life and is linked to quality of life, discrimination, physical health outcomes, and reduced life expectancy. There are a range of risk factors that could increase chances of poor mental health. Mental illness can affect anyone, but there are some groups at more risk.

Impacts	Detail
Reduced life expectancy	The life expectancy of someone with a serious mental health problem is 15 to 20 years less than the general population.
Poor physical health	People with mental health issues are more likely to engage in detrimental health behaviour, such as poor diet, physical inactivity, heavy smoking and drug and alcohol misuse.
Discrimination and social exclusion	Stigma is a common experience for people with mental health problems. It may compound inequality, by reducing employment opportunities.
Reduced access to medical care	People with mental illness are less likely to access care for both physical and mental health problems, indicative of the continuing lack of parity between mental and physical health.
Suicide and self-harm	Evidence has shown that most people who die by suicide had not been in contact with a GP or a health professional.



Groups at risk: Pregnant/new mothers, children (adverse childhood experiences), students, people with poor health, older people, carers, minority groups (including ethnic minorities and LGBT communities), offenders, asylum seekers and refugees, veterans.

Key indicators for mental health in Leicester: The table below shows how residents of Leicester experience many poor mental health risk factors and issues more severely than England.

Mental health and wellbeing risk factors	Leicester	England
Living in 20% most deprived areas: % of population (2019)	35%	20%
Older people living in deprivation (IDAOP1): % of population aged 60+ (2019)	29.8%	14.2%
First time entrants to the youth justice system: rate per 100,000 10-17 year olds (2021)	188.2	146.9
16-17 year olds not in education, employment or training (2021)	9.0%	4.7%
First time offenders: Rate per 100,000 population (2021)	268	166
Domestic abuse-related incidents and crimes; per 1,000 16+ population (2021/22) / <i>Data relates to Leicestershire police</i>	24.1	30.8
Proportion of opiates and/or crack cocaine users not in treatment (2020/21)	57.8%	52.1%
Depression: QOF prevalence - % of 18+ patients (2021/22)	10.8%	12.7%
Mental health: QOF prevalence - % of all ages (2021/22)	1.1%	1.0%
Employment and support allowance for mental and behavioural disorders – rate per 1,000 population (2022)	15.5	11.7
Emergency hospital admissions for intentional self harm – standardised rate per 100,000 population (2021/22)	125.9	163.9
Suicide rate – persons – standardised rate per 100,000 population (2019-21)	10.6	10.4
Factor of persons with Serious Mental Illness (SMI) are times likely to die prematurely compared to non SMI persons.	4.9	4.0

Current services in relation to need: There are a range of mental health and wellbeing services for Leicester residents in need. A first point of call is often the GP but there are also a range of more specialist and targeted services. The full JSNA details unmet need and gaps in service.

Group	Services	Unmet needs
Perinatal Maternal Mental Health	Midwives routinely inquire about women’s current mental health during pregnancy and the early post-partum period. Maternity services can also refer to perinatal mental health team.	There needs to be more capacity for women to have timely access to specialised therapy. Additional scope to work with other professionals who routinely meet women during and after pregnancy.
Child and Adolescent Mental Health (CAMHS)	Mental health is a significant and potentially increasing health concern for young people. Universal and specialist services consists of children’s health and social care services, schools, local authorities, and voluntary services.	Areas of need such as tackling stigma around mental health problems, improving access to mental health services for children and young people who are particularly vulnerable, and reducing CAMHS waiting times overall.
Student Mental Health	Both De Montfort University and the University of Leicester offer student counselling and support. There are also General Practices closely linked with student communities.	Students who may require secondary care for a mental health problem may face more barriers. Issues include continuing care between part-time addresses.
Working age people	Community Mental Health Teams (CMHTs) support people living with and people caring for individuals with mental health problems. They design, implement and evaluate packages of care to enable people to stay in the community.	Improve diagnosis of mental health problems, particularly in communities where there may be a stigma attached to living with a mental health problem. Improve parity of esteem, both in primary and secondary care. Combat stigma amongst the wider population around speaking about mental health and wellbeing.
Older people	Several specialist mental health services that help to diagnose and support older people with mental illness. In addition, the local authority carries out social care assessments for older people living with mental health problems, along with their carers.	There is an integrated approach between health, social care and voluntary and community sector, this needs to be improved to ensure that the mental health needs of older people are addressed as early and effectively as possible.