NHS
Bromley
Clinical Commissioning Group

OUR PLANS FOR IMPROVING HEALTH IN BROMLEY

Our commissioning intentions 2015-2020

MENTAL HEALTH

Good mental health is fundamental to physical, emotional and social wellbeing. If you are mentally healthy then you are better able to cope with life's ups and downs and lead a full and active life. Mental health problems are very common and about a quarter of us will experience some kind of mental illness during our lifetime.

What are the challenges in Bromley?

Mental health problems affect a large proportion of our population. This can vary from a mild to moderate disorder such as anxiety or depression to more serious mental illness. Although our suicide rates are lower than in London and nationally, we have higher rates of people under 18 with depression. In Bromley, one in ten children need support or treatment for mental health problems.   We also have a number of people with caring responsibilities who have told us this has a negative impact on their mental health.

In Bromley we have the highest number of people over 65 in London compared to all the other London boroughs and this number is expected to grow. In 2014, 4,205 people were estimated to have dementia and this is expected to rise each year.

Other factors that impact on mental health include: living with a long term condition, poor physical health, obesity, substance misuse, unemployment, poor and overcrowded living conditions.

What are we going to do about it?

- Bring local services and GP practices closer together through 'care networks'. By working in a more joined up way, mental health needs will be identified earlier and people will be better supported.
- Improve access to psychological therapies, which are known to be effective in treating people with mild to moderate mental health disorders.
- Develop mental health crisis services so that they can quickly respond to people in a crisis and provide support and help to reduce the need for a hospital admission.
- Identify more people who have dementia and make sure they and their carers have better access to support services.

- Improve awareness and support for mental ill health in schools and local communities.
- Improve access to and quality of mental health services for children and young people. For example, we are developing a specialist community eating disorders service for children and young people.
- Improve support for women who are having a baby and who experience mental health problems through a new specialist community perinatal mental health service. The service will work closely with GPs, health visitors and maternity services.
- Improve the links between physical and mental health by addressing health inequalities, improving mental health awareness and increasing supporting those with long term and other physical health conditions.
- Help people get back to work and to stay in work.

What benefits will patients see?

- Consistently good quality mental health services that all people are able to access according to need.
- Reduced waiting times for treatment and hospital admissions.
- Reduced suicide rates and improved recovery rates.
- Treatments and services for people with dementia that can be maintained long term.
- Better awareness and more open discussions about mental health.

What do you think?

Q1   Do you agree with what we are planning to do to improve mental health services in Bromley?

Q2:   Is there anything else you think we should consider?

Q3:   Do you have any other ideas about how we can meet the health and care needs of people who live in Bromley (bearing in mind limited resources and increasing demand?

Contact us with your views on 01689 866 643 or complete our survey on our website at www.bromleyccg.nhs.uk by 16 October 2015.