

Supporting Mental Health



A presentation for
Victoria and Mapperley Patient
Participation Group
March 2021
Dr Lyndsey Wheeler

PPG Agenda

- What effect the pandemics had on mental illnesses i.e. loneliness?
- Children and young people should be remembered as being significantly effected in this.
- How does the practice manage mental health issues? What is the process it follows for patients with these problems?
- What is the role of the 'Social Prescriber' in this area and are they active within our practice yet?



Impact of Covid 19 pandemic on mental health

- Social isolation/loneliness
- Financial pressures
- Job loss
- Loss of routine
- Increased pressure on time

- Reduced Exercise
- Loss of coping strategies
- Loss of support groups
- Different family dynamics
- Shielding group at risk
- Drug/alcohol

- Insomnia
- Bereavement
- Impact on carers
- Worry about seeking support
- Families in crisis

- Health anxiety
- Physical components – anxiety
- Physical illness
- Covid 19 related illness
- Excess deaths – Suicides ?

- Improvement in some conditions
- Due to change in circumstance

Children

- Impact on emotional wellbeing
- Anxiety, worry,
- Impact on coping strategies
- Loss of routine/structure
- Family interactions changing
- Change in routine can be positive
- School involvement
- CAMHS
- Base 51/BEMH/Youngminds
- Safeguarding team

Learning Disabilities

- Social isolation
- Reduced social support
- Carer strain
- Actively reviewing at VAMP

Older adults MH/Memory concerns

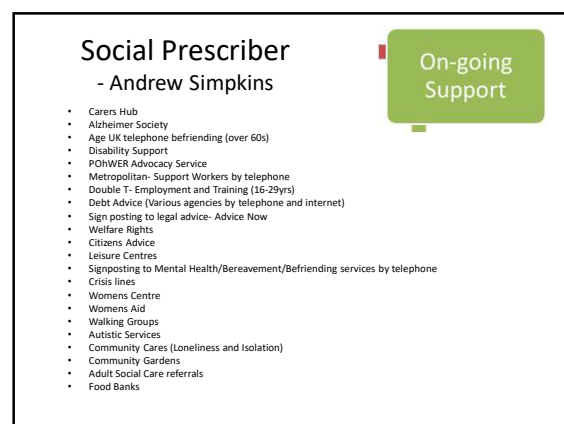
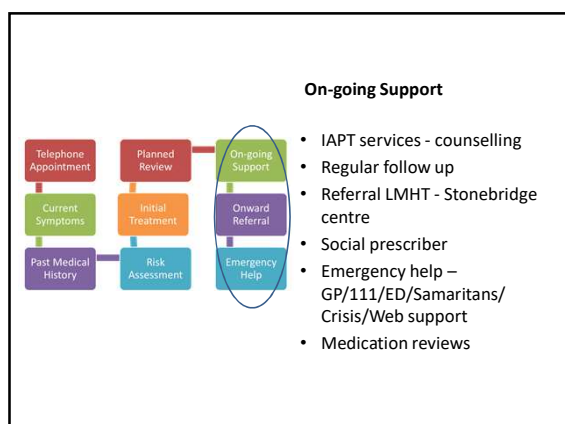
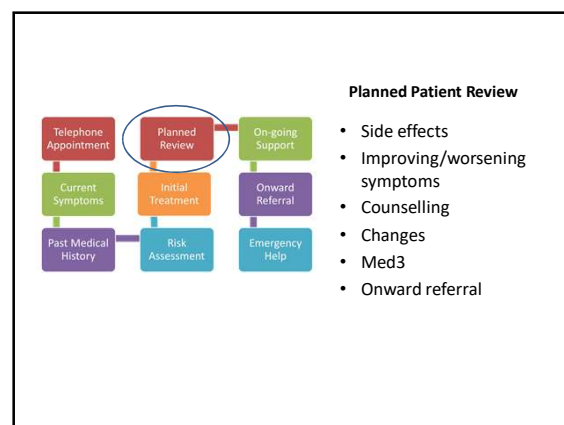
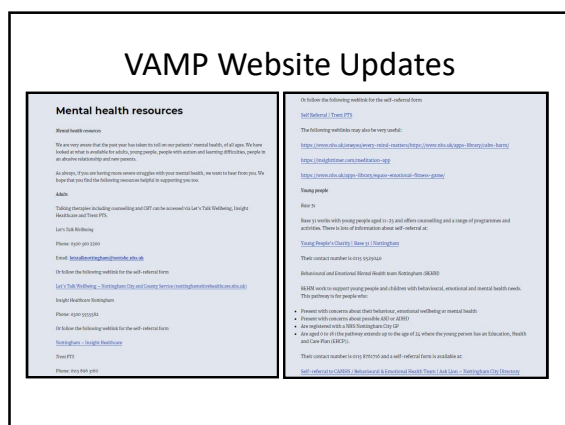
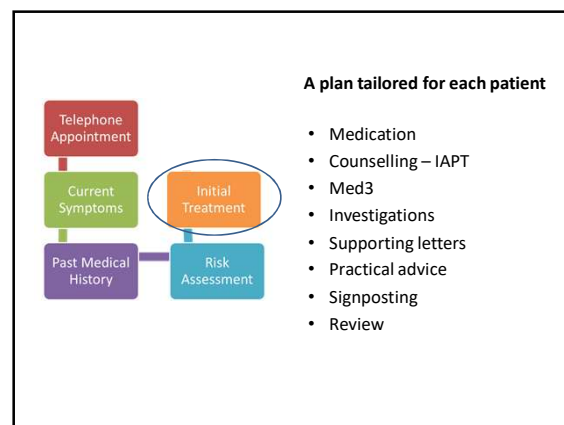
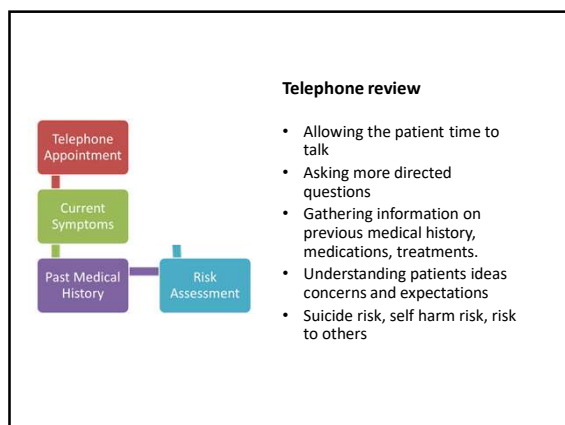
- Social isolation
- Reduced social support
- Impact on physical health
- Concern relating to putting self at risk by attending
- Reduced stimulation
- Carer strain
- CMHT/Memory clinic
- Social services/Carers federation
- Care home reviews

New parents

- Postnatal depression
- Domestic abuse concern
- Loss of social /family support
- Actively reviewing at VAMP
- Health visitor/midwife support

Tailoring a plan of support for each Patient







What's Next?

- The pandemic continues to impact on mental health
- VAMP is working to actively support patients with their individual mental health needs
- We are aiming to make support more accessible especially for those at risk groups
- How can we work alongside PPG to support this further?