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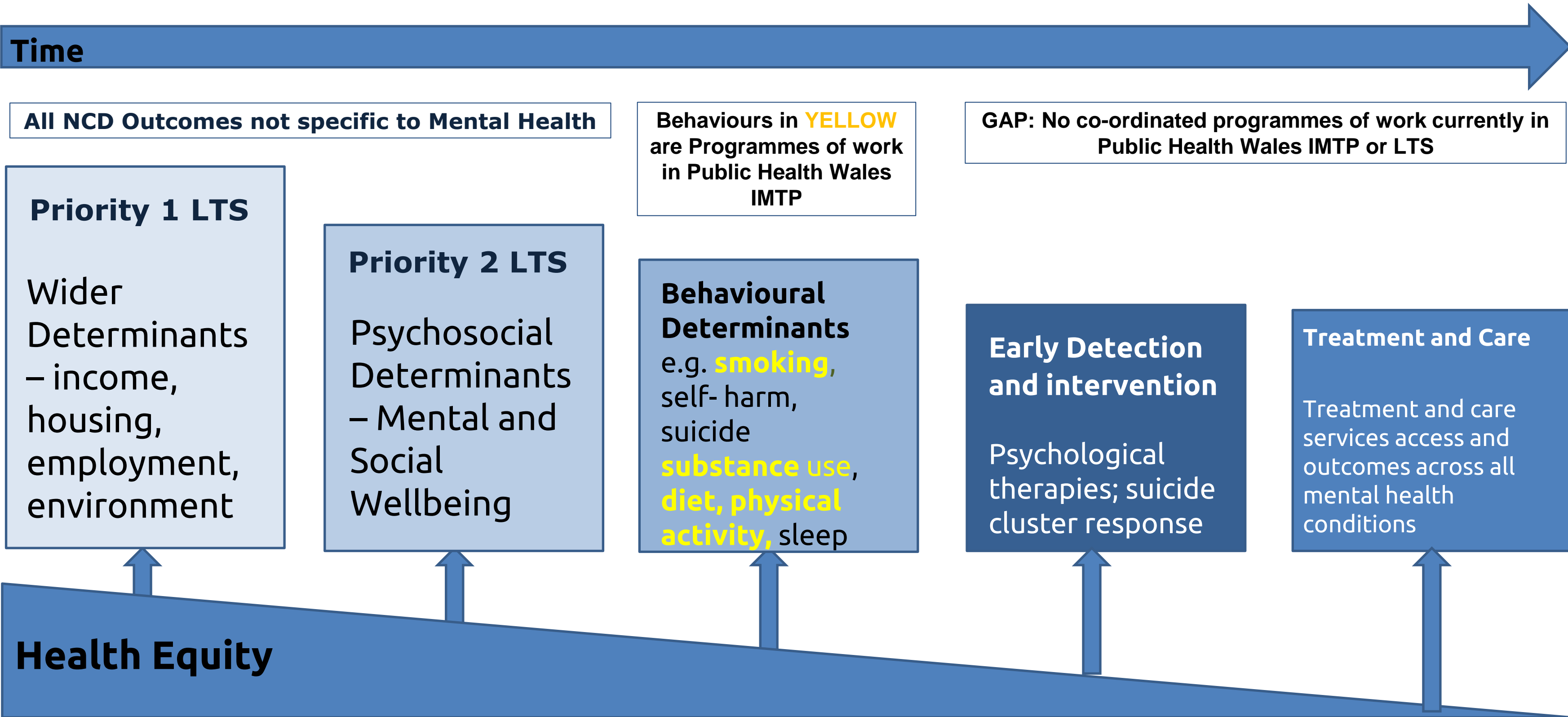
Iechyd Cyhoeddus
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Public Health
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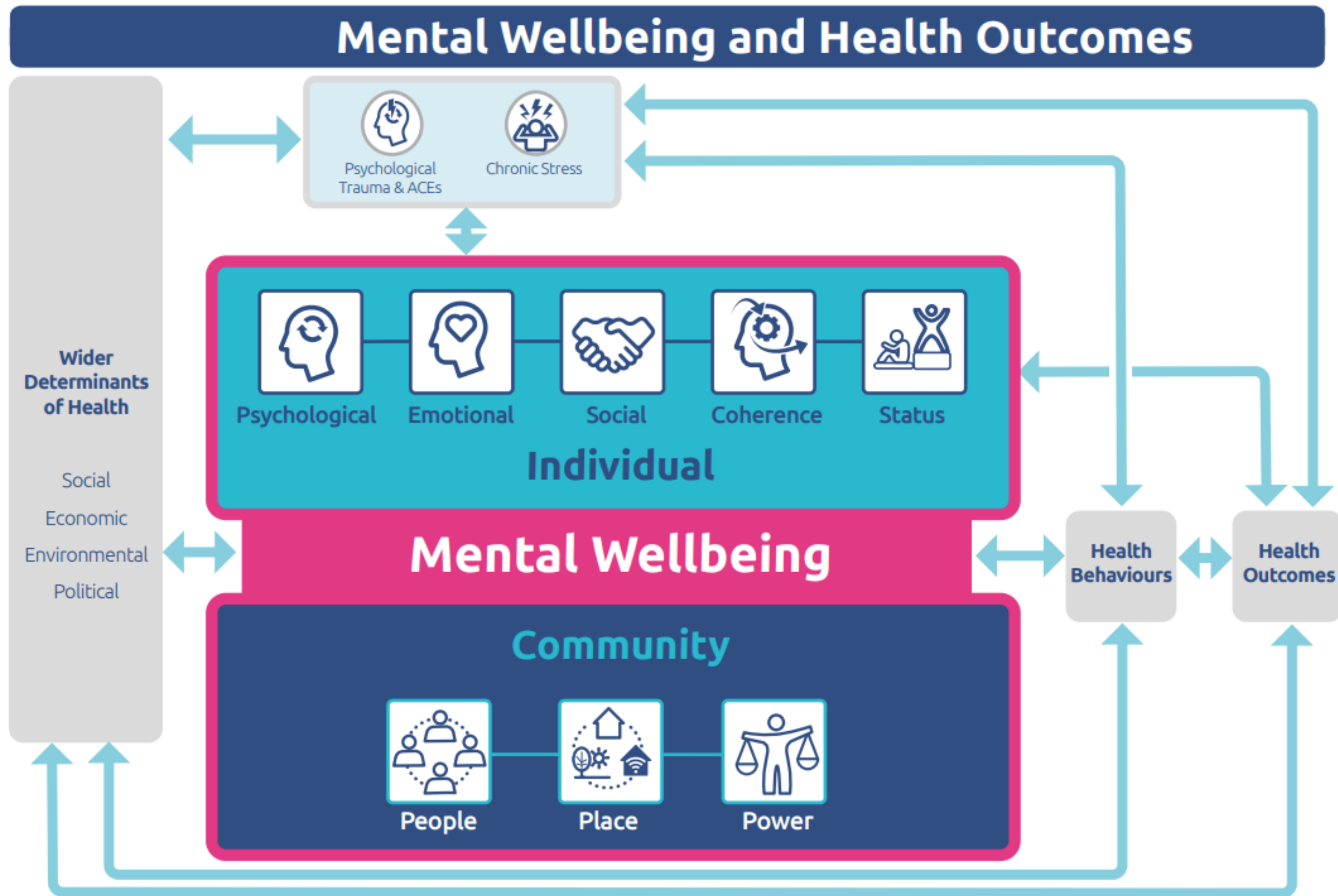
Mental health and wellbeing indicators

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Mental Health Prevention Pathway and gaps



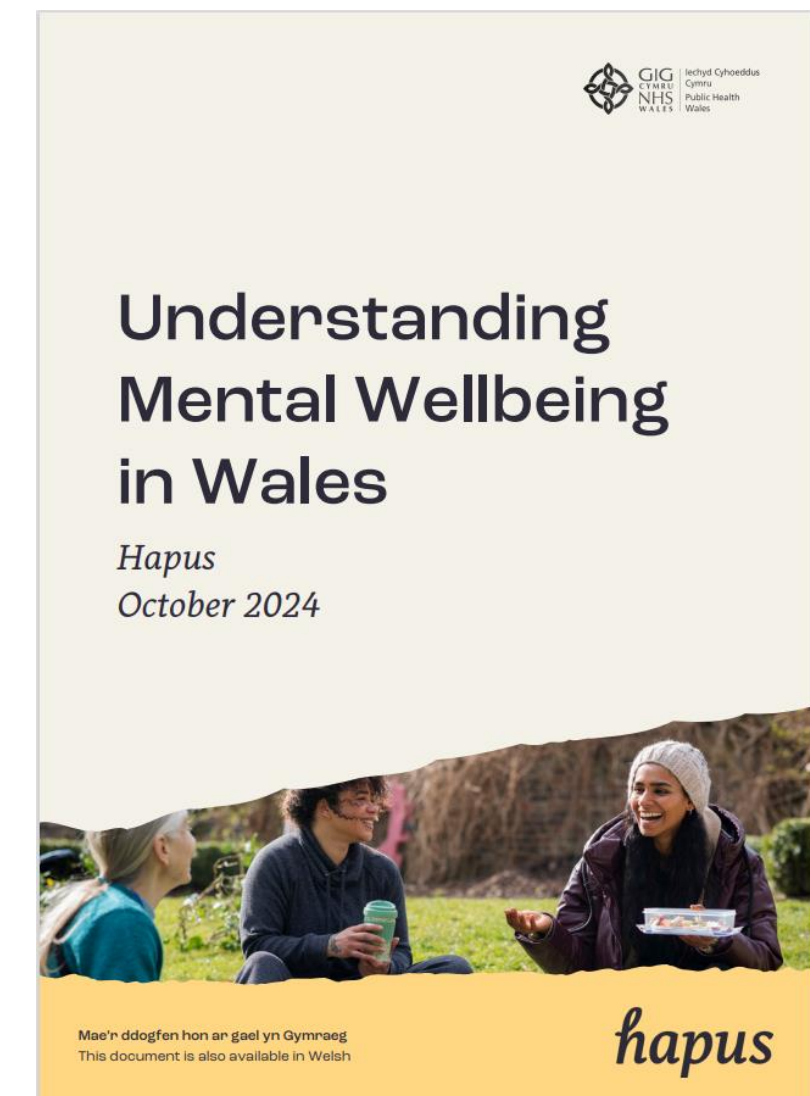


Mental and Social Wellbeing

Outcome	Indicator and latest measure
Mental Wellbeing	<p>Inequality gap in Mental Wellbeing between the most and least disadvantaged groups (3.3 (2022-23, NSW)</p> <p>Inequality gap in Mental Wellbeing (SWEMWBS) between those young people reporting high family affluences compared to low family affluence (2 (2023, SHRN)</p>
Social Wellbeing	<p>Adults reporting they have a sense of community (63.8% (NSW, 2021-22)</p> <p>Young people who report they can count on friends when things go wrong (60.5%, 2025, SHRN)</p>
Children who achieve their developmental milestones (social and emotional)	Not currently measurable
Experience of violence or abuse	<p>Adults reporting experience of violence from acquaintance (0.5%) or stranger (0.8%) CSEW, 12 months to June 2024</p> <p>Adults (16+ years of age or older) reporting domestic abuse 4.6% CSEW, 12 months to June 2024</p> <p>Young people aged 11 – 16 years of age reporting experience of being bullied (37.5%) or bullying others (19.4%) SHRN, 2023</p>

Mental and Social Wellbeing

- Published research on Understanding Mental Wellbeing in Wales, work currently ongoing to use this research to inform next phases of Hapus Programme
- Hapus evaluation in place for national conversation and partnership engagement elements of the work



Real-time suspected suicide surveillance

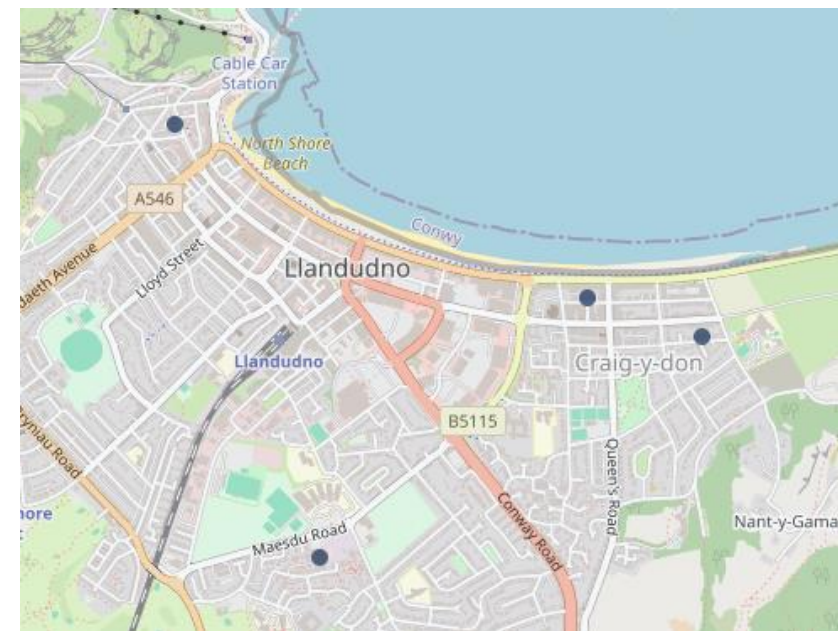
Police force data on suspected suicides reported monthly

Data collection started in April 2022

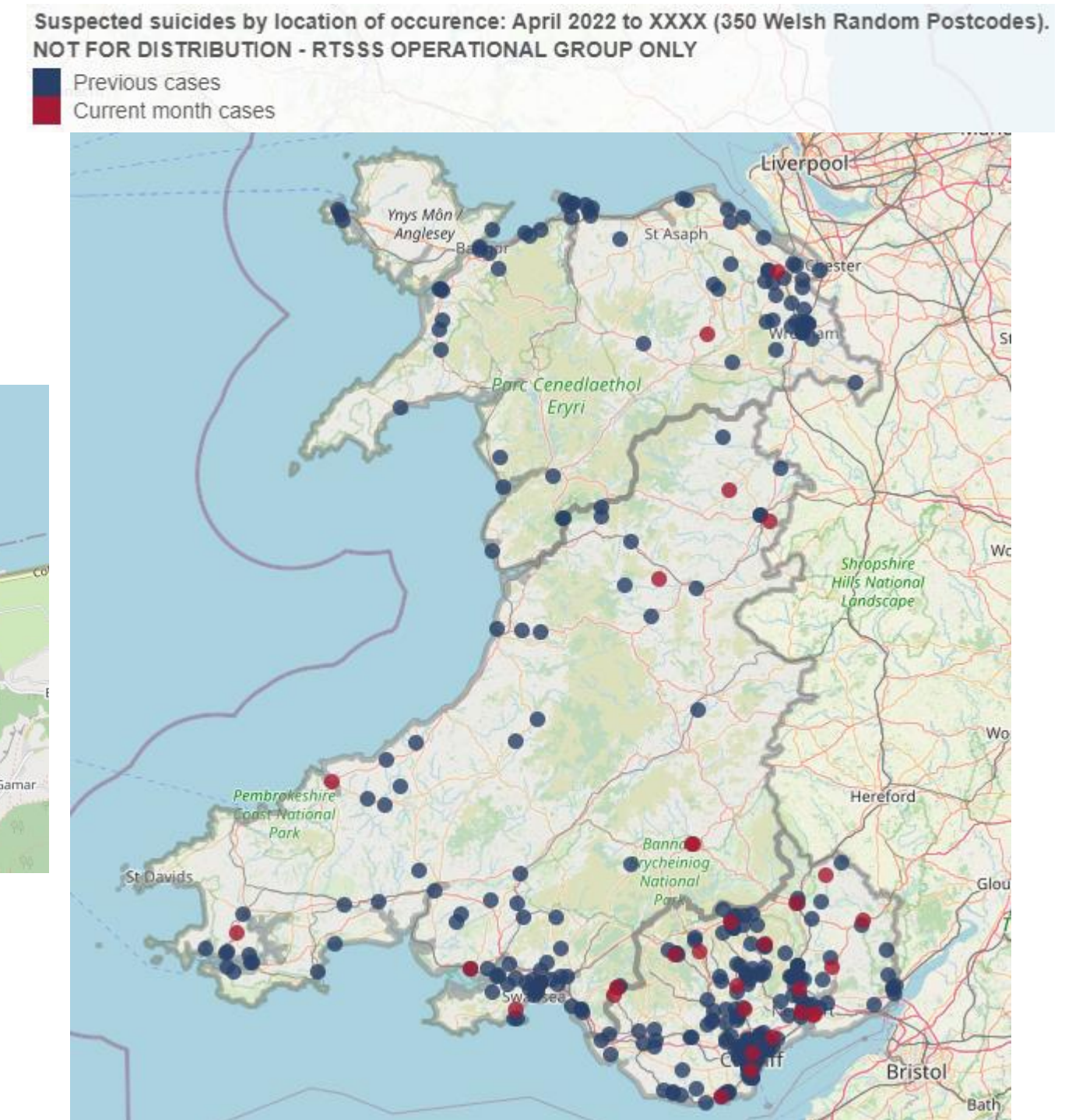
Monthly reports to system

Annual published reports

Maps to help identify patterns and clusters - location of occurrence (public spaces) and location of residence



(Zoomed in. NB not real data)



The mental health and well-being programme

3 projects about children and young people in Wales age 11-24 years



SAIL data linkage project
Health, care, ONS census
and SHRN* data sets

SAIL data linkage project
Health, care, ONS census and
education data sets

Qualitative project in partnership with
the third sector

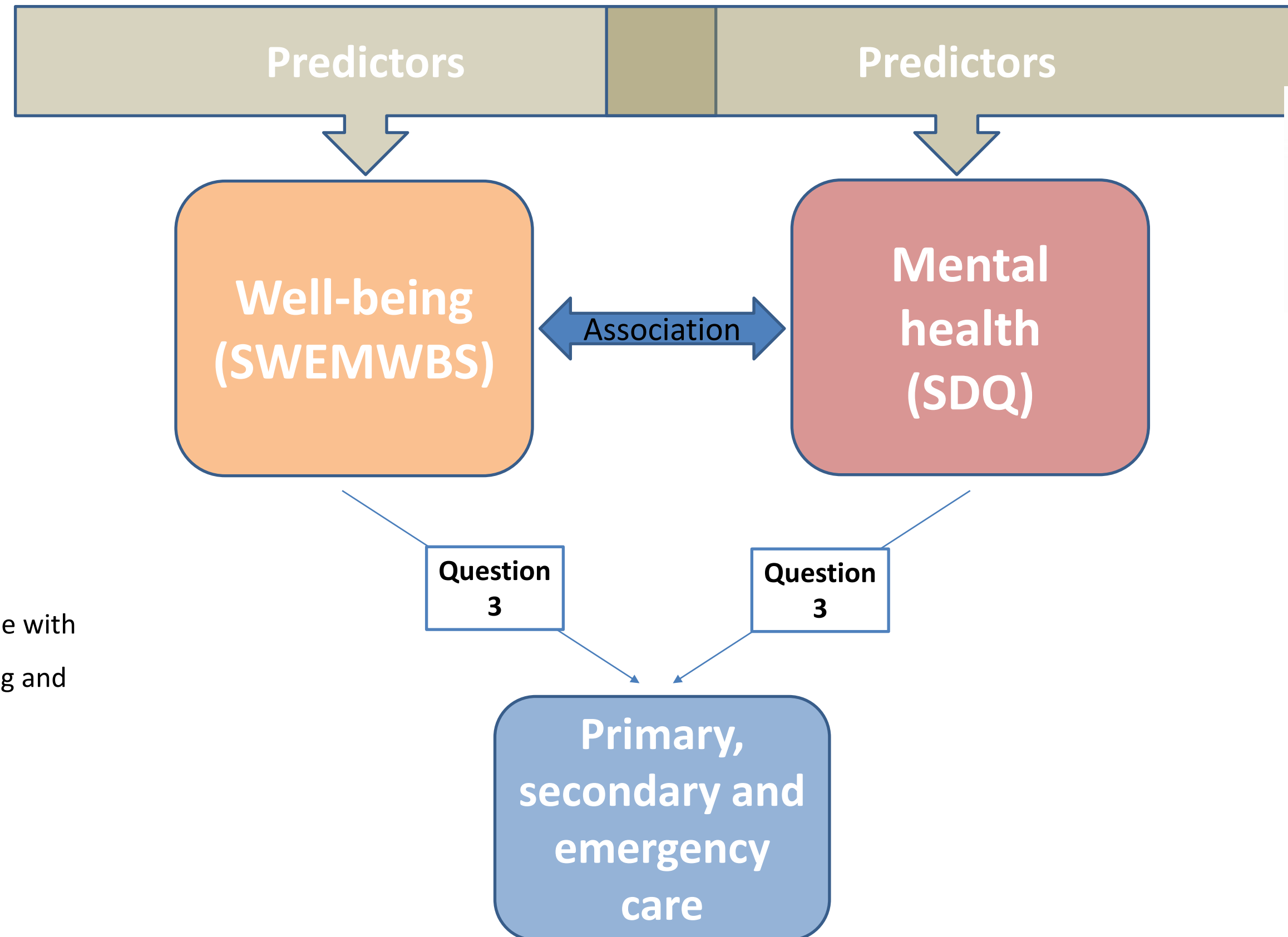
*SHRN is the School Health Research Network survey

1. Understanding associations between mental wellbeing and mental health

Question 1: Is there a relationship between self-reported wellbeing and mental health?

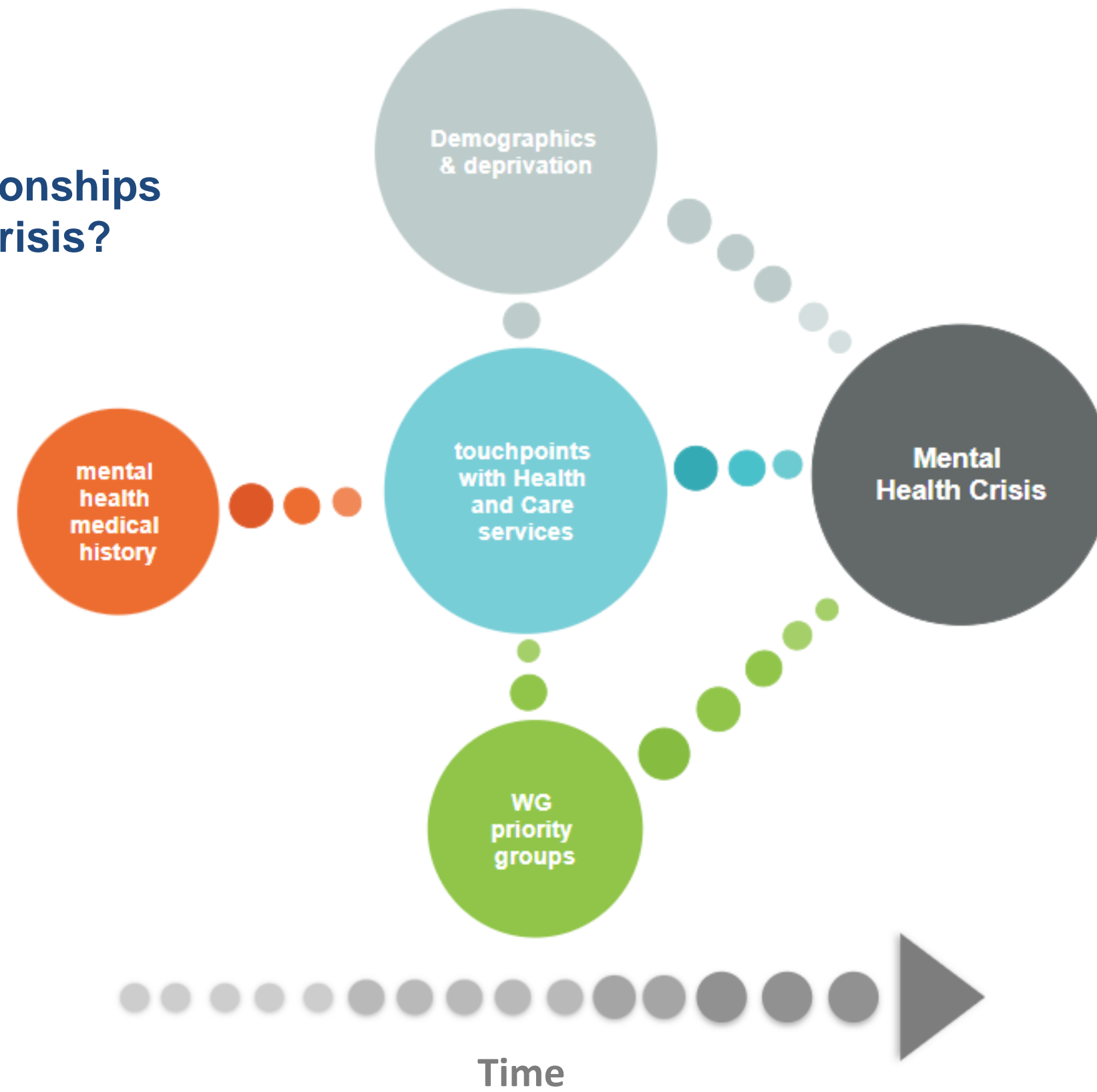
Question 2: Which predictors are common to wellbeing and mental health, and which are not?

Question 3: Are there groups of young people with scores indicating self-reported poor wellbeing and /or poor mental health who are or are not in the clinical mental health data?



2. Understanding crisis presentation and routes to care

Possible relationships ahead of MH crisis?



Question 1: What touchpoints with health and social care services do children and young people aged 11-24 years have ahead of MH crisis?

Question 2: Are there inequalities between those who have MH crisis and the general population or differences in touchpoints?

Question 3: Does being in education or the workplace, as a proxy for potential access to MH services, make a difference to the occurrence of MH crisis?

3. Qualitative insights from under-represented groups: Findings from a series of semi-structured interviews

Aims to explore:

- Awareness, motivations, barriers and facilitators for accessing different sources of support
- Helpful and less helpful characteristics of the support accessed
- Experiences of transitions across or within services
- Suggestions for improvement

Methods:

- Twenty ~50 minute semi-structured interviews with 18-25 year olds with experience of seeking/accessing mental health support in the last five years
- Recruitment: primarily third sector, also educational settings & social media
- Sampling: across ages, genders, deprivation, urban/rural, types of support sought, included those who did not access the support sought
- Target priority groups: BAME communities, LGBTQ+, Welsh speakers

Question: What are the key perspectives and experiences of adolescents and young people who seek and /or access mental health support across various settings in Wales?



Committee is asked to note

The broad range of work on research and data to support work on mental health

That work will be ongoing as we further develop the routemaps on headline measures and the system of measurement