



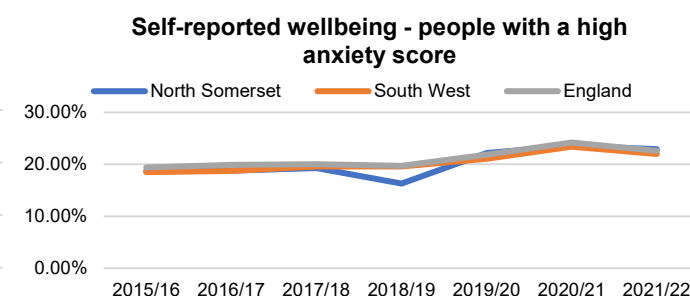
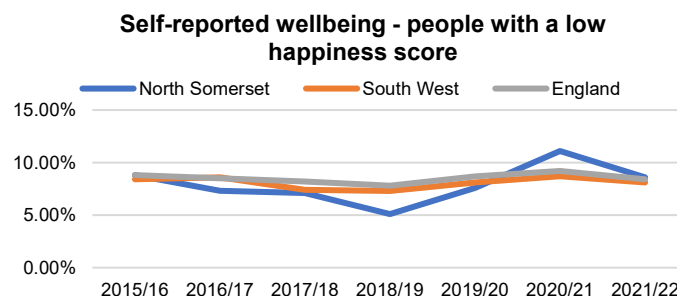
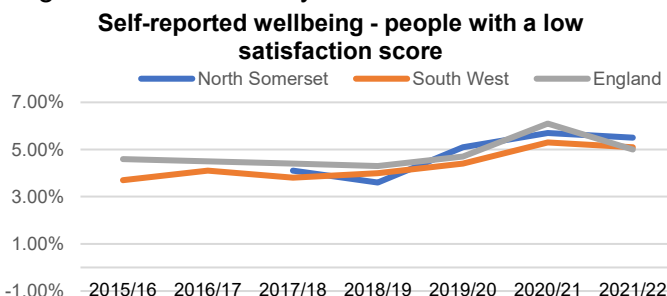
Spotlight report: mental health and wellbeing



Research suggests there is a two-way relationship between wellbeing and health: health influences wellbeing and wellbeing itself influences health. Over recent years measures of mental health and wellbeing for the adult population have worsened nationally, regionally and locally with self-reported wellbeing worsening significantly during the pandemic. *See also children and young people's mental health and wellbeing spotlight report.*

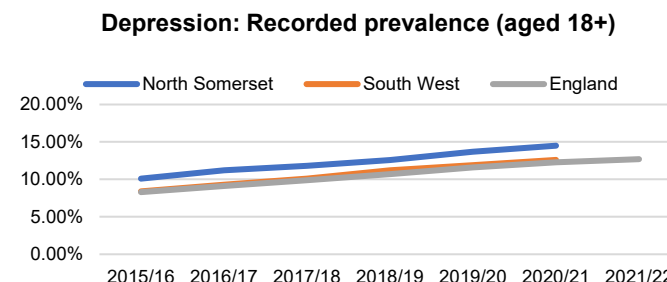
Self-reported wellbeing

The [Integrated Household Survey](#) (IHS) is the largest social survey collected by the Office for National Statistics (ONS), providing estimates from approximately 325,000 individual respondents – the biggest pool of UK social data after the census. It includes a number of questions on self-reported mental wellbeing. The last two years have seen a decline across those measures locally, regionally and nationally with more people reporting low satisfaction, low happiness, and higher levels of anxiety.



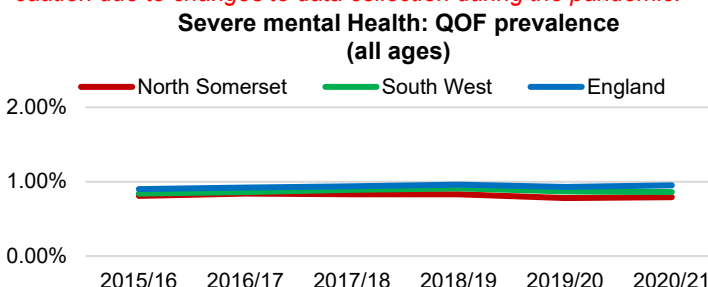
Depression

The recorded prevalence of depression for those aged 18 and over has increased year on year nationally, regionally and locally. In North Somerset 14.5% of adults have an unresolved record of depression on their patient record. *To note 2020/21 data should be treated with caution due to changes to data collection during the pandemic.*



Severe mental health disorders

The recorded prevalence of severe mental health disorders including patients with a diagnosis of schizophrenia, bipolar affective disorder and other psychoses for those aged 18 and over has remained fairly steady nationally, regionally and locally over recent years. *To note 2020/21 data should be treated with caution due to changes to data collection during the pandemic.*



Outcomes

The percentage of adults in contact with secondary mental health services who are in stable employment has decreased in recent years (11.4% as of 2019/20) as has the rate of adults in contact with secondary mental health services who live in stable and appropriate accommodation (59% as of 2019/20).

The rate of [Employment Support Allowance](#) claimants for mental and behavioural disorders have increased nationally, regionally and locally in recent years and have been slightly higher across North Somerset.