



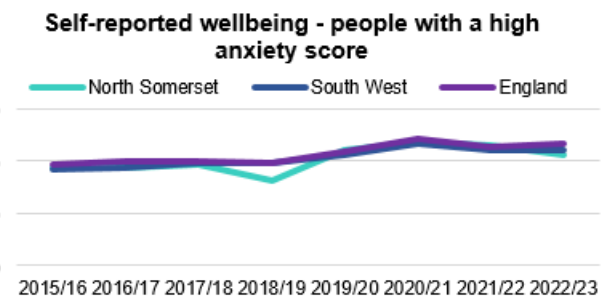
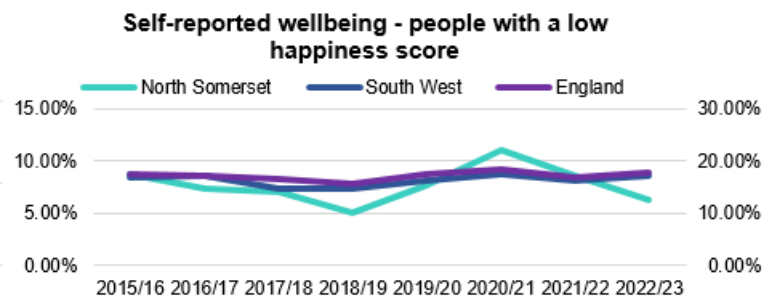
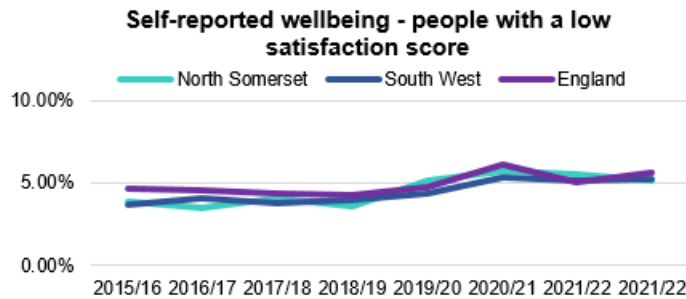
## Spotlight report: mental health and wellbeing



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.*

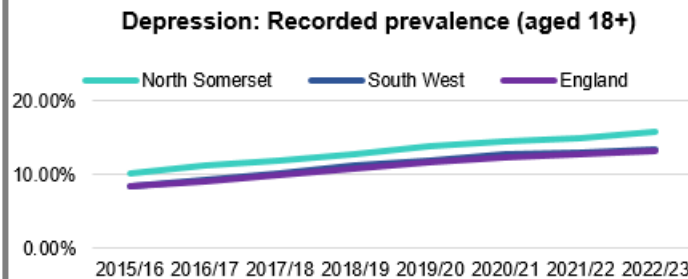
### Self-reported wellbeing

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.



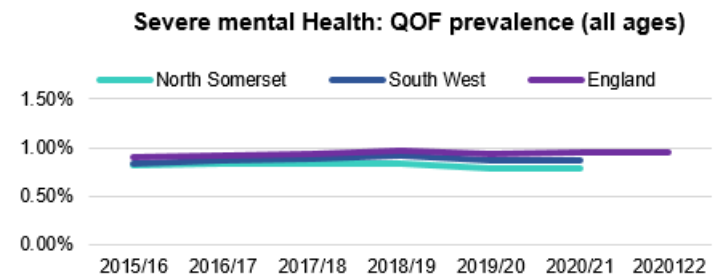
### Depression

The recorded prevalence of depression for those aged 18 and over has increased year on year nationally, regionally and locally. In North Somerset 15.7% 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 is 13% as of 2020/21 for North Somerset which is the rate of adults in contact with secondary mental health services who live in stable and appropriate accommodation.

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.