

Chapter 1 Introduction

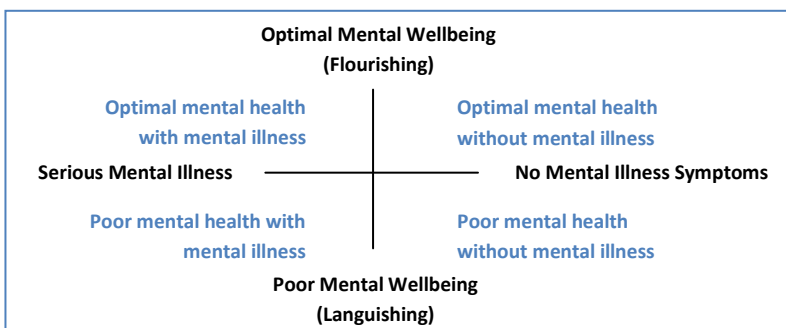
This is a needs assessment into the mental health needs of people (all ages) residing in Herefordshire. The report is produced by Herefordshire Clinical Commissioning Group with contributions from patients, carers, and local organisations.

The World Health Organisation (WHO) (2013) defines mental health as:

“A state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community... it is not merely the absence of disease or infirmity”.

The model below illustrates the types of mental health that this Needs Assessment is concerned with.

Figure 1 The relationship between mental illness and wellbeing



The Needs Assessment does not include the needs of people with learning disabilities; autism, substance misuse or acquired brain injury.

Methodology

A range of engagement approaches were used with the public including patients, their carers, practitioners and organisations. Over 400 people and nearly 100 organisations participated. The feedback has been used to construct a qualitative needs assessment, including the identification of outcomes that people wanted to achieve.

A service mapping, analysis of information and comparison against national evidence base were also carried out.

Herefordshire Mental Health Needs Assessment

The Needs Assessment has been constructed into individual chapters that can stand alone or as a set.

Chapter 1- 3 provide background and context to the needs assessment. These are reference chapters that include definitions, methodology and service mapping information.

Chapters 4-11 address different aspects of mental health from prevention and early intervention to specialist services. Topics are common mental health, severe and enduring mental health, dementia, children and young people, vulnerable people, suicide and cross cutting system themes.

Each chapter outlines the feedback findings set in context of the prevalence and national evidence. This is followed by recommendations.

Chapter 12 is the conclusion of the needs assessment. This Chapter states what will happen next and outlines the outcomes to be used in our aspirations for services to meet the needs of people with mental health conditions and their carers.