

## Appendix 3 – Creating a Mentally Healthy City Forum Highlight Report

### 1.1 Context

- 1.1.1 The aim of the Creating a Mentally Healthy City Forum (CMHC) is to work with strategic partners, stakeholders, Third and Voluntary sectors, Academics, and Faith Groups to improve mental wellbeing including access to mental health services for the most vulnerable and disadvantaged groups through the programmes mentioned in the Joint Strategic Needs Assessment (JSNA), the call to action in the Prevention Concordat, and the Suicide Prevention Strategy, along with other HWBB Forum: Creating a City without Inequality; Creating a Healthy Food City; and Creating a Physically Active City.
- 1.1.2 The scheduled bi-monthly meetings were disrupted by the COVID-19 pandemic. Since then one Forum meeting was stepped-up on 10 June, but due to a work programme at population level, aimed at reducing the risk of becoming seriously ill, a decision was made to step down the CMHC Forum until c. October 2020.

### 1.2 Current Circumstance

- 1.2.1 We continue the mapping exercise to establish the availability of mental health services across the life course in Birmingham; this combined with the results from our YouGov survey and COVID-19 impact survey on how people were managing their mental health and wellbeing will identify future areas for development.
- 1.2.2 Carried out a mapping exercise on how Suicide Prevention services have changed during COVID-19. Four questions were asked: where and how services were being delivered; how levels of uptake changed during COVID-19; what the observations on needs were; and what are the insights on the current services. There has been an increase in online referrals, and people phoning helpline for support. Self-harm has reported an increase and provisions being made to support people in this area. People are reluctant to seek help as they think COVID-19 is of greater importance than their mental health and they would prefer face-to-face support than online services and telephone calls.

### 1.3 Next Steps and Delivery

- 1.3.1
- Continuation of the mapping exercise, with an updated report, on mental health and wellbeing support across the City
  - Closer working relationship with Birmingham and Solihull CCG to maximise input and building relationships for collaborative work, which will also involve input from our partners in CMHC
  - Suicide Prevention initiate working with hospitals to ensure GPs are notified when vulnerable patients self-discharge. This to ensure they have continued support in the community as they often fall out of the system