



**North East and  
North Cumbria**

# **Men's Mental Health**

**Joint Scrutiny Committee**  
**25 November 2024**

**Peter Rooney, Director of Transformation,  
North East and North Cumbria ICB**

# Content

- This presentation may upset you, especially if you have personal experience of some of the issues. Please feel free to take some time out if you need it.
- Prevalence – General Practice registers
- Accessing Services
- Suicide
- Examples of local services

# Mental Disorders and Mental Wellbeing

- **Mental disorders:** These include common mental disorders (depressive and anxiety disorders), bipolar disorder, psychotic disorder including schizophrenia, eating disorder, personality disorder, substance use disorders, dementia, intellectual disabilities, and neurodevelopmental disorders including autism.
- **Mental wellbeing:** Different conceptualisations of wellbeing include affective wellbeing, which refers to present state satisfaction, pleasure and mood, and evaluative wellbeing, which refers to global, longer-term aspects including meaning and development. Resilience is also related to mental wellbeing.

# North East and North Cumbria (NENC) Prevalence

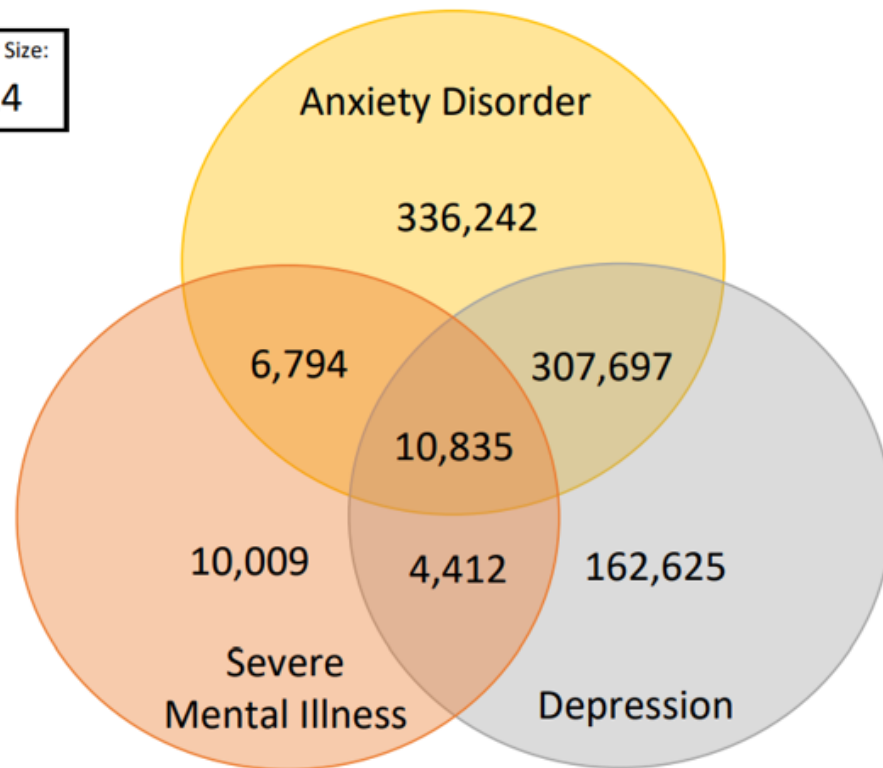
Total Register Size:

838,614

Across NENC\*:

- 662,000 (21% of population) have **anxiety**
- 486,000 (15%) have **depression**
- 32,000 (1%) have **severe mental illness**

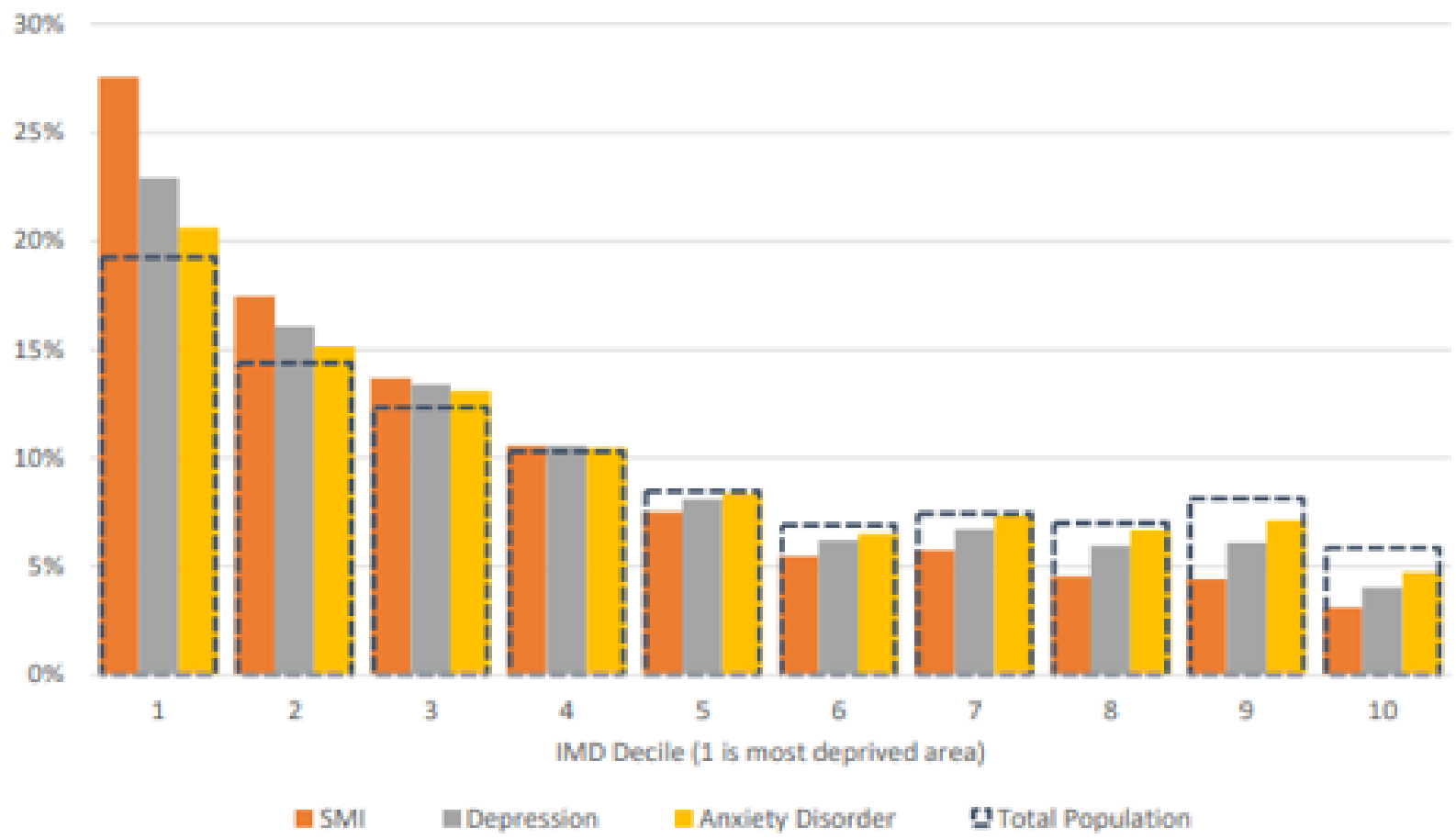
There is a large overlap – many people have more than one of these conditions



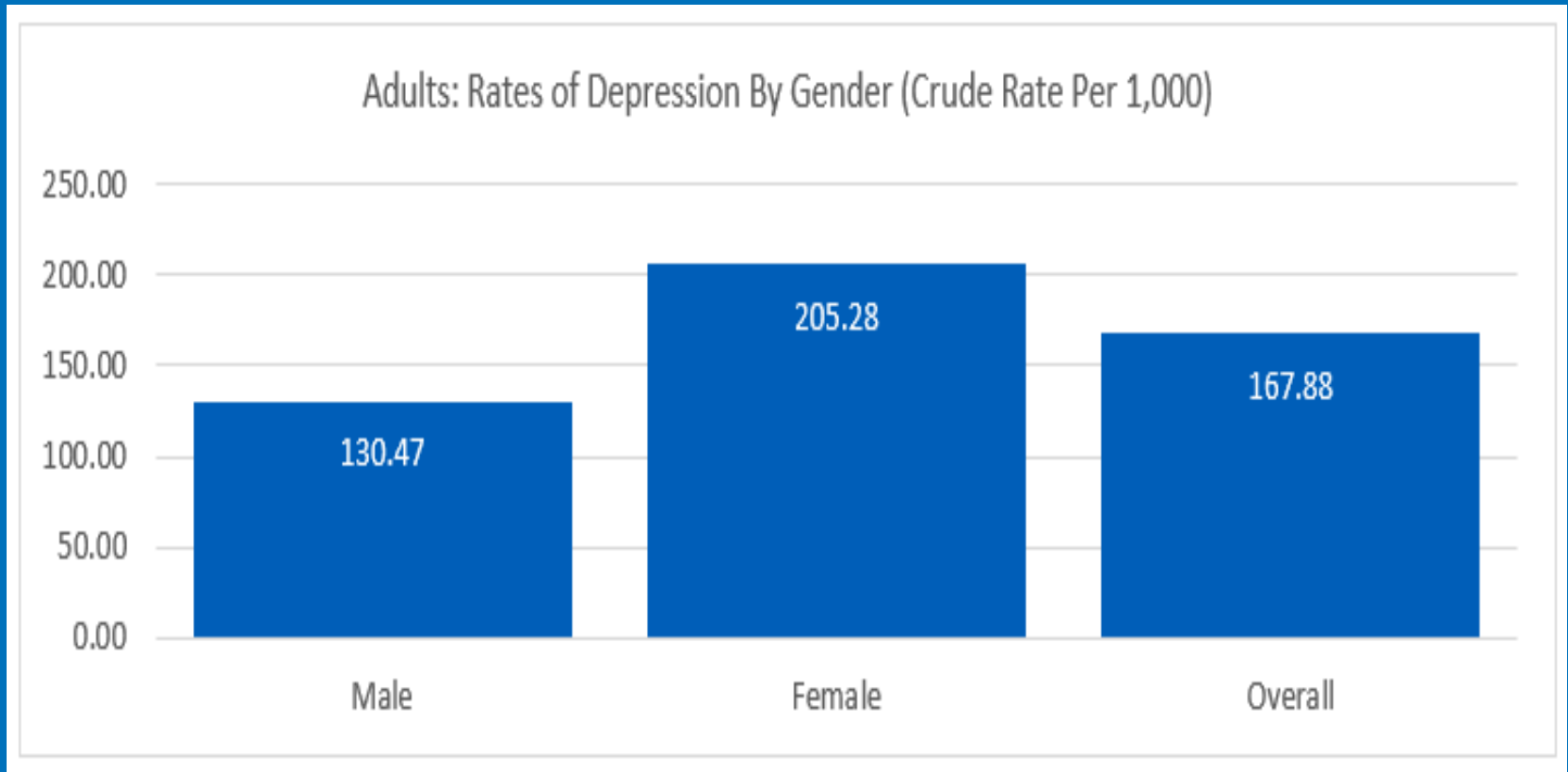
\* Based on data for 3.14 million people for whom there is data in RAIDR

# NENC Socio-Economic Inequalities

Deprivation (Index of Multiple Deprivation)



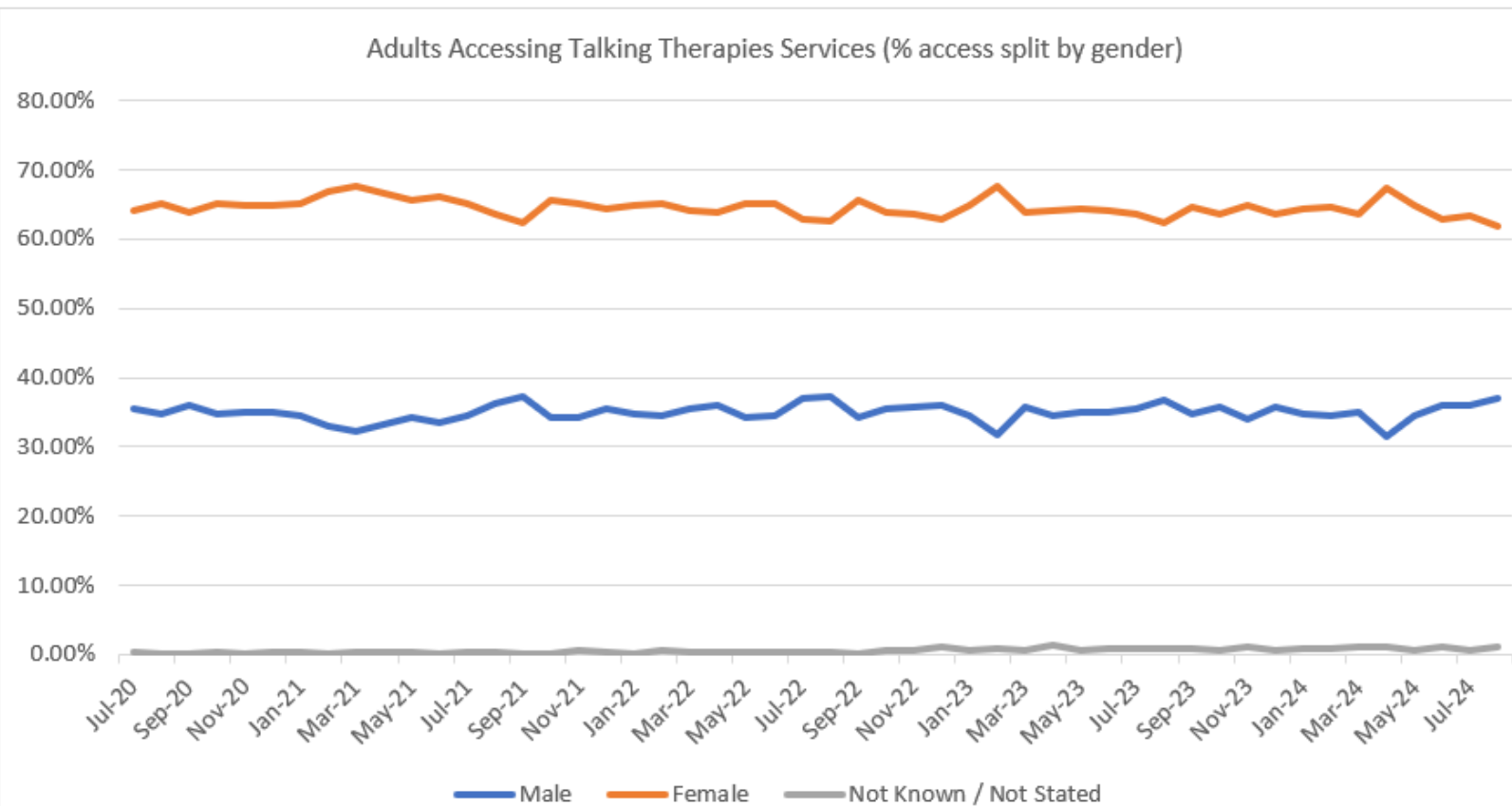
# NENC Depression



Around 350, 000 people are prescribed anti-depressants, one of the highest rates in England.

# NENC Talking Therapies Rates

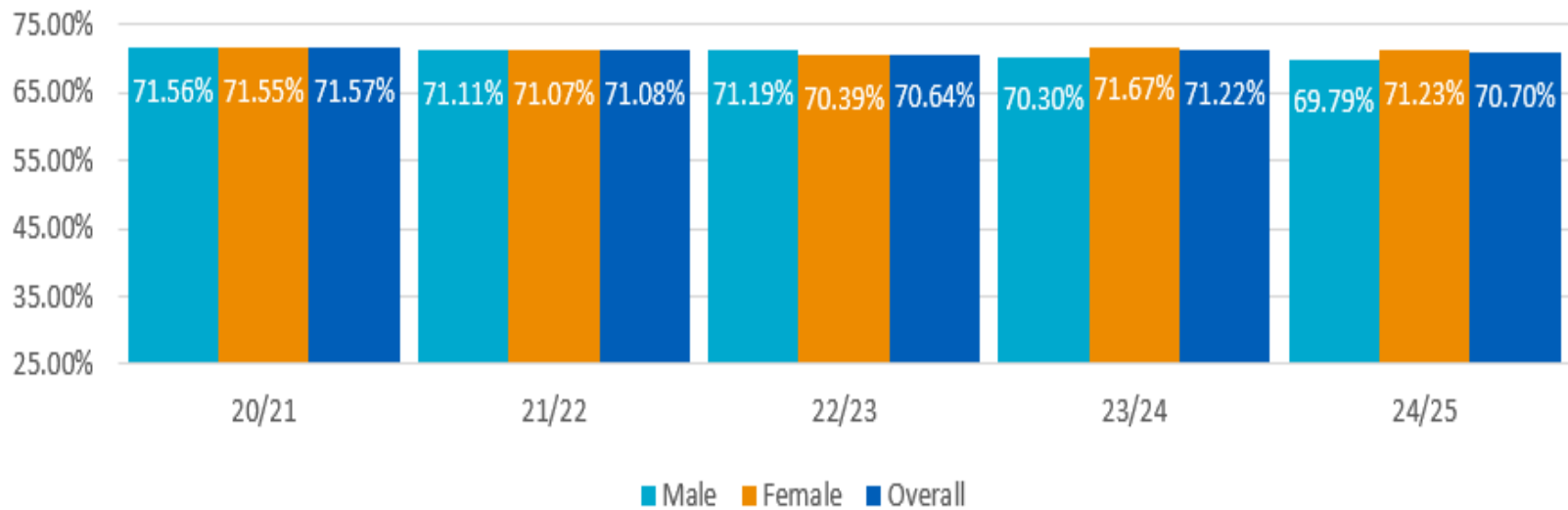
Adults Accessing Talking Therapies Services (% access split by gender)



# NENC Talking Therapies Impact

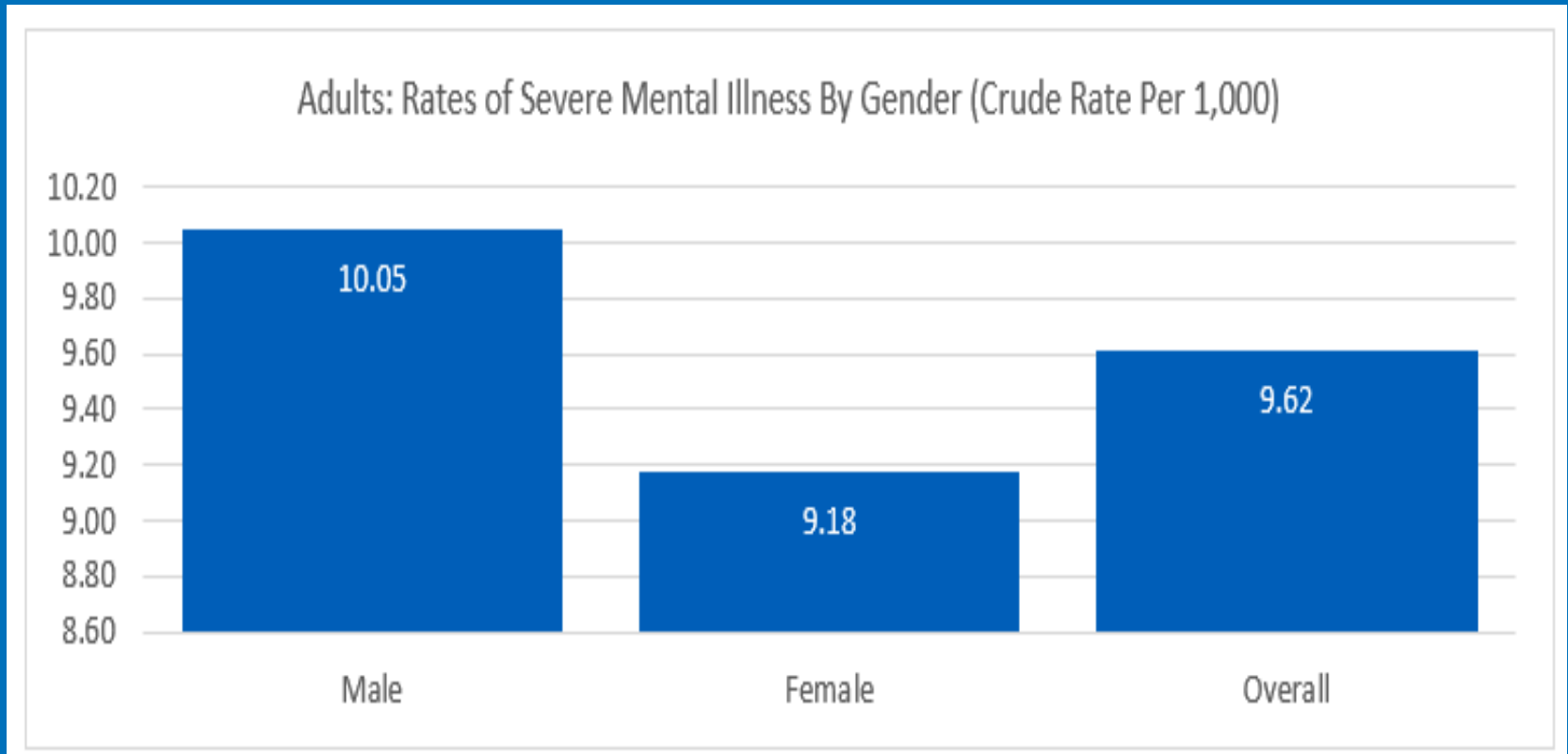
## Adults Rate of Reliable Improvement By Financial Year And Gender

Adults - Rate of Reliable Improvement By Financial Year And Gender

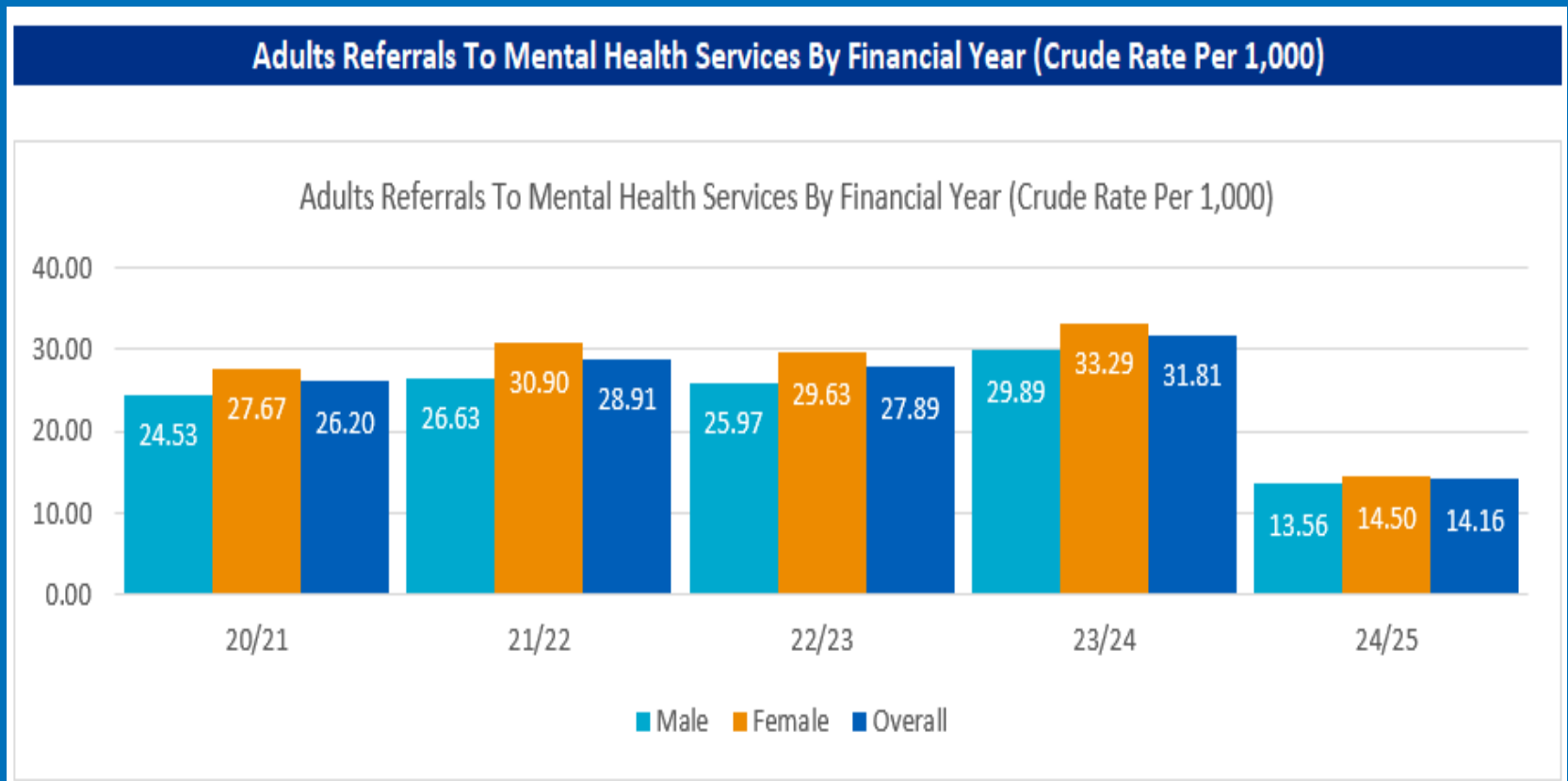




# NENC Severe Mental Illness

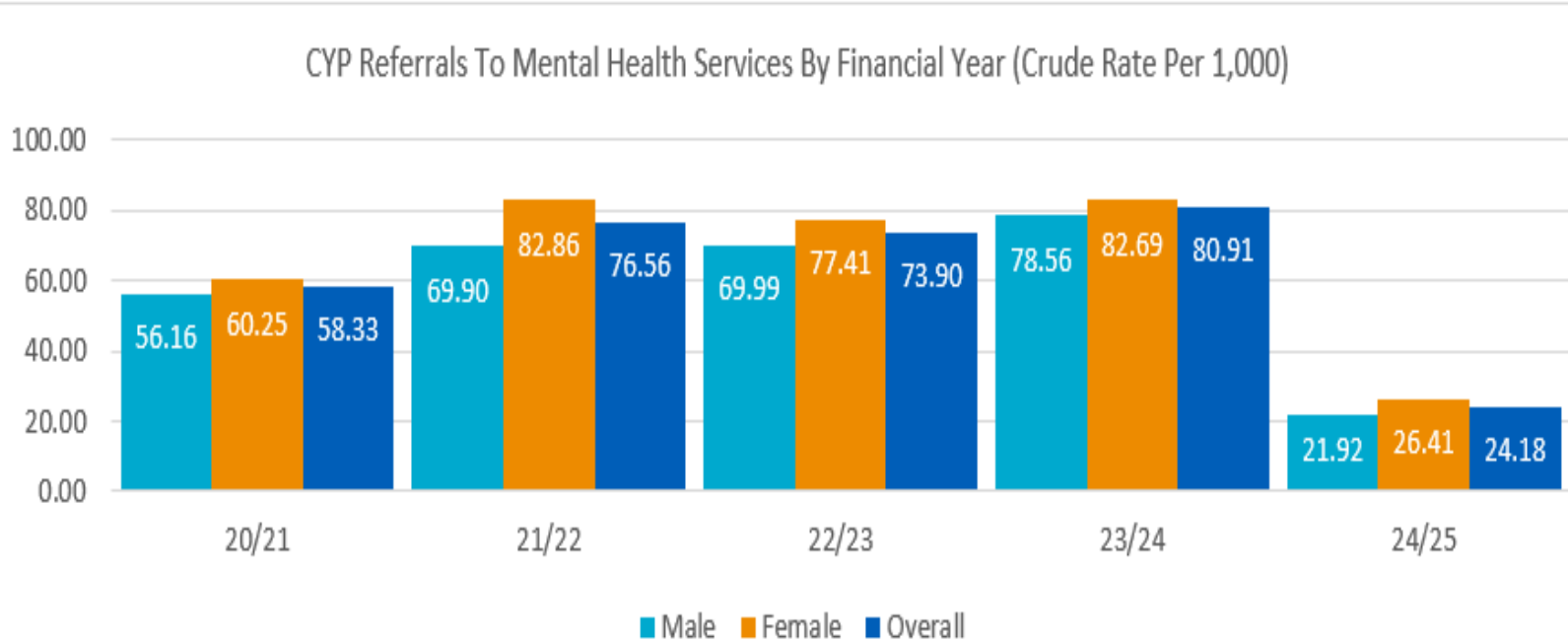


# Adult Mental Health Services



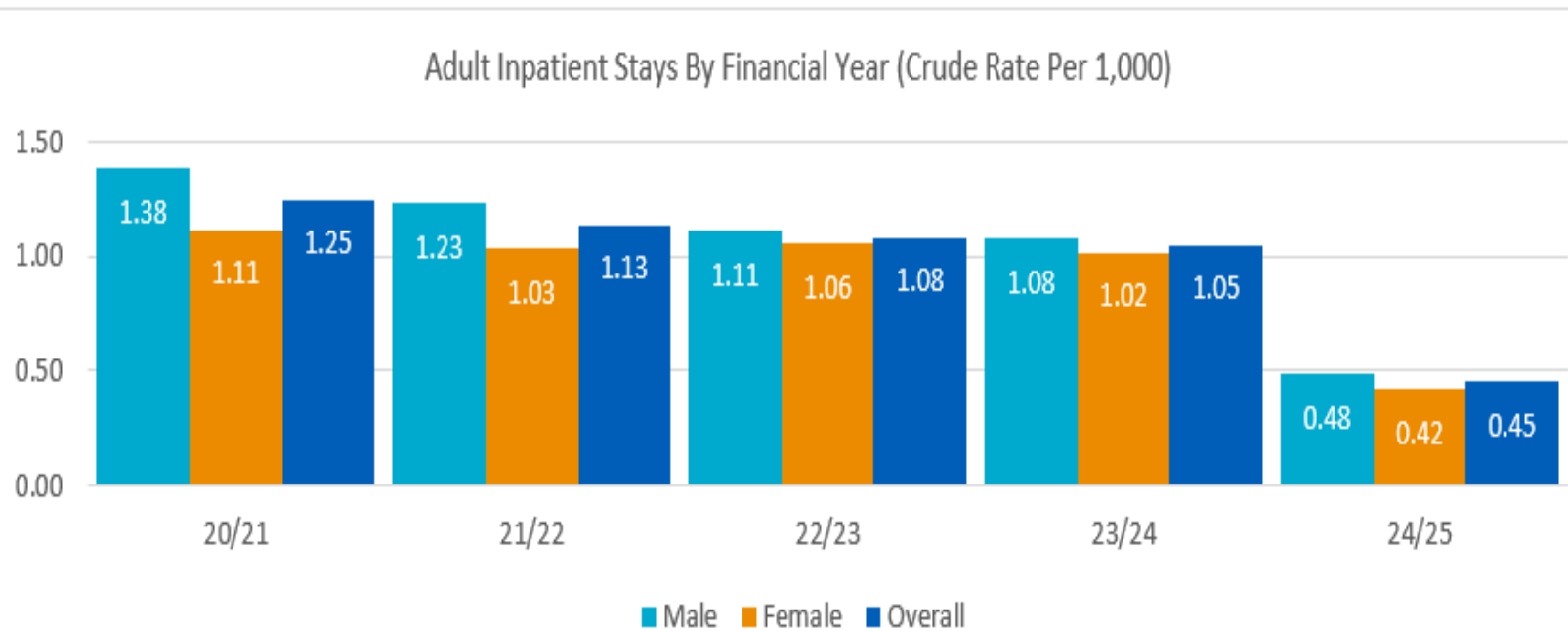
# 5 – 17 Mental Health Services

CYP Referrals To Mental Health Services By Financial Year (Crude Rate Per 1,000)



# NENC Mental Health In-patient

Adult Inpatient Stays By Financial Year (Crude Rate Per 1,000)



# Suicide Registrations 2023

- National 7.6% increase, approximately 400 more deaths
- Highest population rate since 1999 (11.4 per 100,000)
- Increases in both males and females
- 15.1% increase in the North East (2nd highest)
- 14.5 deaths per 100,000, up from 12.8 in 2022
- In NENC the highest proportion of male mortality occurs in the 20-39 age range.
- Three-quarters of suicides in England were male however female deaths are increasing.
- Around 50% of people who die by suicide are known to mental health services in the 12 months prior to death, with most suicides taking place in peoples own home.

# Northumberland and North Tyneside

- **Northumberland Recovery College – (multiple venues)** <https://northumberlandrecoverycollege.co.uk/events/>
- **ManHealth** (Blyth) <https://www.manhealth.org.uk/>
- **Andy's Man Club** (Blyth, Hexham, Berwick) <https://andysmanclub.co.uk/>
- **Earth Balance Shed** (Bedlington) <https://earthbalanceshed.co.uk/>
- **Empire School of Boxing** (Blyth) <https://www.facebook.com/empireblyth>
- **Heartwood** <https://www.heartwoodcharity.org/mens-group>
- **Cycling Minds** <https://www.facebook.com/CyclingMinds/>
- **Out and About in Tynedale, Northumberland CDC** <http://ncdc.org.uk/>

# Newcastle and Gateshead

- Support for men is reflective of the needs of the unique population and geography of each area. Services adapt their offer sessions to men only or to enable men to attend wider groups/support across the area aimed at men.
- Recovery College across Newcastle and Gateshead
- Newcastle Peer Support Service
- James' Place Suicide Prevention
- Gateshead Peer Support Service in each Primary Care Network, e.g: <https://www.ourgateshead.org/things-to-do/birtley-mens-breakfast-buttu-club>

# Sunderland and South Tyneside

- Started to develop a bespoke mental health, sport and exercise offer - linking talking therapy services to where men exercise.
- Several DAD's groups to provide support and emotional wellbeing when they are supporting children and young people with Autism.
- Dedicated wellbeing sessions and drop-in sessions linked with the Childrens hubs.