

Mental Health: Parish Survey 2017

Of 150 respondents:

25 are using/have used mental health services
 31 are/have been carers of mental health service users
 48 are a friend/relative of a mental health service user
 15 are/have been mh professionals
 (a number of people are more than one)

21 agreed to attend a meeting, 46 maybe
 41 volunteered to help, 44 maybe
 6 of those declining for various reasons expressed regret they cannot help

92 forms included comments or ideas:

Idea	Number Suggesting
Home visits/outreach for people with mental health needs	15
Professional advice/help (including CBT and counselling)	7
Carer support, including social events, respite	15
Advice and information about mh issues, signposting to services, mh first aid	16
Group meetings eg for support and sharing	7
Financial help	7
Raise awareness in the Parish generally, to reduce stigma and encourage participation, publicity including a MH day, information in newsletter, notice board, at Mass	15
Activities and workshops, including exercise, outings, gardening	13
Self-help support network	4
Befrienders	4
Encourage activities in the wider community	1
Social meetings, coffee, snacks etc.	12
Specific help for young people, including information, activities, counselling	5
Help for people in difficult marriages	1
Communion/anointing in Church or home, including PP involvement	4
Spiritual direction/support or retreats for service users and carers	7
Prayers for those living with mental health issues	2
Easy access to a contact, by phone or e mail	3
Listening	8
Help for women with mental health issues after childbirth	1

Other issues mentioned for consideration:

How to encourage men (1 comment)
 BME participation (1 comment)
 Need for DBS? (1 comment)
 Confidentiality (1 comment)
 Expertise of service users (1 comment)
 Training for volunteers, eg motivational speaking, listening, spirituality and mental health (4 comments)

Possible resources mentioned:

Mental Health Mates, meet for walks/coffee etc
 MIND are starting a Mindful Mums group