



**Bristol Women's Health Conference**  
**Mental Health**  
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**8 March 2017**



# Today's Presentation

- National Priorities from CMO 2014  
The Health of the 51%: Women
- Bristol's JSNA findings – local data
- Wo-Manifesto
- 2016 International Women's Day  
Workshop on mental health &  
emotional wellbeing
- 2016 Bristol Big Sisters Workshop
- Going Forward – some thoughts



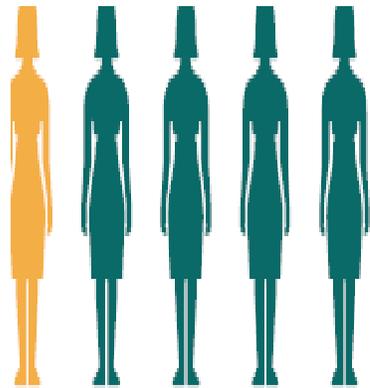
## Health of the 51%: Women

- **Violence against women – arising mental health or emotional issues**
  - 61% women reporting physical or sexual violence
- **FGM – long term mental health issues**
  - Depression, anxiety and PTSD



- **Eating Disorders**
  - now seen as part of mental health services
  - Leading treatments are psychological in nature
- **Pre-conception health**
  - Infertility can increase mental health distress
  - Support needed through treatment

## Health of the 51%: Women



1 in 5 women

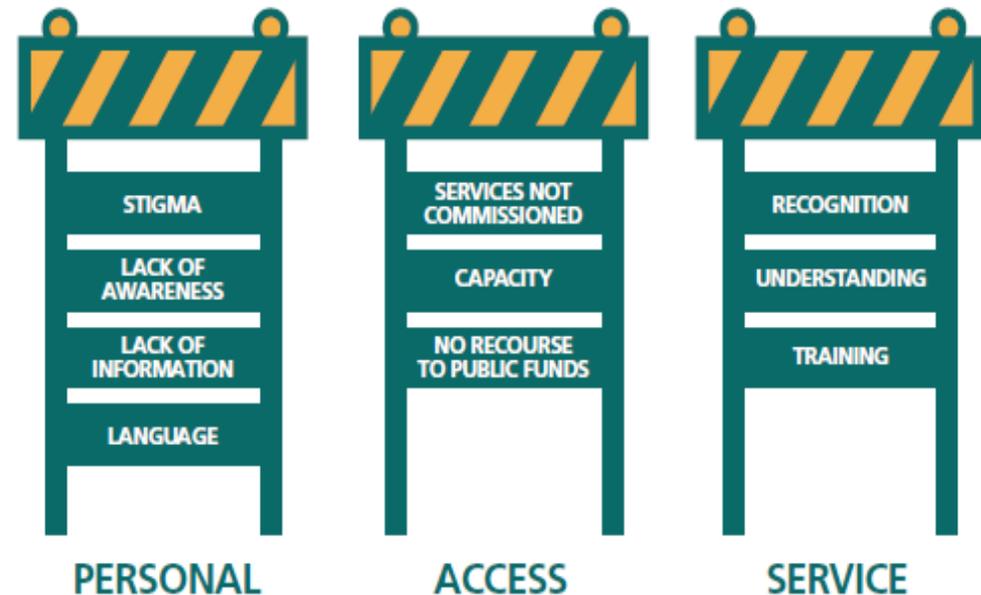
DEVELOP A MENTAL ILLNESS DURING  
PREGNANCY OR IN THE YEAR AFTER BIRTH

- inequitable distribution of services across England
- more common for women from various BAME backgrounds and certain groups less likely to receive treatment

### ● Perinatal mental health

- annual costs £8.1 billion
- associated risks of negative child outcomes
- mortality rate 21.6 per 100,000

#### BARRIERS TO BETTER OUTCOMES IN PERINATAL MENTAL HEALTH



# Health of the 51%: Women

## • Menopause – Psychosocial factors

### HOW HEALTHCARE WORKERS CAN SUPPORT WOMEN BEFORE AND DURING THE MENOPAUSE



CONSIDER THE MENOPAUSE IN ITS BIOPSYCHOSOCIAL CONTEXT



PROVIDE EARLY INFORMATION ABOUT THE MENOPAUSE, HEALTH AND AGEING



PROMOTE HEALTHY BEHAVIOURS: SMOKING CESSATION, PHYSICAL ACTIVITY AND HEALTHY DIET



ENCOURAGE WOMEN TO TALK OPENLY TO PARTNERS, FAMILY, FRIENDS AND EMPLOYERS AND EDUCATE THEM IN HOW TO BE SUPPORTIVE



CONSIDER CBT FOR HOT FLUSHES, NIGHT SWEATS AND SLEEP DISRUPTION

- includes sleep disruption, low mood, memory problems
- often negative emotional, cognitive and behavioural reactions to hot flushes, plus cultural differences
- interactions between stress, anxiety, depression & menopause
- women with depression in earlier life likely to get depressive symptoms during menopause

## Joint Strategic Needs Assessment JSNA 2016-17 Bristol Data

### Direct Data:

- 869 women had emergency admissions for self harm (65%)
- suicide rates for women significantly higher than national average and highest of all core cities (7.7 per 100,000)
- 20% women affected by mental health during perinatal period
- 42% girls report low or medium low mental wellbeing – worse than boys

## Joint Strategic Needs Assessment JSNA 2016-17 Bristol Data

### Indirect impacts on emotional wellbeing:

- women less likely to be physically active than men
- 17.8% women living with limiting long term illness or disability
- women live an average of 18.8 years in poor health
- 3 out of 4 victims of “domestic abuse” are women
- one of the highest numbers of recorded FGM in England

## **WO-MANIFESTO: Health & Social Care Calls to Action**

- **To work with women's voluntary organisations to improve mental health provision for women and girls and ensure the effective implementation of the government's mental health strategy**
- **To work with women's voluntary organisations in planning and mapping women's mental health services as part of their asset mapping process**
- **To produce a Compendium of Women's Health and Wellbeing in Bristol and update annually**
- **To commission high quality accessible information on Women's Health Services in Bristol**

## Issues from 2016 IWD Workshop

- **Almost 50 women attended workshop**
- **3 areas discussed Access, Barriers & Service Improvements**
- **also looked at impact of stigma on women**
  
- **Access:**
  - **lack of NHS perinatal MH services**
  - **understanding impact of DVA & sexual violence**
  - **impact of caring responsibilities**



## Issues from 2016 IWD Workshop

- **Barriers:**
  - fear of impact on children
  - services not childcare friendly
  - higher numbers of male staff in secure services



- **Improvements to Services:**
  - more advocates
  - wider range of services than through GP
  - training for staff to understand needs of women

## Issues from 2016 BBS Workshop & Survey



- **Stigma:**
  - shame & fear of gossip
  - cultural understanding
  - impact on family & honour

- 25 Muslim women attended workshop
- 10 Muslim women completed survey
- CASS asked to take forward



## Issues from 2016 BBS Workshop & Survey



- **Additional triggers for Muslim women:**
  - Islamophobia & racism
  - finding self-identity & poor self esteem
  - peer/family/community pressure
- **Emotional wellbeing issues**
  - adapting or balancing between cultures
  - pressure to be able to manage it all with little support
  - lack of knowledge of services & how to access



## Going Forward - Next Stages

- **CASS**
  - work with individual women's groups and VCS groups supporting women to improve their resilience & capacity
  - willing to support BWV, BWC & Wo-Manifesto on mental health
- **Bristol Mental Health ([www.bristolmentalhealth.org](http://www.bristolmentalhealth.org))**
  - Equality, Diversity & Inclusion Group
  - identifying a BMH lead on women's mental health
- **Women's Health Strategy & Working Group**
  - incorporate mental health & emotional wellbeing
- **Working with existing providers**
  - including VCS & NHS mental health providers
  - impact of current funding and resources in the community and on services

## Contact Details



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