

# JSNA Health and Wellbeing Profile 2024/25

## Mental Health and Wellbeing

Mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community<sup>1</sup>.

If you have good mental wellbeing, you are able to: feel relatively good in yourself and have self-esteem; feel and express a range of emotions; build and maintain good relationships with others; feel engaged with the world around you; live and work productively; cope with the stresses of daily life; adapt and manage in time of change and uncertainty<sup>2</sup>.

### Summary points

- 7% of Bristol residents reported a low life satisfaction score in 2022/23, higher than the national average (lower values indicate favourable performance)
- Local data shows 19.9% of Bristol residents have “poor mental wellbeing”, rising to 24.4% in the most deprived areas.
- Disabled people are the least satisfied with life (39%), significantly lower than the Bristol average (64.1%).

### Findings

Approximately 7%<sup>3</sup> of people in Bristol reported a ‘low life satisfaction score’<sup>4</sup> in 2022/23, an increase on the previous year (see Figure 1) and higher than the England average of 5.6% (the lower the score the lower the number of people with low satisfaction). Bristol has the second highest ‘low life satisfaction score’ of all English core cities, with Manchester having the highest (7.2%) and Leeds having the lowest (3.8%).

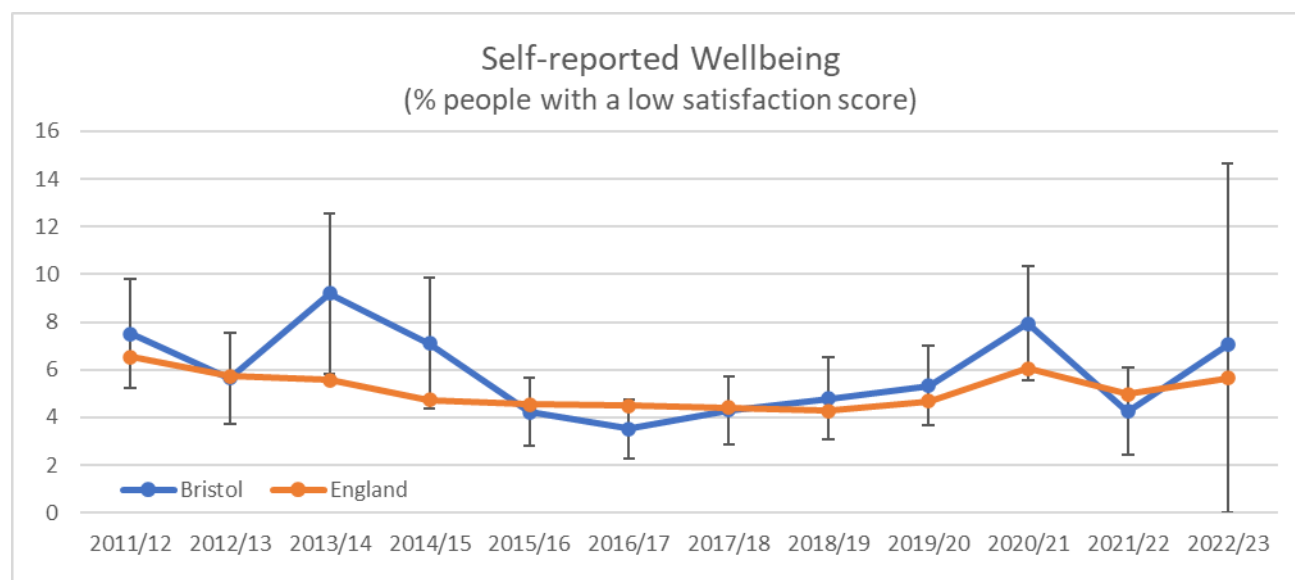


Figure 1: Respondents with a low life satisfaction score, ONS via PHOF February 2024

<sup>1</sup> World Health Organisation (2013) Mental Health Action Plan 2013-2020

<sup>2</sup> Mind (2016) How to improve your mental wellbeing.

<sup>3</sup> The confidence intervals suggest that the sample size was small and that the true population value will fall between 0 and 15%

<sup>4</sup> Score of 0-4 out of 10 to ‘Overall, how satisfied are you with your life nowadays?’; Source: ONS APS via [PHOF](#) 2024

The local Bristol Quality of Life (QoL) survey 2024/25 reports 64.1% of people satisfied with life, a decrease on the previous year (66%) but an increase on 2022/23 (62.4%). However, in the 10% most deprived areas, this figure drops significantly to 56.7%. By ward this ranges from 76.9% in Bishopston & Ashley Down to 50.6% in Southmead.

In terms of equalities groups, disabled people are the least satisfied with life (39%), followed by single parents (50.8%), carers (55.7%) and people of white minority ethnicity (58.3%). Older people aged 65 years and above are the most satisfied (67%). There were no significant differences between males (63.5%) and females (64.8%).

More detailed data on positive mental health and wellbeing uses a set of questions<sup>5</sup> where a low score reflects a lower level of mental wellbeing. In 2024/25, 19.9% of respondents have poor mental wellbeing, similar to the previous year (19.8%), but in the most deprived areas this rises to 24.4% compared to 11.5% in the least deprived areas.

By sub-locality, Inner City (25.4%) and North & West (Outer) (23.7%) have the highest levels of poor mental wellbeing and North & West (Inner) has the lowest (12.3%). Ward analysis highlights the highest levels of poor mental wellbeing in Central (31.3%) and the lowest in Cotham (7.5%) - see Figure 2.

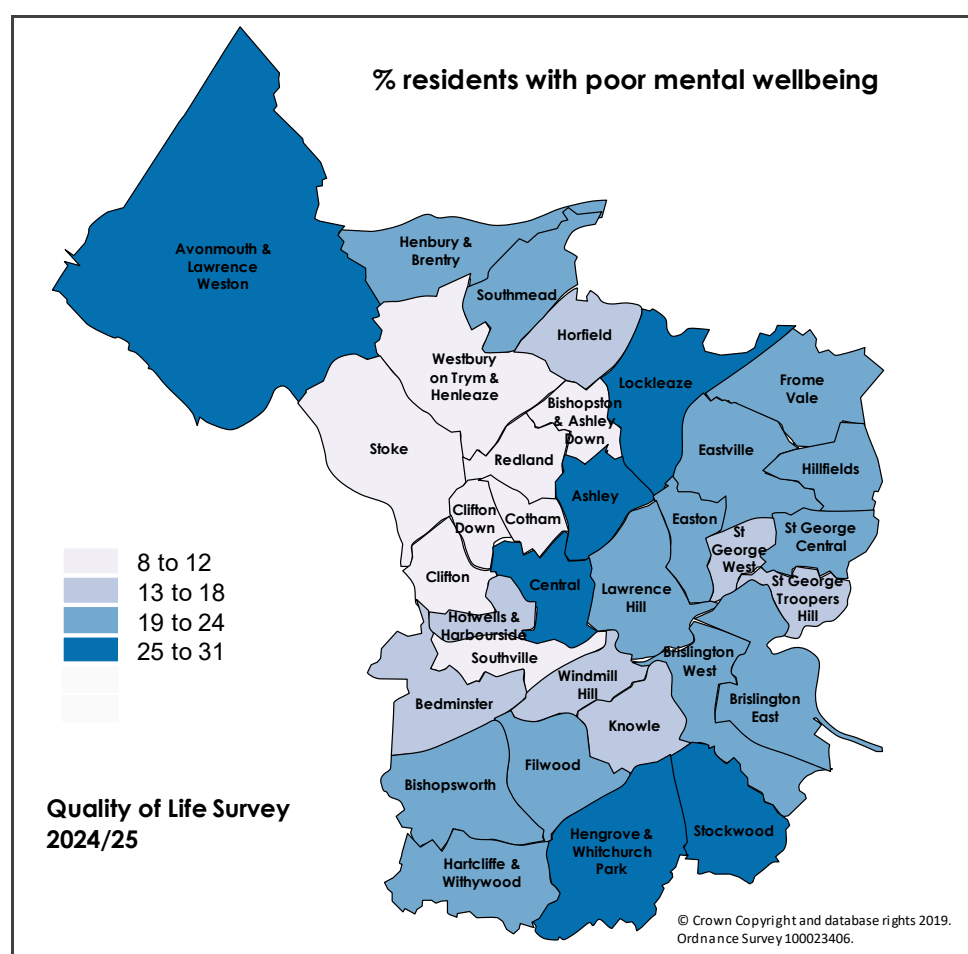


Figure 2: Source: Bristol Quality of Life 2024/25

<sup>5</sup> The "Short Warwick-Edinburgh Mental Wellbeing" Scale includes 7 questions with responses scored 1-5, in the Bristol Quality of Life survey [www.bristol.gov.uk/qol](http://www.bristol.gov.uk/qol).

**Equalities data:**

By equality group, disabled people are the highest proportion (42.2%) reporting poor mental wellbeing in 2024/25, followed by 25.2% of lesbian, gay and bi-sexual people and 23.8% of carers. Also higher than the city average were 22.8% of people of mixed ethnicity and 22.5% of people of white minority ethnicity who reported poor mental wellbeing, with males (21.2%) more likely to have poor mental wellbeing than females (18.1%).

**Covid-19 impact:**

Many studies looking at mental health and wellbeing in England during the pandemic<sup>6</sup> found deteriorations between March and May 2020, October 2020 and February 2021, and around the Christmas period in 2021. Between these times, figures gradually returned to pre-pandemic levels.

There has been an increase of people in Bristol reporting low life satisfaction since 2020/21 but the latest data for 2024/25 shows a slight improvement on the previous year (not statistically significant). There has been a similar pattern for the percentage of people reporting poor mental wellbeing although data for 2023/24 and 2024/25 is a slight improvement on 2022/23 (not statistically significant, although significantly higher than pre-pandemic proportions).

**Cost-of-living-crisis impact:**

Whilst inflation has reduced significantly since the 'cost-of-living-crisis', persistent high costs of essentials such as food, housing and energy are hitting vulnerable families the hardest. On average, 11.0% of people in Bristol said they were struggling financially in 2024/25, higher than the previous year (10.4%) and significantly higher than four years ago (6.8%)<sup>7</sup>. Poverty is associated with higher rates of mental health problems and can be both a causal factor and a consequence of mental ill health<sup>8</sup>.

**Further data / links / consultations:**

- Public Health England: <https://fingertips.phe.org.uk/profile-group/mental-health>
- NHS England Implementing the Five Year Forward View for Mental Health <https://www.england.nhs.uk/publication/implementing-the-fyfv-for-mental-health/>

**Date updated:** March 2025

**Date of next update:** March 2026

<sup>6</sup> OHID (2022) COVID-19 mental health and wellbeing surveillance: report

<sup>7</sup> Bristol Quality of Life survey (2024/25)

<sup>8</sup> Mental Health Foundation (2016) Poverty and mental health