

MENTAL HEALTH IN EALING: A VISUAL STORY

Annual Public Health Report 2023-24

WHAT IS MENTAL HEALTH?

It means different things to different people! It's how you feel – your state of mental well-being that enables you to live your life, make decisions, build relationships and shape the world around you.



Your mental health is at the core of what it means to be a human. Everyone has ups and downs.



One Ealing resident said: "Our culture has one hundred words for livestock but only one word for mental health... 'crazy'."



Good mental health is more than just the absence of mental disorders.

Anxiety
Depression
Addiction
Bipolar
Schizophrenia
Psychosis



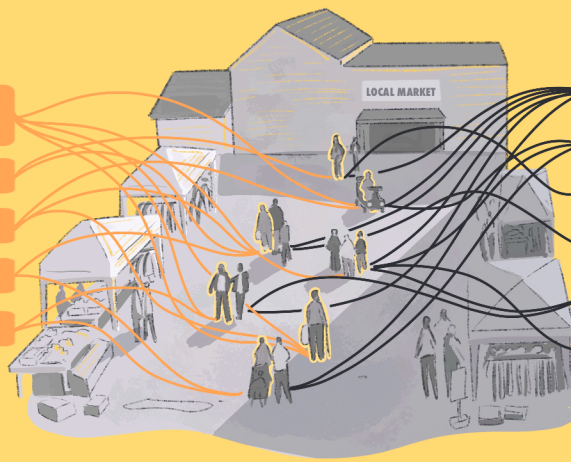
Mental health is also not something that only exists in your mind. It's directly linked to your body, and it's influenced by the world around you too.

WHAT INFLUENCES MENTAL HEALTH?

Throughout our lives, mental health is influenced by both risk factors and protective factors in our society. These factors are overlapping and interconnected, and everyone experiences them in a different way.

PROTECTIVE FACTORS FOR EALING RESIDENTS

- Strong relationships and community ties
- Diversity and culture
- Green spaces and parks
- Early years support
- Good schools
- ...and many more.



RISK FACTORS FOR EALING RESIDENTS

- Cost of living/poverty
- Insufficient housing
- Drug and alcohol misuse
- Domestic abuse
- Racism and discrimination
- Refugee/migration trauma
- ...and many more.

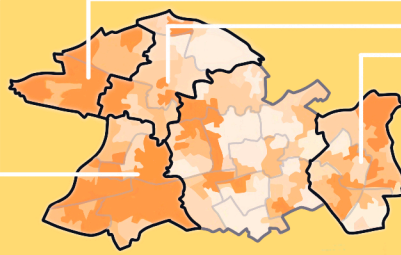
HOW DOES MENTAL HEALTH VARY ACROSS EALING?

Based on how residents use our health services, we can start to build a picture of how mental health varies across the borough. For example:

Deprivation is a risk factor for mental health. The map below shows the level of deprivation across Ealing; the darker the colour, the more deprived the area.

SOUTHALL

Fewer people see their GP for depression and access community mental health services than expected. Why? Could this be due to cultural stigma?



NORTHOLT GREENFORD ACTON

High use of community mental health services and mental health related hospital admissions. Why? Are there more structural inequalities here?



As well as geography, mental health varies by characteristics like gender, age, ethnicity, and disability.



HOW CAN WE PROMOTE GOOD MENTAL HEALTH?

AS INDIVIDUALS

Explore the 5 steps to wellbeing



- Train in topics like mental health first aid and suicide prevention
- Seek support services when needed (see below)

TOGETHER

- Lay the foundations of good mental health through early years support, family relationships and school cultures
- Maintain supportive and inclusive working environments
- Build high quality, affordable homes
- Co-create services that are more caring, holistic, and culturally competent
- Foster strong relationships in communities



Mental health support is available at ealing.gov.uk/mentalhealth

This product was co-designed by Public Health Ealing and GOSAD using insights from the Ealing Mental Health Needs Assessment 2023.

Artwork by Jack Ambrose Visuals.