

# **Adult Mental Health Needs Assessment (AMHNA)**

## **Easy-Read Version**

June 2025

### **What is this report?**

This report looks at adult mental health in Havering. It asks:

- What mental health problems do people have?
- How are services performing?
- How can we improve prevention and services?

It focuses on:

- Common and severe mental health conditions
- New parents who may need mental health support (perinatal mental health)
- Young people moving from children's to adult services

### **How was the report made?**

People who work in mental health, including the Council, NELFT and charities, worked together. They:

- Spoke to local people and staff to hear their views
- Looked at data and research
- Met regularly from September 2024 to May 2025

### **What did the report find? (Key Findings)**

- More people in Havering are struggling with their mental health.
- Services are under pressure with long waits and not enough staff.
- The growing need for mental health support during and after pregnancy isn't being fully met.
- Staff are stressed and feel they need more training and other support.
- Some groups don't get equal access to care (e.g. Black males and Asian communities).
- Young adults are using mental health services more than other age groups.
- People with more than one problem (like housing and addiction) don't always get all the help they need.
- Services need to work better together and focus on a person's whole story.
- People don't know what crisis help is available besides going to A&E.
- Community services, like Recovery Colleges and Housing First, are helpful.

## **What are the goals? (Strategic Priorities)**

1. Raise awareness about mental health and reduce unfair judgement (stigma).
2. Link physical and mental health support (like health checks and help to stop smoking).
3. Grow and change mental health services to meet the growing need.
4. Help people with complex needs (e.g., mental health, housing, addiction).
5. Make sure young people move smoothly from children's to adult services.
6. Improve communication between different services (like GPs, housing, mental health).
7. Make care fairer for all, especially for vulnerable groups.
8. Support mental health staff with training, new tools and wellbeing.
9. Find better ways to support for ADHD.
10. Support people while they wait for help ("Waiting Well").
11. Collect better data to improve services and track outcomes.
12. Improve support for new parents, including dads and non-birthing partners.

## **Recommendations to Help Improve Mental Health Services in Havering**

### **Handling More People and Complex Needs**

- Make sure Talking Therapies and Mental Health and Wellness Teams (MHWT) have enough support to meet growing demand.
- Check how many people need ADHD help and plan services to meet those needs.
- Local health trusts to review how they support people in crisis with community care.
- Train staff to understand trauma and different cultures.

### **Making Services Better**

- Use patient feedback to improve services.
- Try new ways to help people with complex needs between different health services.
- Offer more group therapy for quicker support.
- Keep improving hospital care flow to reduce pressure.
- Make sure people leave hospital safely and at the right time.
- Bring Psychological Wellbeing Practitioners into more local health teams.

### **Working Together**

- Improve communication between different services and GPs.
- Create more teams with people from different services working together to avoid repeating work.
- Share information with staff and patients through networks and forums.
- Promote services better across the community.
- Look into having social workers focused on mental health teams to ease pressure.

## **Making Services Easy to Use and Shorter Waits**

- Start a "Waiting Well" plan: clear guides, text updates, and resources for people waiting for help.
- Look at ways for patients to ask for follow-up when they want it.

## **Raising Awareness**

- Make and share easy-to-understand mental health info online and in the community.
- Keep visiting community places to spread awareness.
- Provide information in different languages and easy formats.

## **Supporting Staff and Using Technology**

- Take care of staff wellbeing and make workloads manageable to stop burnout.
- Train staff in person-centred care and mental health first aid.
- Hire staff from different backgrounds to better serve the community.
- Improve how data is collected about hospital visits and treatments.

## **Helping Vulnerable Groups**

- Create mental health support for people without stable housing, including young people leaving care.
- Make mental health services fair for all ethnic groups.
- Encourage more men to use Talking Therapies.

## **Supporting Young Adults**

- Review data on mental health needs for people aged 18-25.
- Support mental health services for young adults, possibly starting from age 16.
- Offer more group workshops and peer support.
- Involve young people in planning their care and discharge.
- Train staff to understand LGBTQIA+ mental health issues.

## **Support for People with Mental Health and Substance Use Needs**

- Work together to help people with both mental health and substance use problems.
- Train staff across services in both areas.
- Teach staff how to reduce stigma around substance misuse.
- Improve housing support for people with complex needs.

## **Preventing Crises**

- Use local support workers and social prescribing to help people at risk.
- Support crisis cafes and learn from other boroughs about good crisis care.
- Keep funding the projects in housing to stop crises before they start.

## **Support for New Parents (Perinatal Care)**

- Create antenatal (before birth) support that respects different cultures.
- Map out all available mental health support for parents and families.

- Consider extending support up to two years after birth.
- Offer peer support groups for new parents leaving services.
- Improve teamwork among services for perinatal mental health.
- Use inclusive language and include all types of parents and partners.
- Train staff in trauma-informed care for perinatal services.
- Develop care pathways for young parents under 18.

### **Physical Health for Individuals with Severe Mental Illness**

- Reach out to GP practices that are not doing enough health checks.
- Learn from other areas how to improve health check rates.
- Provide extra help like stop smoking services.