rural
wellbeing
the national rural mental health forum

The National Rural Mental Health Forum

National Centre for Health and Care & NHS Confederation Seminar

23 July 2020

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action for people affected by mental illness

The Scottish Government
Riaghaltas na h-Alba

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Who’s responsibility is it to tackle mental health?

- Communities
- Mental Health Organisations
- NHS
- Government

One in four suffer mental ill health

Cost to UK economy £99 Billion per year (MIND)

Each case of stress – related ill health leads to an average of 29 working days lost per person per year.

300,000 people per year leave their jobs, UK (MIND)

In each year the total cost of mental health problems per employee for employers is £970

Every £1 on improving health can generate savings of £10 in reduced absence and presenteeism.

Covid-19 impact

Support in Mind Scotland (SiMS) has been supporting people with poor mental health in Scotland for nearly 50 years. SiMS looks after up to 1,500 people every week, 80% of whom are in rural Scotland and has a workforce of around 120 dedicated people who believe anyone affected by mental health issues deserves compassionate and expert support.

Support in Mind Scotland work in the partnership organisation Mental Health UK with Rethink (England), Hafal (Wales) and Mindwise (Northern Ireland)

Around 1 million people live in rural Scotland and 98% of Scotland's land mass is defined as rural. Scottish Government classifies rural Scotland as populations of 3,000 or less. In addition, "Remote rural" is classified as living in a population of less than 3,000 and **more** than a half hour's drive from a population of more than 10,000. "Accessible rural" is classified as living in a population of less than 3,000 and **less** than a half hour's drive from a population of more than 10,000

Investing in addressing mental health at the earliest point, pre-crisis, is crucial to prevent people's mental health worsening and to improving the wellbeing of our nation..

Why did we do this research?

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1. Find out how people with mental ill health *experience* rural
2. Anecdotal evidence, especially:
    a. High suicide rates
    b. No systematic evidence for rural areas
3. Data challenges – standardised data not detailed enough:
    a. Rural population size is relatively small (compared with urban)
    b. Rural population is dispersed
4. Challenge the dominant view that too difficult to gather data in rural areas

how?

Living in rural Scotland: evidence...

1. Disadvantages:
   - Geographical and social isolation
   - Lack of anonymity
   - Distance from/centralisation of services
   - Lack of public transport
2. Advantages:
   - Geographical and social isolation
   - Lack of anonymity
   - Community support

Mental Ill Health by Gender

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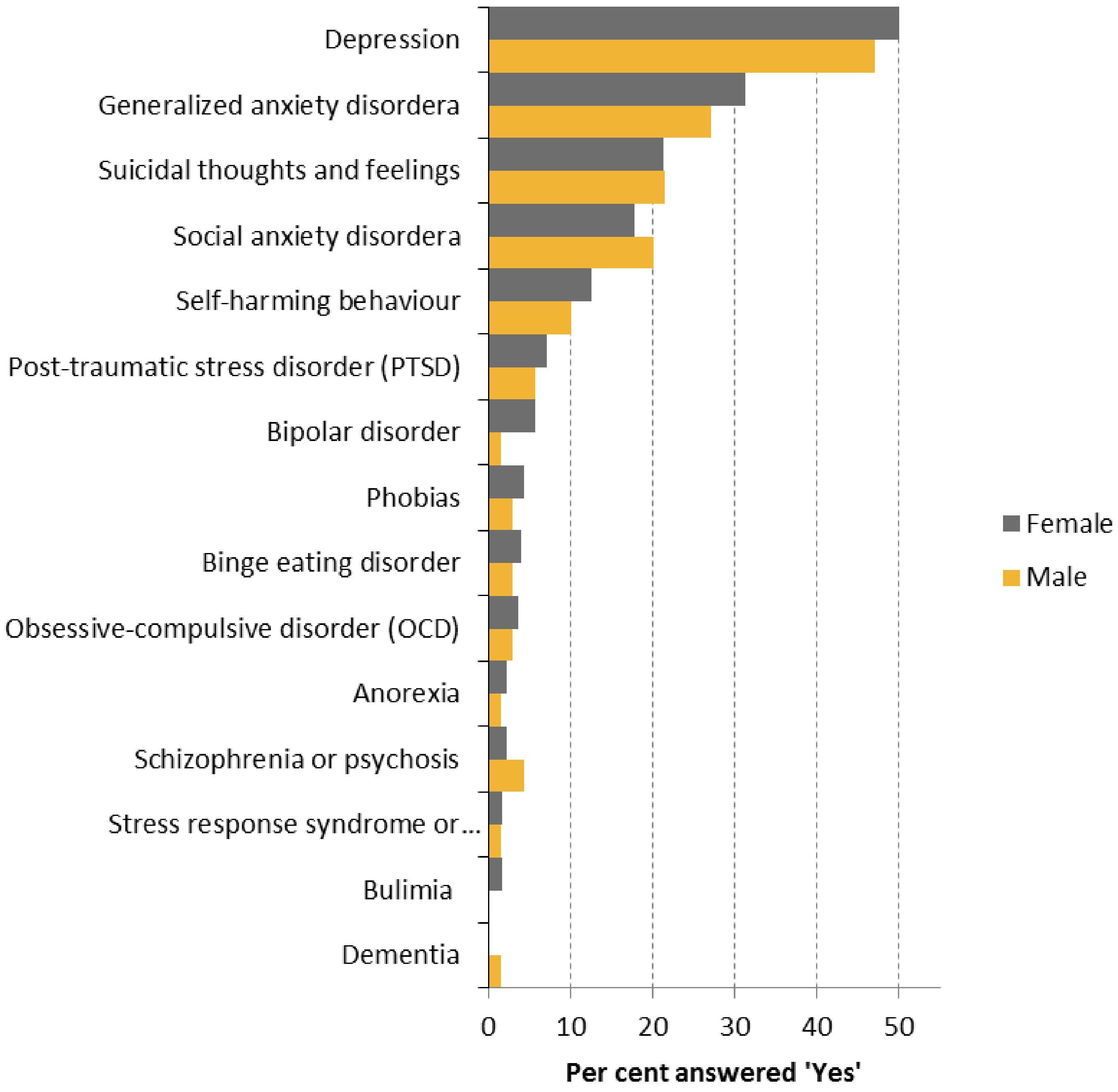
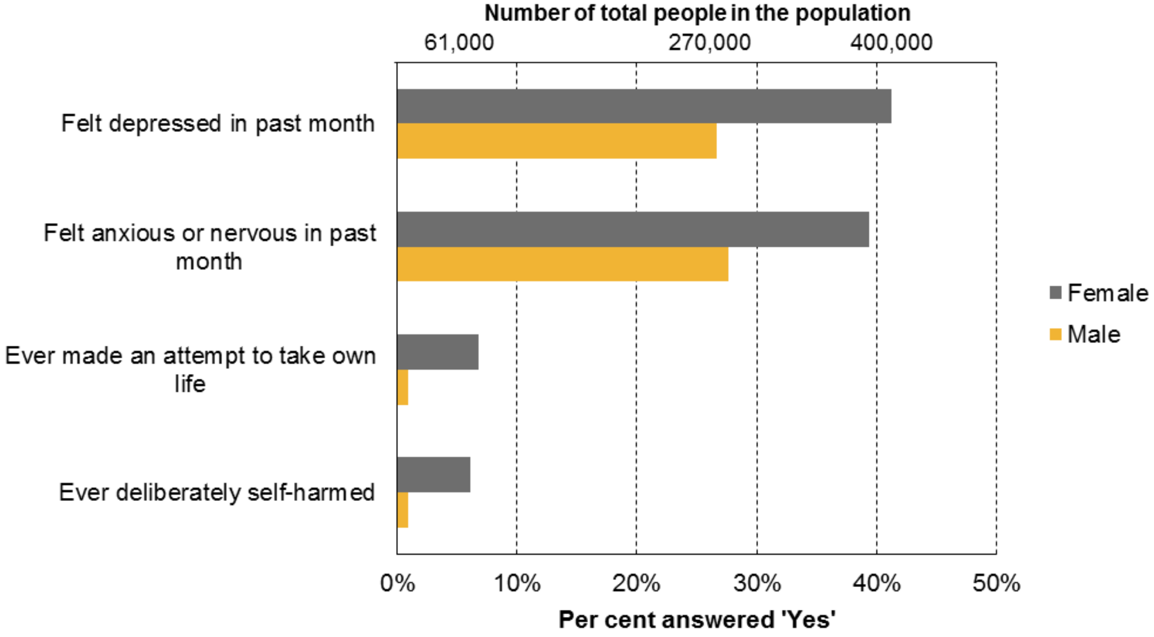
Mental Ill Health Per cent by Gender



**Mental Ill Health Per cent by Geography
Scottish Health Survey 2014 -
Rural residents only**



Income levels by Mental Well Being

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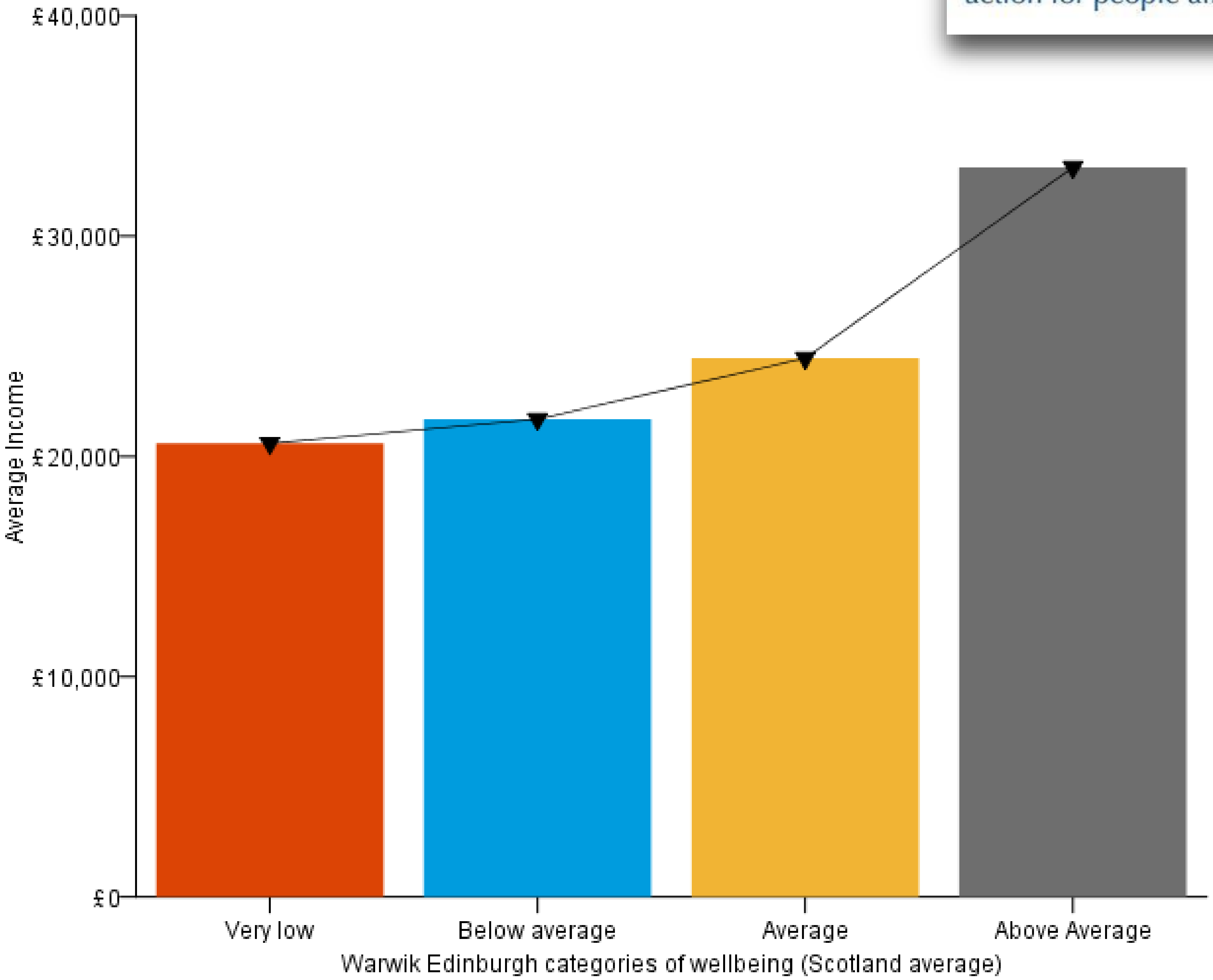

one thing change

“What KEY MESSAGE do you want to tell policy-makers to help you manage your mental ill health in a rural setting?”

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1. It happens in rural areas
2. Isolation, community support and access
3. Not just medication:
    1. Listening and talking
    2. Holistic
    3. Different types of support
4. Resourcing and training
    1. Equality of mental and physical health
    2. Types of services
    3. Increase in funding
    4. Finances
    5. Training
5. Stigma
6. Research - https://tinyurl.com/yb77f9f7

“We want to be supported in our communities in a low level, non-clinical manner pre crisis”

“Its everyone’s business to tackle mental health and wellbeing”

rural wellbeing

the national rural mental health forum

www.ruralwellbeing.org

SCOTTISH FIELD

TARTAN MONKEY

SRUC

Scotland's Rural College

Dumfries & Galloway Dairy Women Network

Scottish Wildlife Trust

ACUMEN

Every Person 24/7 Every Time Scottish Patient Safety Programme

school for social entrepreneurs scotland

SWI Scottish Women's Institutes

vhs

Forest Industry Safety Accord

MORAY wellbeing HUB

THE UNIVERSITY of EDINBURGH

Corydene Farm Feeds

AUDIT SCOTLAND

jane craigie

NFU Scotland

YouthLink Scotland

NEW HORIZONS BORDERS

University of the Highlands and Islands
Oilthigh na Gàidhealtachd agus nan Eilean

SURVIVORS UNITE

LEADER DUMFRIES & GALLOWAY

Gamekeepers Welfare Trust

NHS 24

rsabi

Roan's

penumbra

SAC CONSULTING

POLICE SCOTLAND

argyllholidays

THE GLASGOW SCHOOL OF ART

North Highland Initiative

NHS Highland

YOUNG FARMERS

age Scotland

SAMARITANS SCOTLAND

paths for all

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deafscotland

Soil Association Scotland

LANTRA

HUG ACTION FOR MENTAL HEALTH

Scottish Enterprise

Scottish Crofting Federation
rooted in our communities

Scottish Mountain Rescue

Scottish Land & Estates
Landowners Working for the Countryside

Department for Work & Pensions

THE HIVE PROJECT

YouthBorders

Mental Health Foundation

SCOTTISH DAIRY HUB

nus scotland national union of students

James Hutton Limited

rspb giving nature a home

rspb Scotland

NHS Health Scotland

Stigma Free Lanarkshire

carers trust Scotland action·help·advice

Scottish Communities for Health & Wellbeing

marine scotland

LIFELINES SCOTLAND

LGBT HEALTH & WELLBEING

stfa

HIE Highlands and Islands Enterprise
Iomairt na Gàidhealtachd 's nan Eilean

NHS Ayrshire & Arran

RoseRegeneration

ROYAL HIGHLAND & AGRICULTURAL SOCIETY OF SCOTLAND

CANCER SUPPORT UK

Caledonian MacBrayne
Hebridean & Clyde Ferries

BVA British Veterinary Association

The Scottish Government
Riaghaltas na h-Alba

Health in mind

Forestry Commission Scotland
Coimisean na Coillearachd Alba

Place2Be

THE PRINCE'S COUNTRYSIDE FUND

Caritas Clinical

SRA

NHS Grampian

act argyll & the isles coast & countryside trust

Caraidean Uibhist

Scottish Churches' Rural Group

IED TRAINING

Nature Friendly Farming Network

Dumfries & Galloway COUNCIL

University of Strathclyde

SAMH for Scotland's mental health

RURAL HOUSING SCOTLAND

VOX SCOTLAND

Scottish Rural Parliament

THE SCOTTISH Farmer

outsidethebox

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Scottish Government Mental Health Strategy: 2017-2027

Rural Communities

The challenge presented by isolation is keenly felt by many in our rural communities. The National Rural Mental Health Forum has been established to help people in rural areas maintain good mental health and wellbeing.
This forum will help develop connections between communities across rural Scotland, so that isolated people can receive support when and where they need it.

Action 12: Support the further development of the National Rural Mental Health Forum to reflect the unique challenges presented by rural isolation.

“There may also be specific issues around access to services and support for those living in remote and rural communities.”

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Raising awareness

Members’ networks and events

Conferences

Highland Show

Members’ Magazines and Newsletters

Social Media

TV and Radio

Informing Policy -

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Mental Health Strategy

Suicide Prevention Action Plan

Loneliness & Social Isolation – Connected Scotland

University Research

Government Stakeholder Groups

Social Security Powers

Ministerial Meetings

Presenting at Conferences/events

Parliamentarian Engagement

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Adding Value

Samaritans and RSABI

Engaging with Business

Mental Health First Aid Training

University Research Projects

Samaritan’s Rural Work

Aspiring Communities Project

Regional Network

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- Government
- Everyone

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nus scotland national union of students
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