

**Argyll & Bute Community
Planning Partnership**

**Area Meetings
Date: April 2022**

Partner update Public Health

The Argyll and Bute HSCP Public Health team is pleased to provide an upd904.25 Tf1 0 0 1 185.48 692.88

For more information you can email argyllbutelinks@wearewithyou.org.uk. Further information for the public and patients at these practices will be issued shortly.

Living Well

The Argyll and Bute Living Well strategy was launched in September 2019 and makes a commitment to support people living with long-term conditions and those at risk of developing them. The strategy focuses on supporting people to manage their own health, and supporting communities to build groups and networks which can link people together.

The Living Well Implementation plan aligns to the HSCP strategic intentions under four themes:

People enabling and informing to ensure healthy living and self-management of long-term health conditions

Community joined up approaches to support for health living within communities

Leadership high level commitment within the HSCP to ensure investment in prevention of health and social care problems

Workforce - supporting and educating frontline health and social care professionals to anticipate and prevent problems before they arise

The Living Well strategy incorporates work relating to physical activity, self management, type 2 diabetes prevention, link working, emotional wellbeing, suicide prevention, workforce development, and tobacco. More information about the Living Well strategy can be found at <https://www.ablivingwell.org/living-well-strategy>).

In addition, the Living Well self management grants are an opportunity for Third Sector organisations to fund projects that support the health and well-being of people living in Argyll & Bute, while aligning to the key priorities set out in the Living well Implementation plan. In years 1 and 2 of the Living Well strategy, £70,000 and £76,000 respectively were awarded to 3rd sector organisations. Year 3 of the grants saw £46,100 allocated to projects run by Argyll & the Isles Coast & Countryside Trust (ACT); Lorn and Oban Healthy Options Ltd; Dochas Carer Centre; Dunoon Communit

have a higher proportion of deaths from suicide than average. Occupational risk may be partly due to access to lethal means of self-harm, but low-paying jobs probably contribute.

A public health approach to suicide and suicidal behaviour is important and is widely regarded as the approach that is most likely to achieve sustained reductions in suicide. A Public Health approach helps us understand the epidemiology, risk and protective factors for suicide both in the general population and in groups of people at elevated risk of suicide. It also helps us to understand how we can work to prevent suicide in the first instance and to improve support for those in crisis or bereaved.

The impact of the COVID-19 pandemic on mental health is also discussed within the report. A high global prevalence of both depression and anxiety during the time of the COVID-19 pandemic has been reported. At country and regional levels a wide variance in the prevalence of these mental health conditions has been observed, making it difficult to accurately describe the impact of the pandemic on mental health and wellbeing at this point in time. The impact of COVID-19 on mental health has been described as a consequence of the COVID-

mental health during the pandemic include having the opportunity to spend more time with family, to help others and make a positive contribution to communities, and enjoy a better work-life balance. The measures put in place to reduce the risk of COVID-19 spreading, such as physical distancing and quarantine measures are also likely to have taken their toll on mental health and wellbeing.

Good mental health is essential in achieving improved outcomes for individuals, families and communities. Good mental health is determined by a wide range of social, economic, environmental, physical and individual factors that operate throughout the life course. To achieve good mental health, we need to improve the circumstances in which people are born, grow, live, work and age. This report details a compelling case for gaining better understanding of and responding to the mental health needs of our population. Across Highland and Argyll and Bute there is already a great deal of work underway, but we will need sustained, coordinated action across agencies that is focussed on prevention and early intervention if we are to make a difference to the mental health of our population.

Current activity page 46 of the report details a range of current activity around mental health, wellbeing and suicide prevention in Argyll and Bute. Some examples are provided below:

Argyll and Bute Suicide Prevention Strategy Group

The local structure for suicide prevention is well established within Argyll and Bute and

and Bute Suicide Prevention Strategy Group is a multi-agency and multi-disciplinary group with representation from Police Scotland, the Royal Navy, third sector partners, social work, child protection and other NHS Highland colleagues. Chaired by the Interim Chief Officer,

