

# **Mental and Emotional Health Needs Assessment of the LGBT (Lesbian, Gay, Bisexual and Transgender) populations of NHS South of Tyne and Wear**



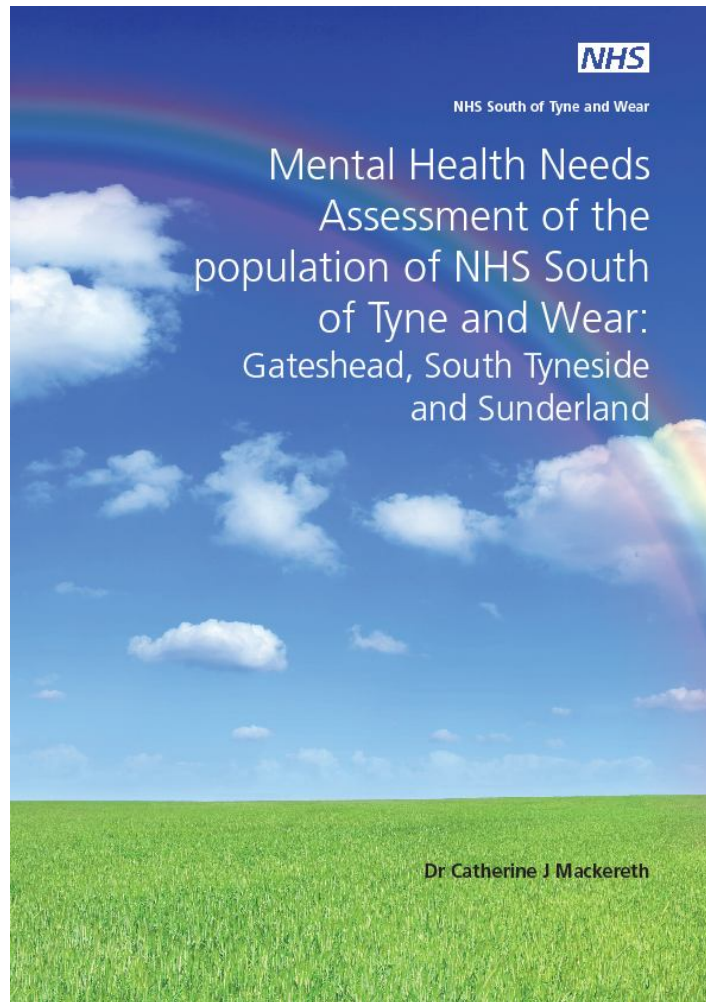
*Working together to make  
South of Tyne and Wear healthy for you.*

Catherine Mackereth  
Public Health Lead

# Overview

- Background
- Aims of health needs assessment
- Policy context
- Epidemiology
- Consultation
- Recommendations and next steps





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## Aims of needs assessment

- To describe the emotional and mental health and well-being needs of the LGBT populations
- To inform and influence commissioners and service providers about services and interventions that will meet these needs and will achieve better emotional and mental health and well-being as identified by LGBT people



## Policy context

- The Equality Act 2010 requires equal treatment in access to employment as well as private and public services, regardless of age, disability, gender, gender reassignment, marriage or civil partnership, maternity or pregnancy, race, religion or belief and sexual orientation.



# Epidemiology

- Approximately 6% of population are LGB:
  - Gateshead: 11,466
  - South Tyneside: 9,167
  - Sunderland: 17,250
- Transgender population 1:11,900 – 1:17,000 of which 4 male to female: 1 female to male



## Mental illness

- 3 times as many gay men and almost 5 times as many bisexual men reported a mental health problem, compared with heterosexual men
- Twice as many lesbians and more than 3 times as many bisexual women reported a mental health condition, compared with heterosexual women
- The largest UK survey of transgender people found that 34% have attempted suicide



## Wider determinants

- Deprivation
- Social isolation
- Education
- Employment and unemployment
- Housing
- Environment
- Crime





## ‘Choosing Health’ priorities

- Physical activity
- Healthy eating
- Alcohol, substance misuse, dual diagnosis
- Sexual health
- Smoking



# Consultation

Imagine that the things that make you happy and feel good are the ingredients of a cake...

In an ideal world, what ingredients would go into your happiness cake?



# Themes emerging

Being Accepted	Trust	Love
Good Health	Holidays	Job
Socialising	Conversation	Walking Dog
Eating Out	Money/Security	Being Positive
Gym	Gardening	Community Involvement
Good Body Image	Secure Homes	Freedom of expression
Sense of belonging	Leisure	Exercise
Fun	Making A Difference In People's Lives	
Friends create a safety net, especially when there is estrangement from the family		

**Access to support for all the needs a heterosexual person has**



# Services

- What services are meeting those needs?
- What's not out there, what are the gaps in provision?



## Recommendations

It is recognized that in an ideal world, separate services would not be required for the LGBT population.

The aim of commissioners and providers is to ensure that mainstream services are sensitive to the needs of all users, from whatever background, regardless of age, gender, sexual orientation, religion and belief, disability or race.



- Promoting visibility
- Generic versus specialist services
- Tackling discrimination
- Capacity building
- Partnership working
- Monitoring
- Commissioning
- Young people
- Transgender



# Summary

- Stigma and discrimination contribute significantly to the experiences of the LGBT populations
- LGBT populations suffer high rates of poor mental health
- Promoting positive attitudes is vital
- Provision of some LGBT specific services until generic services have improved
- Document available on [www.cehi.org.uk](http://www.cehi.org.uk)

