

Aberdeenshire local context relating to Mental Health and Wellbeing (To support Sport for Change Funding Applications 24/25)

Scotland's Mental Health Charter for Physical Activity and Sport aims to empower physical activity and sport communities to improve equality and reduce discrimination, ensuring mental health and wellbeing is not a barrier to engaging, participating and achieving in physical activity and sport.

For more information – see below:

samh.org.uk/get-involved/physical-activity-and-sport/our-projects/mental-health-charter/sign-up-to-the-charter-community-level

- To date, 4 clubs/organisations in Aberdeenshire have signed up to the charter.

MENTAL HEALTH INEQUALITIES

Certain groups of people are at higher risk of developing mental health problems, due to a greater exposure to unfavourable social, economic and environmental factors including:

- • Material Inequality – poor housing, poverty, lack of employment opportunities.
- • Social Inequality – stigma and discrimination, immigration status, ethnicity, sexual orientation, disability, problematic alcohol or drug use, experience of violence or abuse.
- • Health Inequality – having long term physical health conditions.

CHILDREN AND YOUNG PEOPLE

- 50% of mental health problems are established by the age of 14.
- 75% by the age of 24.
- The transition from adolescence to adulthood is an extremely important stage of life. This is often a challenging stage for young people living with mental health problems, especially if transitioning from young people's mental health services.

ADULTS

- Around one in four adults report symptoms of a mental health problem at some point in their lifetime.
- Women are more likely to seek help for a mental health problem than men and are more likely to be diagnosed with common mental health problems such as anxiety and depression.
- We know that up to 75% of people with common mental health problems do not receive treatment.
- Depression and anxiety are the most common mental health problems experienced during pregnancy, with 12% of women experiencing depression and 13% experiencing anxiety at some point.

OLDER ADULTS

- Depression affects around 22% of men and 28% of women aged 65 and over yet it is estimated that 85% of older people with depression receive no help.

PEOPLE WITH SUBSTANCE USE PROBLEMS

The relationship between mental health and problem substance use is wide ranging:

- Drugs and/or alcohol can be used to cope with or relieve symptoms of mental health problems.
- Drugs and/or alcohol use may exacerbate mental health problems.
- Drugs and/or alcohol can increase the risk of developing mental health problems.
- There may be risk factors (e.g. unemployment and social isolation) that contribute to mental health and substance use problems.

SUICIDE PREVENTION

In Scotland, approximately three quarters of probable suicides are men.

- Locally, the suicide rate for Aberdeenshire has decreased by 4.1% between 2003-07 and 2013-17.
- Certain risk factors are associated with an increased risk of suicide, including relationship breakdown, drug and alcohol misuse, unemployment, social isolation, a history of trauma and poverty.
- We also know that people with a diagnosed mental health problem have a higher risk of completing suicide.
- Suicide register 2017-21 Aberdeenshire 158 total breakdown 126 male and 32 female

COMMUNITY JUSTICE

- Compared to the general population, the prevalence of mental health problems among people in contact with the justice system is high.
- We know that there is an increased suicide risk among people recently released from a custodial setting.
- Co-existing substance misuse, suicide and mental health problems are more common among people in contact with justice settings when compared to the general population.

VETERANS

- Post-traumatic stress disorder (PTSD), depression and anxiety affect a significant minority of veterans.

UNPAID CARERS AND FAMILIES OF PEOPLE LIVING WITH MENTAL HEALTH PROBLEMS

Supporting others can mean a range of things including giving emotional support, helping someone to get help for a mental health problem, personal care, advocating and budgeting. Carers of people living with mental health problems are usually the first to be aware of a developing crisis, often at times when professional help has not yet been established.

(LGBT) PEOPLE LGBT people are more likely to experience mental health problems, when compared to the general population.

- Nationally, 52% of LGBT people say they have experienced depression.
- 61% of LGBT people say they have experienced anxiety.

AUTISTIC ADULTS

Around 70% of autistic adults have experienced a mental health problem.

Approximately 40% have symptoms of anxiety at any time.

PEOPLE WITH LEARNING DISABILITIES

It is estimated that around 40% of adults with a learning disability also experience mental health problems.

REFUGEES AND ASYLUM SEEKERS

Asylum seekers and refugees are often at greater risk of developing mental health problems.