

People in Partnership

East Sussex Community Feedback

COVID19 Crisis (April 2020)



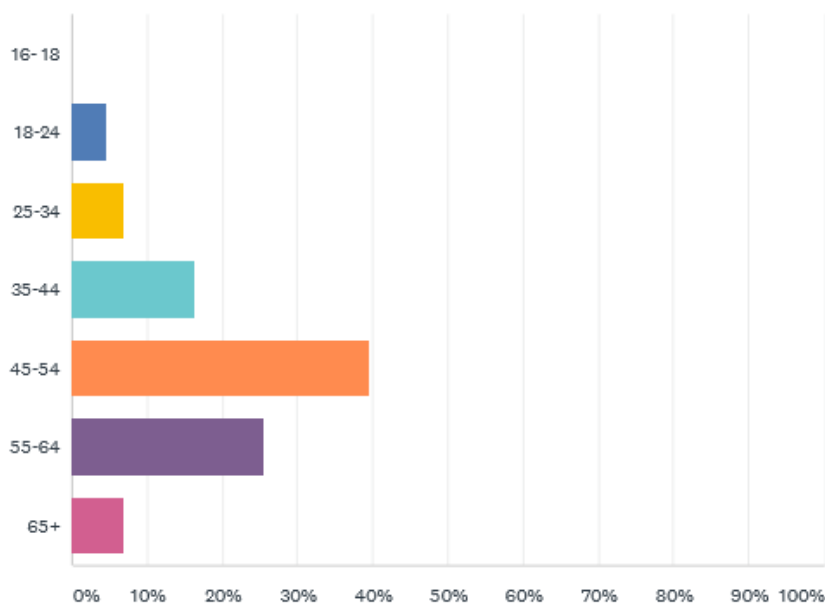
'We want everybody with mental health challenges, their families and carers to have the opportunity to help shape the experience and quality of mental health support and provision across Hastings, Rother, Eastbourne, Hailsham and Seaford'

<https://www.southdown.org/how-we-help/mental-health-recovery/people-partnership-east-sussex>

In response to the current COVID19 crisis, People in Partnership carried out a survey to establish local needs around mental health support and to help partners provide a more informed, coordinated and responsive approach to ensure community needs are met. The survey was issued at the start of April 2020 and 43 responses were received.

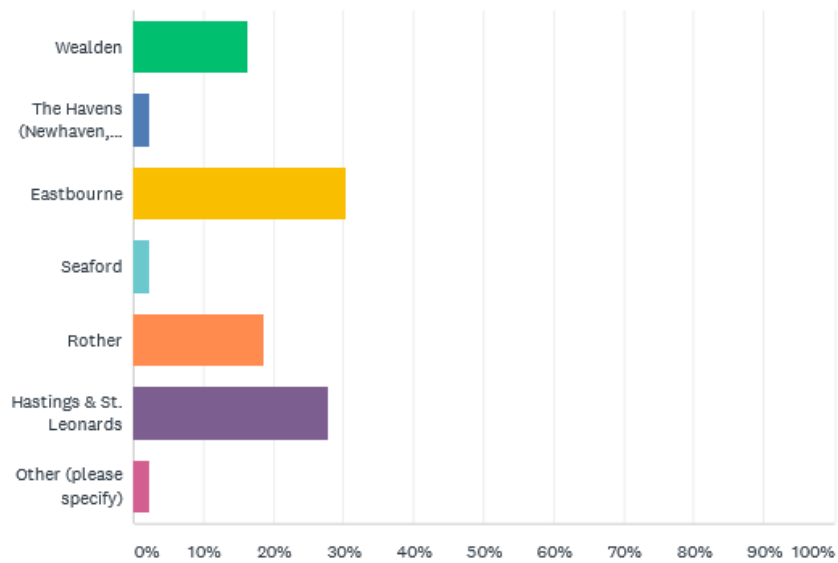
Q1 How old are you?

Answered: 43 Skipped: 0



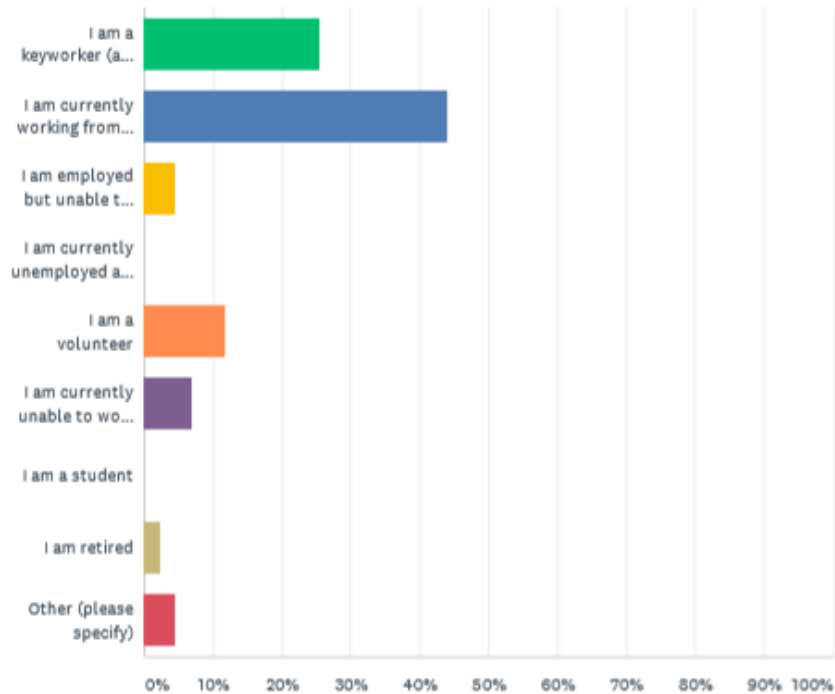
Q2 In which part of East Sussex do you live?

Answered: 43 Skipped: 0



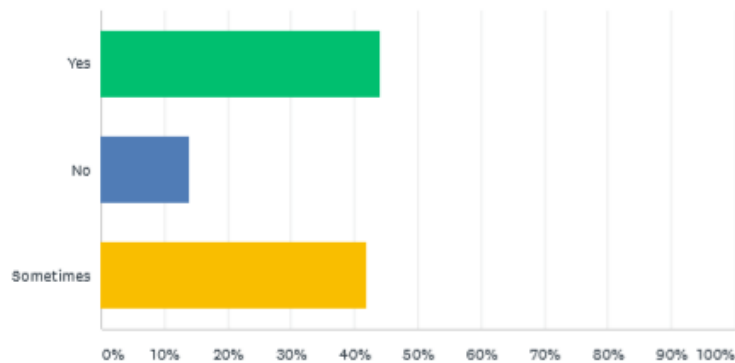
Q3 What is your current employment status?

Answered: 43 Skipped: 0



Q4 Do you feel that the current pandemic is having an impact on your mental health and/or emotional wellbeing?

Answered: 43 Skipped: 0



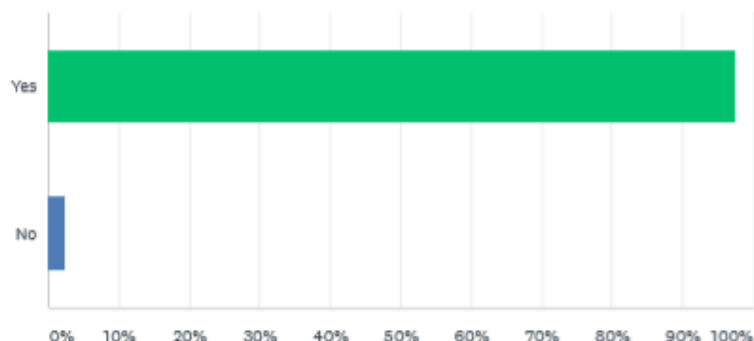
If you answered 'yes' or 'sometimes' please explain how your mental health and/ or emotional wellbeing is affected ¹

- Struggling with not being able to see family
- Feeling 'out of control'
- Loneliness & boredom
- A sense of feeling trapped
- Part of my recovery was connecting with others and the community, now this has gone anxiety has increased
- Lockdown has impacted recovery/unable to access group support
- Increased anxiety
- Insomnia through worry
- Lack of exercise and activity is affecting my well-being and confidence
- Feeling suicidal
- Unable to cope with work pressures
- Irritability due to pressure of managing work and home-life simultaneously
- No safe space to express feelings
- Difficulty maintaining positivity and motivation
- Adopting poor coping strategies e.g. drinking
- Going back to square one with recovery
- Increased stress which is affecting physical health
- Social isolation
- Unable to focus/establish positive routine
- Worried about going out/going shopping
- Having to be strong for my family
- Scared/overwhelmed
- Having no purpose anymore
- Worried about food shortages
- Feeling like in a nightmare

¹ Please note feedback has not been directly quoted due to confidentiality.

Q6 Do you know how to access support for your mental health in East Sussex?

Answered: 43 Skipped: 0

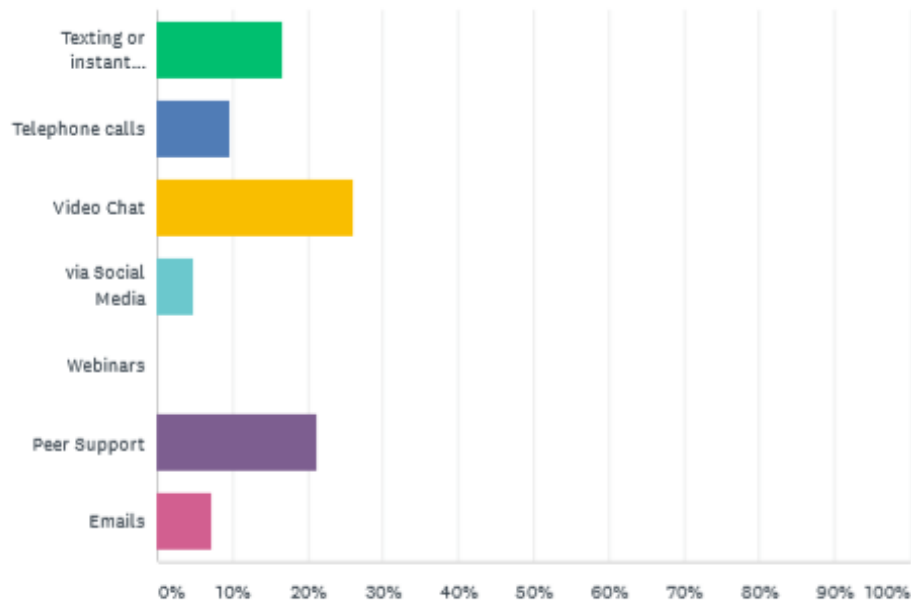


What mental health support would be helpful during the COVID-19 pandemic?

- Peer support
- CBT strategies
- Daily check-ins
- Staying well packs/resources
- Information on how to manage anxiety
- Information to support young people's worries/fears
- Web-chat or text service
- Guidance on how to establish a routine
- Regular telephone support
- Video chat/group chat
- On-line support sessions
- Supporting vulnerable/isolated clients
- Information on mindfulness
- Helping the community to stay connected
- Not feeling pressured to use virtual methods of communication
- Group well-being sessions
- Emphasis on positive news, strategies and stories
- Promotion of well-being on local TV and radio
- More partnership working
- More on-line exercise classes
- More knowledge of local services
- More support to help shop on-line/get food
- Flexible employers
- Talking

Q9 What methods of support would be helpful at this time?

Answered: 42 Skipped: 1



What information do you feel you need to better enable you and your community to look after your mental health/ emotional wellbeing during this time?

- ✓ Collaborated updates
- ✓ Partnership working to provide holistic support
- ✓ Knowledge of local COVID19 infection rates
- ✓ Staying well tips
- ✓ Knowledge of local services
- ✓ Trusted sources of information
- ✓ How you can connect with nature
- ✓ Regular reassurance
- ✓ Local services to provide regular updates on service delivery and support
- ✓ Information on health support (other than COVID19)
- ✓ Collaborative updates that are clear and easy to read
- ✓ More information of local hubs – particularly for rural areas
- ✓ Community forums
- ✓ Support groups
- ✓ Tips and advice
- ✓ Single point of access
- ✓ Clear information that is not overwhelming (particularly if struggling with mental health and anxiety)
- ✓ Sharing information on useful strategies and resources
- ✓ Information on how to practice mindfulness
- ✓ Avoiding information overload
- ✓ Credible advice

- ✓ Using local media
- ✓ Linking with others who share interests
- ✓ More information in rural areas
- ✓ Advice on cooking on a budget/recipes
- ✓ Information that meets the diverse needs of population
- ✓ Consideration of hard to reach groups who are more at risk

Thank you

People in Partnership would like to thank everyone who took the time to complete the survey. Your feedback is important to us and we will ensure that this is shared to help inform and develop service provision.

We hope to revisit these questions next month to ensure that services are adapting and responding to the current situation.

