



Public Health: **Prevention of mental illness, promotion of mental health, and earlier intervention**

Jen Beer

Health Improvement Lead – Children and Young People

Jen.Beer@hertfordshire.gov.uk

Sue Beck

Head of Service – Children and Young People

Sue.Beck@hertfordshire.gov.uk

Public Health Services: Healthy Child Programme: Enabling earlier identification and intervention

School Nursing Service:

- Support: - Chat Health, one-to-one, family support
- Children Looked After – holistic review health assessments, and plans
- Referrals and signposting to mental health services

Health Visiting Service:

- Mental Health checks for new mums
- Listening visits (for parents experiencing mild to moderate postnatal depression or anxiety)
- Ages and Stages Questionnaire

Identifying issues early

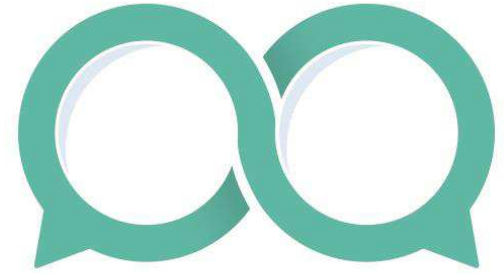
Obtaining and analysis of mental health data:

- Health Related Behaviour Questionnaire every 2 years
- School Nursing and Health Visiting Services
- Needs Assessment e.g. Autism
- Boys mental health survey 2017

Mental health promotion:

- Workforce development: Mindfulness, Mental Health First Aid Youth, Exams, Anxiety, Risky Behaviours, Self-Harm
- Communication pathways: e.g. Pastoral leads networks in all districts
- Promoting physical activity e.g. Girls Active and Daily Mile

Responding to current issues



JUST TALK

- **Suicide Prevention**

Comprehensive work programme exists.

This includes a sub-group focussed on children and young people, and a sub-group focussed on boys and men (3 x more likely to take their own life).

- **Making mental health more relevant for boys**

National learning and local data indicated significantly fewer boys than girls access support services in Herts

650 Herts boys completed survey providing further insight

Public Health coordinate the multi-agency 'Just Talk' programme, launching 22nd January 2018.