

# MENTAL HEALTH IN EALING: A VISUAL STORY

Annual Public  
Health Report  
2023-24

## WHAT IS MENTAL HEALTH?

It means different things to different people!  
It's how you feel – your state of mental well-being that enables you to live your life, make decisions, build relationships and shape the world around you.

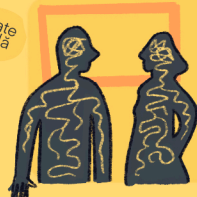


Your mental health is at the core of what it means to be a human. Everyone has ups and downs.



Good mental health is more than just the absence of mental disorders.

Anxiety  
Depression  
Addiction  
Bipolar  
Schizophrenia  
Psychosis



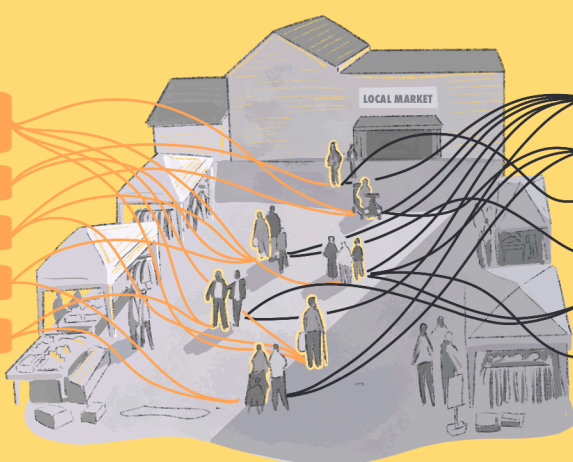
Mental health is also not something that only exists in your mind. It's directly linked to your body, and it's influenced by the world around you too.

## WHAT INFLUENCES MENTAL HEALTH?

Throughout our lives, mental health is influenced by both risk factors and protective factors in our society. These factors are overlapping and interconnected, and everyone experiences them in a different way.

### PROTECTIVE FACTORS FOR EALING RESIDENTS

Strong relationships and community ties  
Diversity and culture  
Green spaces and parks  
Early years support  
Good schools  
...and many more.



### RISK FACTORS FOR EALING RESIDENTS

Cost of living/poverty  
Insufficient housing  
Drug and alcohol misuse  
Domestic abuse  
Racism and discrimination  
Refugee/migration trauma  
...and many more.

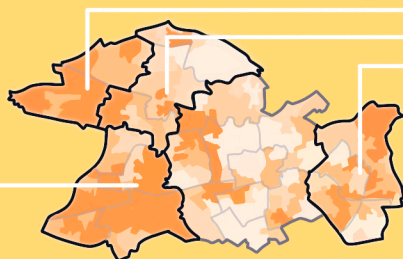
## HOW DOES MENTAL HEALTH VARY ACROSS EALING?

Based on how residents use our health services, we can start to build a picture of how mental health varies across the borough. For example:

Deprivation is a risk factor for mental health. The map below shows the level of deprivation across Ealing: the darker the colour, the more deprived the area.

### SOUTHALL

Fewer people see their GP for depression and access community mental health services than expected. Why? Could this be due to cultural stigma?



### NORTHOLT GREENFORD ACTON

High use of community mental health services and mental health related hospital admissions. Why? Are there more structural inequalities here?



As well as geography, mental health varies by characteristics like gender, age, ethnicity, and disability.



## HOW CAN WE PROMOTE GOOD MENTAL HEALTH?

### AS INDIVIDUALS

Explore the 5 steps to wellbeing



Train in topics like mental health first aid and suicide prevention  
Seek support services when needed (see below)

### TOGETHER

Lay the foundations of good mental health through early years support, family relationships and school cultures  
Maintain supportive and inclusive working environments  
Build high quality, affordable homes  
Co-create services that are more caring, holistic, and culturally competent  
Foster strong relationships in communities



Mental health support is available at [ealing.gov.uk/mentalhealth](https://ealing.gov.uk/mentalhealth)

This product was co-designed by Public Health Ealing and GOSAD using insights from the Ealing Mental Health Needs Assessment 2023.

Artwork by Jack Ambrose Visuals.