

## Questions for the SHCP from the B.A.M.E access to Mental Health and Wellbeing webinar held on 13<sup>th</sup> January 2

On January 13<sup>th</sup> 2021, The Sussex Health and Care Partnership (SHCP), in collaboration with [Diversity Resource International \(DRi\)](#) held a webinar focussing on the experiences of our B.A.M.E communities and their access to mental health and wellbeing services.

The event was attended by 120 people and there were many interesting questions asked of the panel and to the ‘system’. Below are the partnership responses to these questions posed, with recognition that some require ongoing commitment and consideration.

Supporting resources are included in this pack, for signposting to local Mental Health and wellbeing services, both those specific for our B.A.M.E communities and wider.

If you have any further queries relating to this or any other SHCP programme of work please contact us via email [sxccg.involvement@nhs.net](mailto:sxccg.involvement@nhs.net) or phone **01903 708400**.

*Please note that the resources in this section are not exhaustive.*

Question from the audience	Response / Outcome
Are GPs and practice staff expected to complete regular diversity training?	<p>Primary Care Staff are expected to complete mandatory equality and Diversity training and Human Rights (Level 1), designed to meet the learning outcomes in the UK Core Skills Training Framework (UK CSTF) v1.6.</p> <p>The <a href="#">British Medical Association</a> is the trade union and professional body for doctors in the UK offering guidance for GP practices around training and development.</p>
Are there any support organisations focussed for younger teens (16-18)	<p>Here are some useful resources:</p> <p>There a number of helpful website which provide a <a href="#">wide range information about emotional and mental wellbeing, c360</a> being one of these</p>

	<p><b>A Seat at the Table (ASATT)</b> is an essential group for children of colour or dual heritage and their families who require someone to listen, support, advise and advocate where necessary.  <a href="https://aseatatthetable.org.uk/">https://aseatatthetable.org.uk/</a></p> <p>A digital wellbeing services <a href="#">e-wellbeing</a> is designed to help young people identify their mental health needs. It also includes a module on Racism and Mental Health.</p> <p>The <a href="#">Sussex Child and Adolescent Mental Health Service</a> provides specialist NHS services to children, young people, families and carers who are experiencing with their emotional, psychological and mental health.</p>
<p>How would you advise a service like Health in Mind to reach out to the Gypsy/Traveller community?</p>	<p>Trusted relationships are very important for these communities so for guidance you could contact;  <b>Friends, Families and Travellers</b>,          Tel: 01273 234 777          Email: <a href="mailto:fft@ghypsy-traveller.org">fft@ghypsy-traveller.org</a>  <a href="https://www.ghypsy-traveller.org/contact-us/">https://www.ghypsy-traveller.org/contact-us/</a></p>
<p>What Mental Health related materials and support are there for BAME communities</p>	<p>Here are some useful contacts for Mental Health support;</p> <p><a href="#">MIND 'for better Mental Health'</a> has some information for those most at risk including our diverse communities.</p> <p><a href="#">For our Black and Ethnic Communities, Rethink is a service in Crawley</a>, working to support individuals, families and carers affected by mental illness to achieve a better quality of life.          The Asian Mental health helpline – 0808 800 2073</p> <p><a href="#">The Sussex Mental Health line</a> is available 24/7 providing telephone support with access to interpretation services</p> <p><a href="#">The Eastern European Advice Centre</a> provides advice and guidance on issues such as housing, employment, health.</p>

	<p><a href="#">Sussex University has advice specific for BAME students</a> relating to health and wellbeing.</p>
<p>What else can be done to make sure people with language support needs can access mental health support early, rather than through acute admissions?</p>	<p>The <a href="#">Sussex Health and Care Partnership through the Mental Collaborative</a> are working on the strategic framework of the community mental health offer. This will include consideration of the needs of refugees and migrants as well as other diverse communities.</p> <p>Every Primary Care site (GP) in Sussex has access to interpreting services and these can be booked by the primary care staff to support with consultations when someone may wish to discuss their emotional health needs.</p> <p>Here are some useful contacts for interpreting and translations;</p> <p>DRI's sister company <a href="#">Vandu Languages</a> is able to provide interpreting and translation in over 100 languages</p> <p><a href="#">Sussex Interpreting Services</a> provides Community Interpreting, Community Translation and Bilingual Advocacy 24 hours a day, 7 days per week</p>
<p>How does one self-refer to mental health services?</p>	<p><a href="#">If you live in West Sussex</a> you can contact the 'Time to talk' and 'Time to talk health' services, provided by Sussex Community Foundation Trust;</p> <p>Horsham and Crawley - 01403 620434  Mid Sussex - 01444 251084  South (Adur, Arun, Chancetonbury &amp; Worthing) - 01903 703540  West (Chichester, Bognor &amp; surrounding areas) - 01273 265967</p> <p><a href="#">If you live in East Sussex</a> you can contact Health in Mind  Lines are open Monday-Friday 9am-5pm: 44 (0) 300 00 30 130</p> <p><a href="#">If you live in Brighton and Hove</a>  Contact Brighton and Hove wellbeing;</p>

	<p>Lines are open Monday-Friday 9am-5pm: 0300 002 0060</p>
<p>How can trust be built and sustained with diverse communities?</p>	<p>This is an ongoing challenge and one that requires constant review.</p> <p>SHCP are committed to working in partnership with diverse communities, working with Black led organisations and building on our inclusive framework.</p> <p><a href="#">Through the Big Health and Care Conversation</a> SHCP are hearing from people what is important to them, continuing to build on and develop trusting relationships through partnership working</p> <p>One way that people can influence the future of MH services is through contributing to the <a href="#">Department of Health and Social Care's open consultation</a> on reforming the Mental Health Act</p> <p>The <a href="#">NHS Mental Health Implementation Plan 2019/20 – 2023/24</a> sets out a new community offer including access to psychological therapies, personalised trauma informed care and support for self-harm and coexisting substance misuse.</p>
<p>What is being done to signpost BAME carer families for carer support if their first contact with MH services comes when they are detained under the MH Act?</p>	<p><a href="#">Carers Support West Sussex are offering bilingual counselling support to ethnic minority carers</a> who feel they need a safe and confidential space to be heard.</p> <p><a href="#">The Links project in East Sussex</a> provide access to support and advice in a range of areas including accessing healthcare, immigration advice, housing and welfare benefits.</p>

<p>What are the plans over the next 12 months that Sussex Partnership NHS are putting in place to address mental health inequalities.</p>	<p>Addressing Mental Health Inequalities is a priority for the Sussex Health and Care Partnership and for the Integrated Care Partnerships in East Sussex, West Sussex and Brighton &amp; Hove.</p> <p><a href="#">SPFT are Funding internships</a> to encourage people to take up training in psychological services, with a focus to include and appeal to people from diverse heritage.</p> <p>As Sam Allan, Chief Executive of SPFT spoke about in the webinar, systemic barriers do exist – SPFT have acknowledged this and are working to reduce these through development and training, research and more.</p> <p>An introduction and overview of the <a href="#">Sussex Health and Care Partnership Adult Community Mental Health Transformation Programme</a> and the system challenges, are talked through in this video by Dr. Nick Lake, Clinical Lead for the Sussex Mental Health Collaborative.</p>
<p>What are the service providers doing to get more African, Asian and minority ethnic people on their Boards and advisory groups?</p>	<p><a href="#">Sussex Health and Care B.A.M.E. Disparity Programme</a> brings to life the commitment of working in partnership with Black led organisations.</p> <p>Sussex Commissioners are <a href="#">working in partnership with Citizens Advice in West Sussex</a>, working with <a href="#">The Trust for Developing Communities</a> in Brighton and Hove and with <a href="#">Voluntary Action Hastings</a> as part of our commitment to including voices from diverse communities in commissioning of health and care services.</p>
<p>What can be done to encourage more ethnically diverse people to become therapists and wellbeing professionals?</p>	<p><a href="#">Black Minds Matter UK is a charitable organisation providing free 12 week courses of therapy to Black individuals in the U.K.</a></p>

## For Urgent Mental Health support:

If you are concerned about an immediate risk of harm - either to yourself or someone else - then phone 999.

You can also go to your nearest hospital with an Accident and Emergency (A&E) Department. There is staff on duty 24 hours a day, seven days a week, who will be able to assess you and give you the appropriate help.

### NHS 111

NHS Urgent and emergency care call 111 for a free 24-hour NHS helpline.

People with hearing problems can use the [NHS 111 British Sign Language \(BSL\) service](#).

If you are receiving support from Sussex Partnership mental health services you should have a **care plan** and **crisis card**. These will include details of who you should contact in a crisis. If you can't find your care plan, contact your community team during the day 9am to 5pm Monday to Friday. Ask for your Lead Practitioner or the person on duty.

If you are not receiving support from Sussex Partnership Mental Health services you may also want to call your **GP** practice if it is in hours or call 111 for out of hours services.

If you or someone you care about are having a difficult time you can call the **Samaritans** 24/7 on **116123**

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

**The Mental Health Rapid Response Service** provide an urgent response service to the people of Brighton & Hove when they feel they are in a mental health crisis and are at immediate risk of harming themselves or others.

<https://www.sussexpartnership.nhs.uk/MHRRS>

**If you are thinking about or you are concerned that someone is thinking about suicide** there are people who can support you:

<https://www.preventingsuicideinsussex.org/>

## **Other resources targeted for people from diverse communities:**

[Refugee radio](#) is a charity that supports refugees, asylum seekers and vulnerable migrants.

Sussex Community Foundation have set up [the Sussex Crisis Fund to help the BAME people who are most affected by coronavirus](#) and by the lockdown.

## **For general mental health and wellbeing information:**

[The Sussex mental health line](#) is a 24/7 telephone service offering listening support, advice, information and signposting to anyone experiencing difficulties with their mental health.

[Pathfinder offer advice, information and services to support mental health and wellbeing](#) for yourself or someone you care for.

The [NHS Every Mind Matters](#) website has guidance and tips for supporting your mental health and wellbeing

[Holding Space is a Mental Health support, not for profit organisation](#), supporting parents, children and families in East Sussex offering services such as counselling and yoga.

[The Rock Clinic in Brighton and Hove](#) offer therapies of varying affordability scales for people experiencing anxiety, depression and trauma