



**Healthy London
Partnership**

Thrive LDN

towards happier, healthier lives

Supported by and delivering for:



Public Health
England



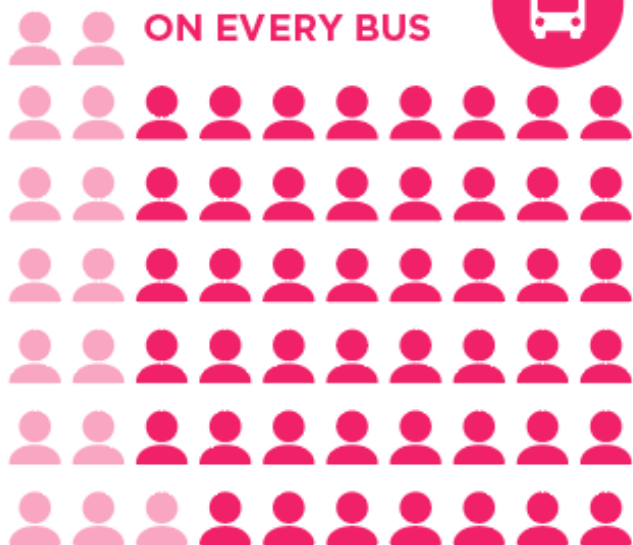
SUPPORTED BY
MAYOR OF LONDON

Poor mental health challenges facing London

2 MILLION
LONDONERS
SUFFER FROM
POOR MENTAL HEALTH

13 PEOPLE

ON EVERY BUS



100 PEOPLE
ON EVERY
TUBE
TRAIN



LOWER LIFE SATISFACTION
AND FEELINGS OF SELF-WORTH
IN LONDON
THAN THE NATIONAL
AVERAGE



4 CHILDREN
IN EVERY CLASS



£ 1 BILLION
LOST BY LONDON
EMPLOYERS



11 LONDONERS
TAKE THEIR LIVES
EVERY WEEK



How inequality affects Londoners' mental health

≠
↕
☹️

POOR MENTAL HEALTH IS BOTH A CAUSE AND A CONSEQUENCE OF INEQUALITY

YOUNG LONDONERS FROM POORER BACKGROUNDS ARE 3 TIMES MORE LIKELY TO EXPERIENCE POOR MENTAL HEALTH

SUICIDE DISPROPORTIONATELY AFFECTS PARTICULAR COMMUNITIES



ADULTS IN LOW INCOME HOUSEHOLDS ARE 2-3 TIMES MORE LIKELY TO DEVELOP POOR MENTAL HEALTH THAN THOSE IN THE HIGHEST INCOME HOUSEHOLDS



LESBIAN, GAY AND BISEXUAL PEOPLE ARE TWICE AS LIKELY TO HAVE POOR MENTAL HEALTH



AFRICAN-CARIBBEAN MEN ARE MORE LIKELY TO BE IDENTIFIED WITH A SEVERE MENTAL HEALTH CONDITION



Towards happier, healthier lives

In July 2017 we launched [Thrive LDN: towards happier, healthier lives](#), a summary of our work engaging with hundreds of experts by profession and by experience across London's public, charitable and business sectors to identify what would make a difference to Londoners' mental health and wellbeing:



A city where individuals and communities take the lead



A city with a happy, healthy and productive workforce



A city that maximises the potential of children and young people



A city free from mental health stigma and discrimination



A city with services that are there when, and where needed

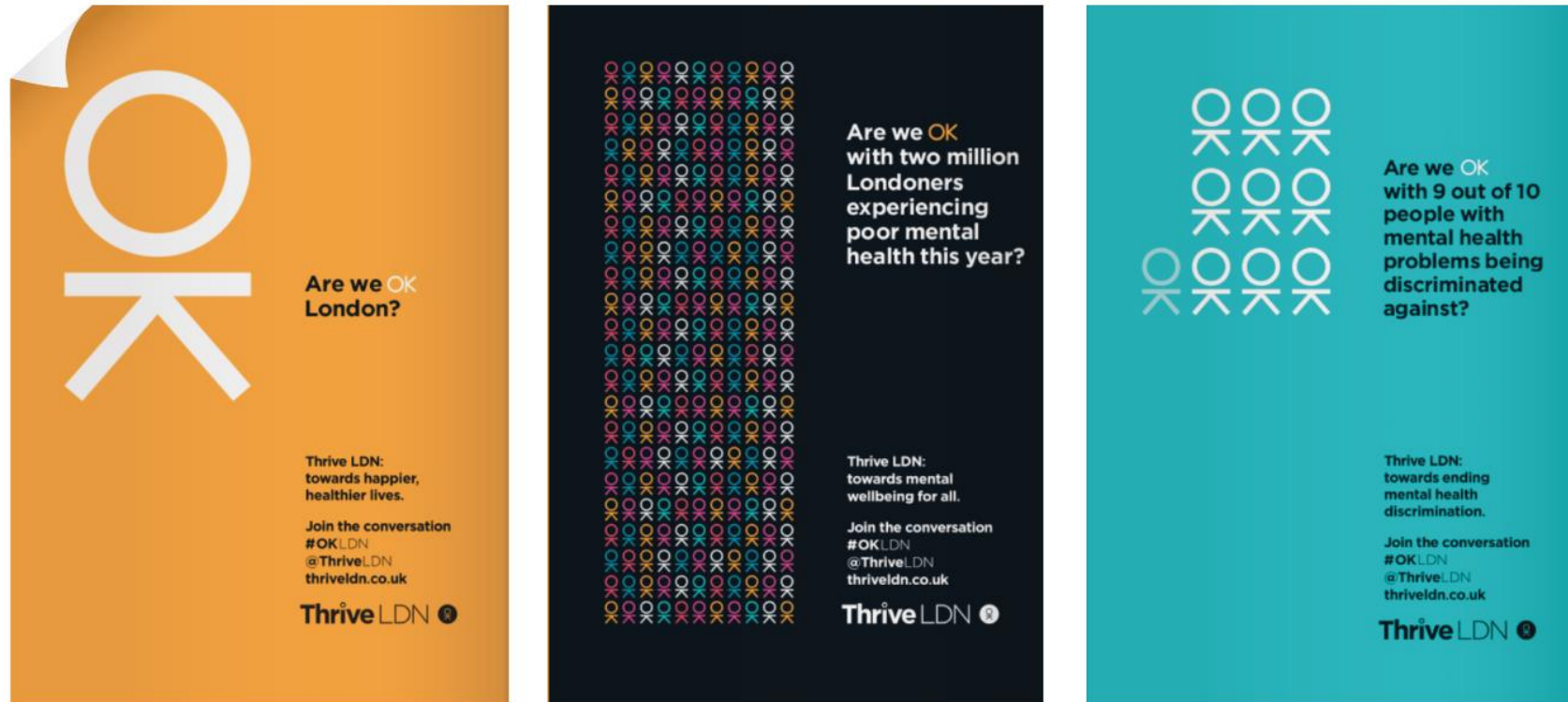


A zero suicide city



2017 Are we OK London? campaign

At the same time, we launched our first [*Are we OK London? campaign*](#), to begin an open conversation with Londoners about mental health and wellbeing.



The campaign generated over 420,000 interactions over summer 2017 leading to hundreds of partnerships and over 30 projects.

Our approach and activities

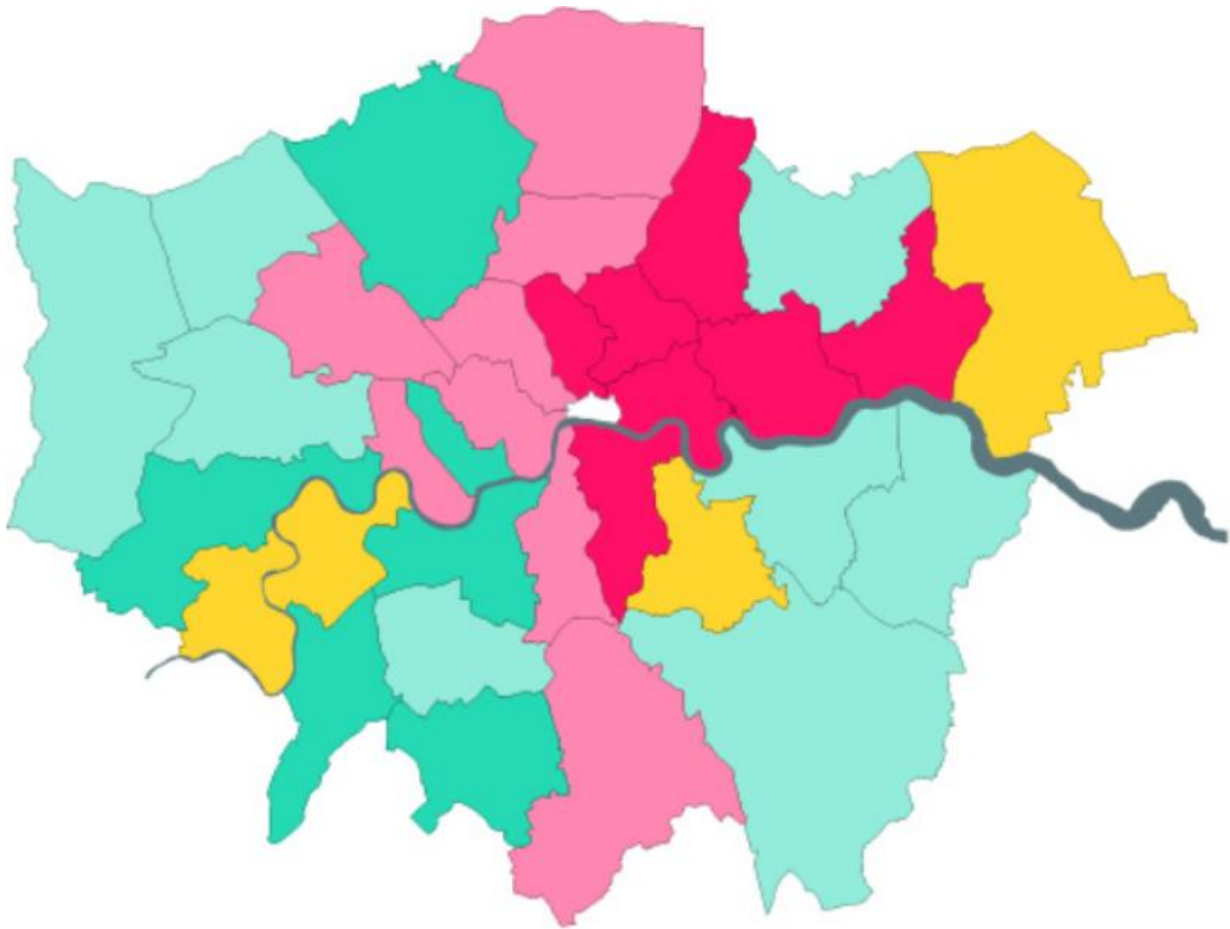
Our activities are broadly split into the following areas:

- **Participation:** the driving force of Thrive LDN and acts as our quality assurance process.
- **Partnerships:** the founding principle of Thrive LDN.
- **Citywide interventions:** we deliver large projects, mostly around Suicide Prevention and young Londoners mental health.
- **Core activities:** we deliver several core activities to facilitate and grow the citywide movement.
- **Development:** we identify areas where we can innovate and/or add value, then facilitate partnerships to develop and deliver activities.
- **Monitoring, Evaluation & Learning:** we have a MEL framework that sits across all areas and activities.

Within all areas we support activity at hyperlocal, borough, sub-regional (STPs) and regional levels.



Participation: Londoners said



In 2016, Thrive LDN commissioned Mental Health Foundation to map the risk to Londoners' mental health per borough on the basis of 28 indicators of inequalities and social determinants.

The report shows the areas of highest risk for poor mental health in London. The evidence indicates deprivation and social inequalities heavily contribute to this.

Low risk High risk

A horizontal color scale legend with five segments: light green, yellow, orange, pink, and dark red. The text 'Low risk' is positioned above the first two segments, and 'High risk' is positioned above the last two segments.

Participation: Londoners said

Following this mapping, Thrive LDN and Mental Health Foundation delivered 17 community conversations in half of London boroughs, attended by over 1,000 Londoners.

As a result of the community conversations, Thrive LDN is supporting several local authorities, charities and communities with place-based projects, including Are we OK Brent? Campaign and a mental health prevention pilot in Barking & Dagenham.

Mental Health Foundation recently published a meta-analysis of all 17 community conversations.



Participation: Londoners said

1. Develop, train and support a network of community champions to tackle isolation, link people to each other and services and deliver community mental health training.
2. Create, or add-on to existing technological platforms, a way of effectively informing people about what support, activities and services are available in their community.
3. Produce a guide linking and integrating London mental health and other services, like social care and housing support, to create a whole-person approach.
4. Support the development of non-clinical crisis and other wellbeing centres like Mosaic Clubhouses and the Leeds Crisis House.
5. Give parents, particularly those from under-privileged backgrounds, the skills and support they need to give their children the best start through peer-parenting groups.
6. Create a mental health curriculum for schools that focuses on prevention rather than diagnosis of illness and that recognises the diversity of London's children.
7. Invest in after-school clubs that support young people to look after their mental health, develop better decision-making processes and meet role models.
8. Provide a toolkit and training for employers enabling them to better support the mental health of London workers.
9. Work in local communities to prevent isolation and build connections as a first step in suicide prevention.
10. Encourage the 16 London boroughs and the City of London who have not yet had a community conversations to organise one.



Partnerships: towards a zero suicide city

The Thrive LDN Suicide Prevention Network has been meeting since Spring 2017. It is composed of a range of figures involved in suicide prevention across London:

- Metropolitan Police Service, British Transport Police and City of London Police
- London Ambulance Service
- London Fire Brigade
- Maritime & Coastguard Agency
- NHS England, Public Health England and Health Education England
- Transport for London and organisations associated with London's railways
- London's Sustainability and Transformation Partnerships
- London's local authorities and the City of London
- Cavendish Square Group and London's mental health trusts
- Kings College London, Southbank University and South London Health Innovation Network
- Various third sector organisations, including Samaritans and Papyrus
- Individuals with lived experience

The group is chaired by Dr Phil Moore, the clinical lead, and co-chaired by Dr Sangeeta Mahajan, who has lived expertise.



Partnerships: towards a zero suicide city

In its task and finish phase, the Suicide Prevention Group developed three projects for suicide prevention-focused work across London. Projects are funded by NHS England and the Group meets on a bimonthly basis to help facilitate the delivery of these projects.

- 1. Suicide prevention training for the education sector:** We have partnered with Papyrus to offer free training across London for those in the education sector (schools, colleges and universities) to enable suicide prevention awareness.
- 2. Work to reduce access to medication as a means:** We are working with front line professionals to develop guidance to support them to identify those who may be at risk of overdose, and signpost and support accordingly.
- 3. Information sharing hub:** a timely, pan-London, multi-agency Information Sharing Hub about suspected suicides (and, at a later stage, potentially attempted suicides). The anticipated benefits of the Hub are to enable agencies in London to more effectively:
 - Provide bereavement support
 - Plan and implement short-term interventions and
 - Plan and implement long-term preventative interventions.



Citywide interventions: Youth Mental Health First Aid

Supported with funding from the **Mayor of London's Young Londoners' Fund**, Thrive LDN is **rolling out Youth Mental Health First Aid training to every state funded school** and further education college in London by March 2021.

In year one (2018-19) of the programme, we successfully trained 100 Youth Mental Health First Aid instructors operating in all 32 London boroughs, who delivered two day training to over 1,000 school staff across London. Year two (2019-20) of the programme is due to start imminently, inline with the academic year.

The programme is being independently evaluated by UCL Consulting to understand the impact of the programme on:

- School staff's knowledge skills and confidence in relation to mental health and wellbeing
- Signposting of students to mental health support and services
- Wider school-based mental health strategies
- Mental health and wellbeing of students
- Students' knowledge and experience of mental health



Core activities

During the course of 2018/19, we collaborated with a number of external organisations to better understand the experiences of some of the most marginalised communities in London and better understand what they wanted and needed from Thrive LDN.

Whilst it's important for us to recognise diversity across different groups, what emerged were some common themes:

- Focus on young people
- Amplify the voices of Londoners affected by inequality and mental health
- The importance of social networks
- Broaden opportunities
- Londoners want the tools and resources to improve things for themselves



Core activities

- **Thrive LDN Champions Network:** Champions are a diverse group of individuals with a shared interest in ensuring all Londoners have an equal opportunity to good mental health. We have commissioned Sheila McKechnie Foundation to deliver a co-developed, place-based leadership development programme for Champions.
- **World Mental Health Day event:** On 10 October we will welcome hundreds of young Londoners to City Hall for a young Londoner-led event. Working closely with the Mayor's Peer Outreach Team, the event will feature presentations and panel discussions, film screenings, workshops, creative activities, training and advice sessions. We have commissioned the artist The Fandangoe Kid to create a new temporary art installation with young Londoners.
- **Right to Thrive grants:** In January we will launch a new small grants scheme to support more peer-led and community-led projects to advance equality and improve the mental health and wellbeing of individuals at greater risk of poor mental health.



Development: Universities

In partnership with University of London and Association for Directors of Public Health, we are undertaking a mental health and wellbeing needs assessment of London's higher education student populations. The assessment intends to:

- Improve understanding of the prevalence of mental health risk factors and wider social determinants of mental health amongst London's higher education student population.
- Improve understanding of the level of mental health and wellbeing need among London's higher education student population and the current support available.
- Review the evidence for interventions to support student's mental health and wellbeing.
- Recommend projects and interventions to better support students in the capital.
- Ascertain a baseline from which we can assess progress on improving the mental health and wellbeing of London's higher education student population over time.



Monitoring, Evaluation & Learning

- We have established an **Evaluation Reference Group** to review and advise on all Monitoring, Evaluation and Learning activities.
- An exercise is underway to map baseline data across London boroughs to **analyse risk and protective factors** which influence Londoners health and wellbeing.
- We have implemented improved monitoring across all activities to enable **systematic data collection** of Thrive LDN participants to enable learning across the programme.
- We are currently developing a **process evaluation** of participation in Thrive LDN and core activities to better understand implementation, causal mechanisms, contextual factors which influence delivery, as well as outcomes and impact.
- We are undertaking a **benefits realisation** exercise to more clearly understand the benefits of all activities to Londoners.
- An **Evaluation Report** will be discussed at the London Health Board meeting in January and published thereafter.



Monitoring, Evaluation & Learning

- **Economic and Research Council's Centre for Society and Mental Health at King's College London:** The Centre intends to transform our understanding of how social, economic, and cultural changes affect mental health and will have a particular focus on:
 - Rising mental health problems among young people
 - Increasingly unequal rates of mental health problems in disadvantaged communities
 - The negative effects on mental health of changes in the security of work and the provision of welfare
- Working with stakeholders and partners the Centre will help develop policies and strategies based on research evidence that will address the underlying social, organisational and environmental causes that shape mental distress.



Good Thinking & Thrive LDN partnership

- How can we utilise Thrive LDN's targeted outreach and engagement activities to directly signpost people to Good Thinking?
- How can we collaborate on participation activities across programmes to ensure participants (e.g. Thrive LDN Champions and Digital Ambassadors) get opportunities to work together?
- How can we coordinate digital campaigning efforts to maximise impact?
- How can we strategically work together on development opportunities of mutual interest?



Closing and Questions



Thrive LDN is a citywide movement to improve the mental health and wellbeing of all Londoners.

Stay updated

Find out more at: www.thriveldn.co.uk

Email us: info@thriveldn.co.uk

Join the conversation

Follow us on twitter: [@ThriveLDN](https://twitter.com/ThriveLDN) or use [#OKLDN](https://twitter.com/OKLDN)

Follow us on instagram: [@ThriveLDN](https://www.instagram.com/ThriveLDN)