

Tell us what you think

# MENTAL HEALTH STRATEGY 2024

Results from [Insight@hullcc.gov.uk](mailto:Insight@hullcc.gov.uk)

OFFICIAL

**Copyright © 2024 Hull City Council Insight Team**

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law.

Where quotations or research results are used, other than in whole, the Insight Team must be given the opportunity to check the usage for purposes of accuracy and reserve the right to provide edits accordingly.

**For permission requests, contact the publisher, at the address below:**

**Insight Team  
Hull City Council  
The Guildhall  
Alfred Gelder Street  
Hull  
HU1 2AA**

Or by email [Insight@hullcc.gov.uk](mailto:Insight@hullcc.gov.uk)

### About this survey

The Mental Health Strategy survey ran from 13 May – 24 June 2024.

The survey was distributed via a number of electronic channels and social media, was published on the Yoursay website, and was highlighted to members of the People's Panel.

Overall, 465 respondents have completed this survey. This is a valid sample that provides a confidence level of 95% with a confidence interval (margin of error) of approximately 4.54%, which is within the corporate standard of a maximum confidence interval of 5%.

This survey, and its results, meet the Corporate Standards for Research and Consultation.

### Respondent Characteristics

#### Q. Which of the following age ranges are you in?

16 - 24	4%
25 - 34	17%
35 - 44	24%
45 - 54	27%
55 - 64	20%
65 - 74	7%
75+	1%

#### Q. Which of the following best describes you?

Male / Man	23%
Female / Woman	74%
Non-binary	2%
Gender fluid	0%
I describe myself another way (please state)	1%

#### Q. Which of the following best describes your ethnic background?

White - British / English / Welsh / Scottish / Northern Irish	94%
Other white	2%
Black / Black British	1%
Asian / Asian British	2%
Mixed / Multiple ethnicities	1%
Arab	0%
Other (please state)	1%

#### Q. Are your day-to-day activities more difficult because of an illness or impairment?

Yes, a little	29%
Yes, a lot	16%
No	55%

## Survey Responses

### Q. Which of the following describes you?

I have experienced / am experiencing mental health difficulties myself	77%
I have cared for / am caring for someone with mental health difficulties	33%
I have worked or volunteered / am working or volunteering in places where I meet people who are affected by mental health difficulties	42%
None of these	7%

### Q. Have any of the following factors ever affected your mental health or wellbeing?

	Negative effect	Positive effect	Both negative and positive	No effect
Addiction, habit or dependence	18%	1%	11%	70%
Bereavement	65%	1%	11%	24%
Body image	58%	2%	15%	25%
Boredom / lack of things to do	40%	1%	16%	43%
Bullying, including online	39%	1%	4%	56%
Caring responsibilities / health of a loved one	45%	3%	19%	33%
Climate change	27%	1%	10%	62%
Domestic abuse	26%	1%	3%	70%
Home environment, including family relationships	34%	10%	34%	22%
Local environment / neighbourhood / sense of belonging	21%	17%	23%	39%
Work	38%	9%	38%	15%
Money	40%	7%	34%	20%
Personal relationships, including divorce loneliness / feeling connected	37%	6%	34%	23%
Sleep	48%	7%	27%	18%
Emotional trauma	59%	1%	10%	30%
Physical injury or trauma	34%	2%	6%	58%
School / College	19%	5%	23%	53%

### Q. Have any of the following characteristics ever affected your mental health and wellbeing?

	Negative effect	Positive effect	Both negative and positive	No effect
Your ethnicity / race / national identity	19%	2%	22%	58%
Your sexual orientation	3%	2%	5%	90%
Disability / health	4%	3%	7%	87%
Your neurodiversity such as ADHD / autism	35%	1%	15%	49%
Your biological sex or gender identity	13%	1%	11%	75%
Religion or belief	5%	1%	7%	86%
Pregnancy / becoming a parent	3%	4%	5%	87%

### Social and Physical Environments

**Q. What do you think would encourage more people to talk about their mental health?**

If people were more open about mental health issues	63%
If there was more education about mental health	57%
If mental health was promoted more in employment / education	53%
If there were regular mental health checks,	58%
If there was less stigma about having mental health difficulties	66%
If challenges to our emotional wellbeing were taken more seriously by society	54%
If you knew friends / family would understand	25%
If you knew you wouldn't be labelled	33%
If mental health was discussed more openly in the media	10%
None of these	1%
Other (please state)	11%

**Q. What do you think could stop someone talking about their mental health?**

Don't see the point	23%
Worry about of being labelled negatively	52%
Don't want to bother anyone with their problems	62%
Feeling embarrassment / shame	61%
Family / friends / colleagues don't take mental health seriously	26%
Concern about letting themselves / others down	33%
Feeling judged negatively	45%
Afraid of being harassed or targeted on social media	5%
Feeling the need to stay strong	38%
Finding a job / getting into employment	13%
Being financially excluded - getting insurance / assessing bank services / being accepted for a mortgage.	7%
Losing friends / lack of understanding of friends	8%
Losing job / lack of understanding of employer / colleagues	21%
No social network / friends or family to talk to	17%
Not knowing who to talk to or where to get help	27%
Not realising there is a problem	23%
Worry I will be medicated	6%
Other (please state)	6%

## Support

Q. If you were experiencing mental health difficulties, how likely is that you would talk to, or ask for help from any of the following?

	Very unlikely	Unlikely	Neither unlikely nor likely	Likely	Very likely	N/A
Your family	19%	21%	9%	30%	20%	0%
Your partner	7%	6%	7%	22%	40%	18%
Your friends	10%	13%	16%	35%	25%	2%
Your work colleagues	22%	27%	16%	22%	7%	6%
Your manager / supervisor / teacher	27%	20%	13%	24%	9%	7%
Your GP / doctors	8%	15%	15%	40%	21%	0%
Call helpline such as the Samaritans	27%	27%	21%	16%	5%	2%
Specialist services such as counselling	8%	15%	15%	35%	26%	1%

Q. Which of the following have you used, or would you use if you were experiencing difficulties with your mental health?

Talking one - to - one	77%
Talking in groups	20%
Talking to someone who has been through the same thing	58%
Talking to someone like me same age / background / gender / culture	28%
Seeking support online	35%
Prescribed medication	40%
Doing meditation /mindfulness	46%
Exercising – such as walking, gym, yoga	73%
Improving diet / eating more healthily	55%
Reading about it / researching it	55%
Doing creative therapies such as joining an art or drama group	20%
Doing complimentary therapies such as Acupuncture, Reiki	15%
Socialising	42%
Taking up a new hobby / interest	37%
Dealing with it on my own	55%
Hiding away from the world / isolating myself	42%
Using alcohol / drugs	19%
Eating more / less	42%
None of these	1%
Other (please state)	3%