Depression

This infographic is part of the Suffolk Mental Health Needs Assessment. Please see Healthy Suffolk for more details.

Person
- Ethnic groups with higher risk of poor mental health: black, gypsy or Irish traveller
- LGBT people appear to worry more about hate crime than other minority groups, and have lower quality of life than the wider population which may contribute to higher rates of mental ill health
- May be abusing alcohol or drugs, perhaps as a way to try to cope
- May have low self-esteem, anxiety, stress

Family & Friends
- Stigma is a concern among minority ethnic groups
- Risk factors include: abuse in childhood (physical, sexual, emotional), family history of depression, being a carer
- May have experienced a traumatic event (e.g. bereavement, relationship breakdown)
- May be avoiding friends and family
- May not be doing well at work

Environment
- Being in debt and financial difficulties increase mental ill health
- In Suffolk there is a correlation between depression and deprivation
- More likely to be unemployed or economically inactive
- May feel lonely and isolated

Physical health
- Less likely to have good or very good physical health (self-assessed)
- People with long-term conditions are 2-3 times more likely to have depression
- Increased physical activity reduces the risk of depression
- Smoking rates are approximately twice as high as those in adults without depression
- People with depression may find it harder to quit smoking, and have more severe withdrawal symptoms
- Depression increases risk of physical conditions: up to 60% increased risk of myocardial infarction; 34-63% stroke; 60% diabetes; coronary heart disease is 1.5-1.9x more likely; 3.5 times more likely to die from myocardial infarction
- May have problems sleeping, and changed eating patterns
- Evidence that cannabis use may increase depression

Needs
- Recognition and treatment: 60% of people who consult their GP will not be recognised as depressed on their first visit as most will consult for somatic (physical) symptoms
- Social interventions: befriending, healthy living, exercise (especially structured group physical activity)

Statistics
- 49,300 people recorded as having depression (registered with a Suffolk GP)
- At any one time, c.9.5% of Suffolk registered patients will have depression
- 48,000 adults in Suffolk estimated to have a Common Mental Health Disorder
- 20,300 estimated depressive episode
- Estimated 4,750 cases amongst Suffolk veterans (in line with general population rates, may not be related to service)

Gaps
- Efficient referral for treatment
- Written information
- Befriending
- Sign-posting to self-help groups
- Improve completion of IAPT treatment (Q2 2017/18)
- Treatments assessed as effective by NICE: Mindfulness-Based Cognitive Therapy (MBCT), Individual guided self-help based on Cognitive Behavioural Therapy (CBT), Computerised CBT, InterPersonal Therapy

Current support
- Primary Care - GPs
- Norfolk & Suffolk NHS Foundation Trust
- Suffolk wellbeing allows self-referral: group therapy, Cognitive Behavioural Therapy (Improving Access to Psychological Therapies IAPT)
- Suffolk MIND (courses, counselling)
- Social prescribing

Self-help:
- 5 ways to wellbeing incl. exercise & diet
- Suffolk User Forum, Suffolk Parent Carers Network
- Peer support & worry cafes
- Mindfulness

Useful links
- NICE Depression in adults (CG90)
- Depression in adults with a chronic physical health problem: recognition and management (CG91)
- NICE Depression in adults (draft 2018)

Suffolk needs assessments & information
- Depression prevalence
- Common mental disorders
- Projecting mental health problems
- Mental health & lifestyle

This is a copy of a dynamic, interactive page. For latest version, go to https://infograph.venngage.com/pl/RChHqgRkjc

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