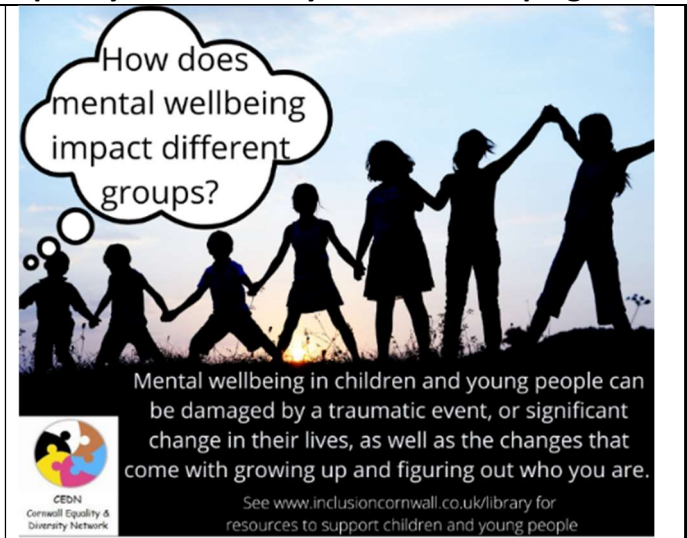


Mental health awareness – different groups can experience different issues.

Cornwall Equality and Diversity Network campaign, autumn 2022.

 One in five women experience depression, anxiety, or other common mental health problems, and many will just 'keep going' without seeking help. How does mental wellbeing impact different groups? See www.inclusioncornwall.co.uk/library for resources to support anyone experiencing mental ill health, for whatever reason CEDN Cornwall Equality & Diversity Network	 How does mental wellbeing impact different groups? Mental wellbeing in children and young people can be damaged by a traumatic event, or significant change in their lives, as well as the changes that come with growing up and figuring out who you are. See www.inclusioncornwall.co.uk/library for resources to support children and young people CEDN Cornwall Equality & Diversity Network	 How does mental wellbeing impact different groups? Refugees and Asylum Seekers experience much higher rates of depression, anxiety and PTSD than the rest of the population. See www.inclusioncornwall.co.uk/library for resources to support refugees, asylum seekers and migrant workers CEDN Cornwall Equality & Diversity Network
Mental wellbeing is linked to poverty, social isolation, prior or ongoing sexual abuse, and a tendency to internalise feelings, and carry on with their daily lives. Childbirth and the menopause are often factors.	Many young people in Cornwall struggle to access the support they need, or help to deal with events, or changes before they cause lasting problems.	Support for people displaced by war needs to include mental wellbeing as well as practical and acclimatisation assistance.
 How does mental wellbeing impact different groups? LGBTQ+ people suffer higher rates of depression and suicidal thoughts than the rest of the population. See www.inclusioncornwall.co.uk/library for resources to support people in the LGBTQ community CEDN Cornwall Equality & Diversity Network	 How does mental wellbeing impact different groups? Those who are unpaid carers are more likely to suffer from stress, anxiety and isolation than the rest of the population. See www.inclusioncornwall.co.uk/library for resources to support carers CEDN Cornwall Equality & Diversity Network	 How does mental wellbeing impact different groups? People in Gypsy, Roma and Traveller communities experience much higher rates of suicide than the rest of the population. See www.inclusioncornwall.co.uk/library for resources to support those experiencing mental ill health, for whatever reason CEDN Cornwall Equality & Diversity Network
Isolation and discrimination play a part in high rates of depression in the LGBTQ+ community, although visible LGBTQ+ people and allies are becoming more prominent.	Where the caring role is not well-recognised, or not supported, the issues are magnified for the carer.	High rates of suicide in the Gypsy, Roma, Traveller community are often due to cultural factors, and lack of access to preventive mental health support.

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 How does mental wellbeing impact different groups? Isolation, poor physical health, poverty, loss of meaningful activity, bereavement and a caring role all affect the mental wellbeing of older people. See www.inclusioncornwall.co.uk/library for resources to support those experiencing mental ill health, for whatever reason  CEDN Cornwall Equality & Diversity Network	 How does mental wellbeing impact different groups? Different ethnic minority groups experience different mental health issues – and black people are 4x more likely to be supported under the Mental Health Act. See www.inclusioncornwall.co.uk/library for resources to support those experiencing mental ill health, for whatever reason  CEDN Cornwall Equality & Diversity Network	 How does mental wellbeing impact different groups? Suicide rates for men are 3x higher than for women, and men are less likely to access NHS support for mental wellbeing. See www.inclusioncornwall.co.uk/library for resources to support those experiencing mental ill health, including related to financial and housing issues  CEDN Cornwall Equality & Diversity Network
With a growing older population, elder mental health is a growing issue. Depression can sometimes be confused for dementia, adding to the problems.	It is important to remember that isolation, stigma, distrust of medical services, language and cultural barriers, and socio-economic disadvantage play a part in mental health difficulties in ethnic minority groups.	Men can find it hard to admitting weakness, and lack close friends, which can result in disruptive and anti-social behaviours – none of which are helpful when mental wellbeing deteriorates.
 How does mental wellbeing impact different groups? People with learning disabilities or autism are more likely to struggle with mental wellbeing than those without. See www.inclusioncornwall.co.uk/library for resources to support people with disabilities of any kind  CEDN Cornwall Equality & Diversity Network	 How does mental wellbeing impact different groups? 30% of the UK population has a long term physical condition or disability, and almost 1/3 of those people also have a mental health problem, including anxiety and depression. See www.inclusioncornwall.co.uk/library for resources to support those with physical health needs or disabilities.  CEDN Cornwall Equality & Diversity Network	
Mental wellbeing issues can affect people with LD particularly, due to genetics, higher incidence of negative life events, limited access to resources and the impact of others' attitudes.	For people with sight loss, hearing loss, and any other physical disabilities, isolation, the physical disability itself and the life changes that come with it, financial worry, and fear of the future often affect mental wellbeing.	