

**We asked people in Sunderland
about their mental health and
mental health services.**

Over

10000

people

responded

Find out what they said...



98%
of service
users and
carers

feel there

is a stigma

**attached to mental health, which creates a
barrier to access services, particularly among**

**males and
BAME groups**



Only **12%**



**of respondents said
there is enough**

information

**about the mental
health services
available**



Over

900%

of respondents
feel that the

pandemic

has had an

impact

on their mental wellbeing

48%

felt this to a

significant

extent



90%

**of respondents
feel they
are able to**

manage their

mental



wellbeing

**through engaging in activities and
behaviours relating to their health**

Whilst

10%

**think that they
have no control**

Our respondents said that

voluntary and
community

organisations

would be one of
their first ports of
call if they were
struggling with
their mental health.



Our survey shows
there is a **lack of**

awareness

**of community mental
health services**

**which creates
a barrier
to accessing
services.**

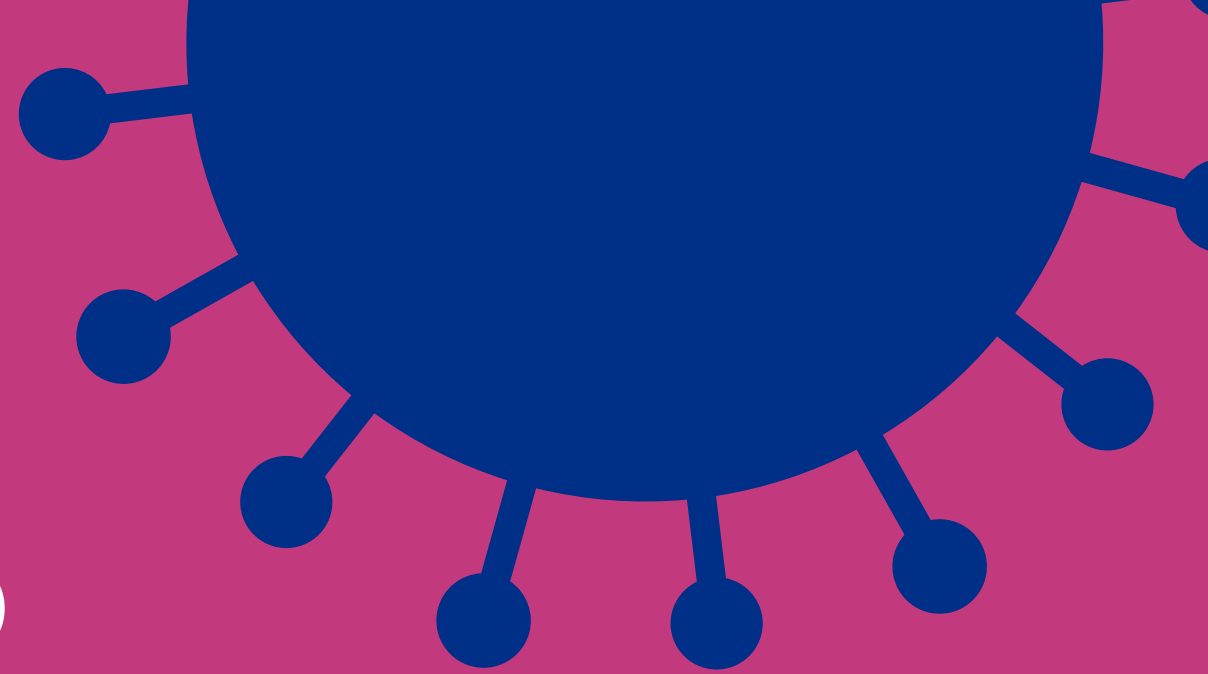


COVID-19

is recognised to not only affect those already struggling with their mental health,

but those with no history of poor mental health, including new groups of

younger people



Our survey showed there continues to be

stigma

with poor mental health amongst

males



There is a perception that it is socially unacceptable for them to appear weak or vulnerable in front of others.

It is recognised that the

voluntary and

community

sector play a

vital

role

in supporting the health and wellbeing of local communities.



69%

**of respondents
said their**

mental wellbeing

is

supported

at

work



52%

**rated their
experience of**

community

mental health service as



excellent



very good



or good

47

%

**of
respondents
said
accessing**

mental health support

was fairly or very difficult with

**waiting
times**

**being
a key**

issue

