Nottingham and Nottinghamshire adult mental health JSNA Profile 2024: service data and information

This document includes information and data on access in Nottinghamshire and Nottingham to services provided by NHS Talking Therapies, the University of Nottingham, B U Notts, Nottingham Counselling Centre,

Nottingham and Nottinghamshire adult mental health JSNA Profile 2024: Talking Therapies Data re Equity and Inequalities

The following data is taken from the quarterly data for NHS Talking Therapies extracted for Nottingham and Nottinghamshire Integrated Care Board from NHS Talking Therapies Monthly Statistics Including Employment Advisors - NHS England Digital.

In Nottingham and Nottinghamshire, the following groups have lower rates of improvement and recovery outcomes from Talking Therapies when compared to the overall rates of improvement and recovery:

- People aged 18-25,
- People from Black and Minority Ethnic groups,
- People who are Lesbian, Gay and Bisexual,
- People who have a disability,
- People who have a long-term condition.

People who are non-binary have lower rates of recovery outcomes and people whose gender identity is recorded as 'other' have lower rates of improvement and recovery outcomes. However the data sets for these gender category groups are small and data should be interpreted with caution.

Overall

During 2023/24, a total of 37,315 referral requests[1] were received by Talking Therapies in Nottingham and Nottinghamshire, with 26,810 accessing services[2] (equating to 71.8% of referrals). Of people who finished a course of treatment[3], 70.1% were recorded as having an improvement[4], 50.4% were recorded as having a recovery[5], and 47.2% having a reliable recovery[6].

[1] Description of measure: Count of referrals with a referral request received date in the reporting period. Source NHS Talking Therapies Monthly Statistics Including Employment Advisors Metadata File, 2024.
[2] Description of measure: Count of referrals with a first treatment care contact (accessed services) in the reporting period. Source NHS Talking Therapies Monthly Statistics Including Employment Advisors Metadata File, 2024.
[3] Description of measure: Count of referrals with a discharge date in the period that had at least two treatment sessions (excluding follow up). Source NHS Talking Therapies Monthly Statistics Including Employment Advisors Metadata File, 2024.
[4] Description of measure: Count of referrals with a discharge date in the reporting period that finished a course of treatment and show reliable improvement. Source NHS Talking Therapies Monthly Statistics Including Employment Advisors Metadata File, 2024.
[5] Description of measure: Count of referrals with a discharge date in the period that finished a course of treatment where the service user moved to recovery. Source NHS Talking Therapies Monthly Statistics Including Employment Advisors Metadata File, 2024.
[6] Description of measure: Count of referrals with a discharge date in the period that finished a course of treatment and showed reliable recovery (service user moved to recovery and shown reliable improvement). Source NHS Talking Therapies Monthly Statistics Including Employment Advisors Metadata File, 2024.

This is similar to the England rates of improvement and recovery (66.9% improvement, 50.4% recovery, 47.3% reliable recovery in the month of July 2024)[7].

Any comparisons between the local population profile and proportions accessing Talking Therapies should be interpreted with caution as they do not take into account different levels of need across population groups.

Age

People who are aged 26-64 make up 50.8% of the population of Nottingham and Nottinghamshire[8] and 71% of the people accessing Talking Therapies, suggesting this age group may be over-represented in Talking Therapies. People aged 65-74 and 75-89 make up a lower proportion of people accessing Talking Therapies (4% and 2.28% respectively) compared to the proportion of the overall population (10% and 7.8% respectively[9]).

People aged 65-74 are more likely to access Talking Therapies following referral and achieve higher rates of improvement or recovery than all other age groups and compared to the overall population. People aged 18-25 have the lowest rate of improvement or recovery compared to all other age groups.

	18-25	26-64	65-74	75-89	TOTAL
% improvement	67.4	70.2	78.9	73.7	70
% recovery	43.5	50.7	68.6	61.8	50.4
% reliable recovery	40.5	47.6	66.9	60	47.2

Black and Minority Ethnic Groups

People from Black and Minority Ethnic Groups make up 18.9% of people accessing Talking Therapies and 13.2%[10] of the population of Nottingham and Nottinghamshire.

People from Black and Minority Ethnic Groups have lower rates of improvement or recovery than people of White ethnicity and compared to the overall population. People from White ethnic groups have the highest rates of recovery outcomes and are slightly more likely to access Talking Therapies following referral. Ethnic group is not stated, not known or invalid for 9.2% of people accessing Talking Therapies.

	BME	Not known	White	TOTAL
% improvement	66.3	71.9	70.7	70
% recovery	46	49.8	51.4	50.4
% reliable recovery	43	47.4	48.1	47.2

[7] Talking Therapies data: Interactive dashboard, July 2024. Available at NHS Talking Therapies Monthly Statistics Including Employment Advisors, Performance July 2024 - NHS England Digital.

[8] ONS Census 2021, Population and household estimates, England and Wales. Available at Population and household estimates, England and Wales: Census 2021 - Office for National Statistics

[9] ONS Census 2021, Population and household estimates, England and Wales. Available at Population and household estimates, England and Wales: Census 2021 - Office for National Statistics

[10] ONS Census 2021, Ethnic Group England and Wales. Available at Ethnic group, England and Wales - Office for National Statistics

Gender identity

Females (including Trans Women) are significantly more likely to refer to and access Talking Therapies than males (including Trans Men). The proportion of females accessing Talking Therapies is higher than the proportion of females in the population of Nottingham and Nottinghamshire (50.9%) and the proportion of males accessing Talking Therapies is lower than the proportion of males in the population (49.1%)[11].

	Female (including trans women)	Male (including trans men)	Non-binary	Not known	Other
% of total referrals	65.5	32.5	0.9	1	0.01
% of total accessing	66.6	31.6	0.8	0.9	0.04

People who are non-binary have the highest rates of improvement out of all gender identity categories and higher than the overall rates of improvement, but rates of recovery are lower than for other gender identity categories. Males have the highest rates of recovery outcomes. People who are recorded as 'other' have lowest rates of all outcome measures, although the data set for this category is very small and should be interpreted with caution.

	Female including trans female	Male including trans male	Non-binary	Not known/not stated	Other	TOTAL
% improvement	70.2	69.9	80	72.2	64.7	70
% recovery	49.6	53	40	38.9	23.5	50.4
% reliable recovery	46.6	49.7	30	33.3	23.5	47.2

Sexuality

Around 89.4% of people in Nottingham and Nottinghamshire are heterosexual, 1.5% are Lesbian or Gay, 1.5% are Bisexual, 0.3% have sexuality recorded as 'other sexuality', and sexuality is unknown for 7.4% of the population[12].

The majority of people referred to and accessing Talking Therapies in Nottingham and Nottinghamshire are heterosexual. People who are Bisexual make up 6% of both referrals and those accessing Talking Therapies, with people who are Gay or Lesbian making up 3.1% of both referrals and accessing.

Sexuality is not recorded or not known for 14.6% of people accessing Talking Therapies.

	Bisexual	Gay/Lesbian	Heterosexual	Not known
% of total referrals	6	3.1	75.6	15.3
% of total accessing	6	3.1	76.9	14.6

[11] ONS Census 2021, Population and household estimates, England and Wales. Available at Population and household estimates, England and Wales: Census 2021 - Office for National Statistics

[12] ONS, released 2023. Sexual orientation (4 categories) by sex, England and Wales: Census 2021. Available at Sexual orientation (4 categories) by sex, England and Wales: Census 2021 - Office for National Statistics

People who are heterosexual have higher rates of improvement and recovery outcomes compared to all other sexuality groups and the overall population. People who are Bisexual have the lowest rates of improvement and recovery outcomes.

	Bisexual	Gay/Lesbian	Heterosexual	Not known	TOTAL
% improvement	66.9	68.9	70.6	68.8	70
% recovery	45.2	48.3	51.2	47	50.4
% reliable recovery	42.5	45	48	44.9	47.2

Disability

People with a disability[13] have lower rates of improvement and recovery when compared to people with no disability. People where disability is not known or not recorded make up 9.7% of people accessing Talking Therapies.

	Disability	No disability	Not known	TOTAL
% improvement	65.8	71.1	69.5	70
% recovery	41.2	52.1	50.0	50.4
% reliable recovery	38.3	48.8	47.0	47.2

Long Term Conditions

People with a long-term condition[14] (LTC) have lower improvement and recovery rates when compared to people who do not have a long-term condition[15] recorded and when compared to the overall population. A high proportion of people accessing Talking Therapies have an 'invalid' long term condition code recorded (19.4%).

	LTC	Invalid code	No LTC recorded	TOTAL
% improvement	68.9	64.8	71.7	70
% recovery	44.5	40.9	53.4	50.4
% reliable recovery	42.5	38.7	50.2	47.2

[13] Disability categories recorded within Talking Therapies are behaviour and emotional, hearing, manual dexterity, memory or inability to concentrate, learn or understand (Learning Disability), mobility and gross motor, personal, self-care and continence, progressive conditions and physical health (such as HIV, cancer, multiple sclerosis, fits etc), sight, speech and other.

[14] Long term condition categories recorded with Talking Therapies are asthma, chronic obstructive lung disease, diabetes mellitus, disorder characterised by pain, disorder of digestive system, disorder of musculoskeletal system, disorder of respiratory system, disorder of skin, epilepsy, heart disease, malignant neoplastic disease.

[15] Coded as 'long term condition is null'. This may indicate that a person does not have a long term condition or that a long term condition has not been recorded.

Presenting problem descriptor[16]

Equal proportions of people with anxiety and stress related disorders (44.3%) and people with depression (44.8%) access Talking Therapies. People with anxiety and stress related disorders have slightly higher rates of improvement and recovery than people with depression. People with other mental health disorders have lower rates of improvement and recovery than other categories but this relates to a small dataset (only 1.25% of people accessing Talking Therapies are recorded as having an 'other mental health disorder').

	Anxiety and Stress	Depression	Not stated	Other mental health	TOTAL
% improvement	71.6	69.0	56.3	50	70
% recovery	50.6	49.5	44.2	30	50.4
% reliable recovery	48.2	45.9	39.5	30	47.2

[16] Talking Therapies data captures the 'problem descriptor'. The categories for problem descriptor are anxiety and stress related disorders, depression and other mental health disorders. Anxiety and stress disorders include body dysmorphic disorder, agoraphobia, social phobias, specific (isolated) phobias, panic disorder, generalised anxiety disorder, obsessive-compulsive disorder, post-traumatic stress disorder, hypochondriacal disorders, irritable bowel syndrome.

Nottingham and Nottinghamshire adult mental health JSNA Profile 2024: University of Nottingham support services

The University of Nottingham offers a range of student mental health and mental wellbeing support services:

University of Nottingham Counselling Service: free-of-charge services including self-help resources, and brief intervention group and individual counselling (on average, between 1 and 4 sessions)

Mental Health Advisory Service: support for students experiencing significant mental health difficulties, delivered by Mental Health Advisors with Social Work, Occupational Therapy, Community Psychiatric Nursing, or Psychology professional training, and significant experience working in NHS secondary mental health services

Support and Wellbeing Team: the team work alongside personal tutors and supervisors and other university support services. They encourage a healthy approach to studies and provide practical advice, help and support on a wide range of issues. Whilst they are a first port of call for all issues impacting on students, mental health is the most common presentation for the team

Service data shows

- In the academic years 2022/23 and 2023/24, the most common presenting needs at the counselling service were anxiety and depression/low mood. Around 1 in 3 students who accessed the service had one of these presenting needs (see Table 1)
- An 18% increase in demand for counselling services in 2023/24 compared to 2022/23
- A steady increase in demand for the Mental Health Advisory Service since 2018/19. This include a 3% increase in demand in 2022/23 compared to 2021/22. Based on part-year data available for 2023/24, the service likely experienced a similar or larger year-on-year increase between 2022/23 and 2023/24 (see Figure 1)
- Fluctuation in the number of interactions with the Support and Wellbeing per year between 2018/19 and 2021/22 , and a notable increase in the part-year of 2023/24 for which data is available (see Table 2)

Table 1. Numbers and presenting needs of students accessing the University of Nottingham Counselling Service in 2022/23 and 2023/24

	2022/23		2023/24	
Presenting need	Number of students	% of presentations	Number of students	% of presentations
Anxiety	1011	18.2	1210	18.5
Depression or low mood	829	15.0	939	14.3
Academic concerns	487	8.8	528	8.1
Stress	352	6.4	394	6.0
Trauma	566	10.2	839	12.8
Confidence / self esteem	244	4.4	329	5.0
Bereavement / loss	590	10.6	596	9.1
Relationships	221	4.0	482	7.4
Neurodiversity	151	2.7	186	2.8
Suicide ideation	150	2.7	181	2.8
Sleep, diet or exercise	132	2.4	136	2.1
Eating difficulties	96	1.7	119	1.8
Abuse / violence	103	1.9	113	1.7
Other	611	11.0	496	7.6
Total	5543		6548	

Figure 1. Access to the University of Nottingham Mental Health Advisory Service (2017/18 to 2023/24)

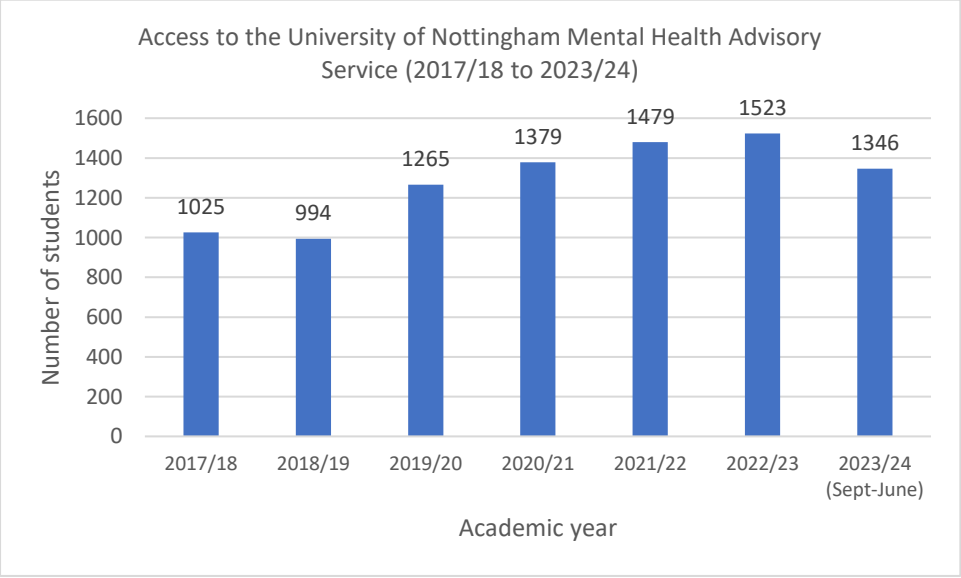


Table 2. Interactions with the Univeristy of Nottingham Support and Wellbeing Team between 2017/2018 and July 2024

Academic Year	Total interactions
2017-18	5265
2018-19	5207
2019-20	4030
2020-21	3848
2021-22	4532
2022-23	5884
2023-24 (until 31 July 2024)	9580

Nottingham and Nottinghamshire adult mental health JSNA Profile 2024: B U Notts service access for people aged 16+

Be U Notts is an early mental health and emotional wellbeing support service for children and young people (aged 0-25) in Nottingham and Nottinghamshire (excluding Bassetlaw). The service provides free 1-1 counselling, group therapy and peer support groups and will link children and young people who need more support into specialist services.

During the six-month period 01/01/24 to 30/06/24, the service received a total of 1,516 referrals. The majority of referrals (67.4%) were for people aged 11-17. People aged 18-25 made up 10% of referrals to the service.

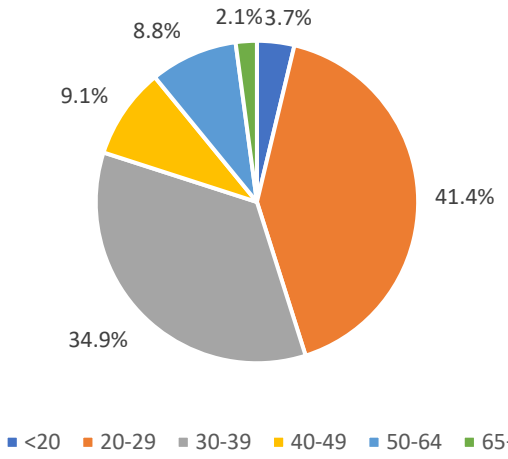
In the seven month period 01/01/24 to 31/07/24, a total of 5,208 people aged 16-25 in Nottingham and Nottinghamshire were referred to NHS talking Therapies and 3,527 accessed support. Referrals and the numbers accessing support by age are fairly evenly distributed across each year of age from ages 18 to 25.

Nottingham and Nottinghamshire adult mental health JSNA Profile 2024: data on access to Nottingham Counselling Centre services

Nottingham Counselling Centre provides paid-for counselling services for adults aged 18 and over in Nottingham. The cost for service users varies, taking account of individual financial circumstances. The service use data below relates to the time period 30/9/2023 to 30/9/2024.

- 614 people accessed counselling services
- Another 250 people (28.9% of those referred) were signposted elsewhere as the services available were not suitable for them
- Among people who accessed services
    - 75.7% were from White ethnic groups (including 60.7% of White British ethnicity); 8.5% from Asian ethnic groups; 8.1% from Black ethnic groups; 6.7% from Mixed/Multiple ethnic groups; and 1% Other ethnic groups
    - 60.1% were female; 37.6% were male; 2.1% other, and 0.1% not specified
    - around three-quarters were aged between 20 and 39 years (see figure 2 below)
    - 40.1% reported anxiety/stress and 35.5% reported depression as a problem (NB service users can report more than one problem)
    - A wide range of other problems were reported. The next most commonly-reported problems were self-esteem (17.4% of service users), interpersonal/relationship problems (16.4%), and bereavement/loss (9.6%)

Figure 2: Age profile of users of Nottingham Counselling Centre counselling services, September 2023 to August 2024



Nottingham and Nottinghamshire adult mental health JSNA Profile 2024: Nottinghamshire Mind mental health and mental wellbeing services

Nottinghamshire Mind provide a range of mental wellbeing and mental health services in Nottinghamshire and Nottingham. This summary presents service data from between the 1st of April 2023 and 27th of September 2024. Some data reported is about individuals who were both referred and accessed services during this period, and some is about individual who accessed during this period, having been referred before this period and continuing to access services during it.

Service access

- 4282 individuals accessed Nottinghamshire Mind services between the 1st of April 2023 and 27th of September 2024 (equating to an estimated 2868 service users per year).
- 49.8% of service users lived in Mid Notts (Ashfield, Mansfield and Newark & Sherwood)
- See table 3 for more information on services accessed, and table 4 for more information on location of service users.

Diagnoses / presenting needs

- Individuals are not required to report a diagnosis or presenting need to access many Nottinghamshire Mind services. 42% of those who accessed services had a recorded mental health diagnosis (n=1800)
- Among service users with a recorded diagnosis:
    - 35.2% had a diagnosis of personality disorder
    - 25.8% a diagnosis of depression
    - 18.8% had a diagnosis of anxiety
    - 20.2% had another recorded diagnosis.

Demographics of service users

- 66.8% of service users were female; 31.1% male; 1.5% transgender, non-binary, or gender fluid, and 0.6% unknown or other.
- The most common age group of service users was 25 to 34 years old (31.2% of service users), followed by 18 to 24 years old (20.1% of service users), and 35 to 44 year old (19.6% of service users). See table 5 for more detail on the age profile of service users.
- 59.3% of service users had ethnicity recorded. Among those, 94.5% were White; 3.1% Mixed ethnicity; 0.9% Asian; 0.9% Black
- 68.3% of service users had sexuality recorded. Among those, 75.9% were heterosexual; 9.7% bisexual; 5.6% gay or lesbian; 3.9% other, and 4.9% preferred not to say.
- 55.5% of services had their employment status recorded. Among those, 33.6% were in full or part-time employment including self-employment; 32.1% were not working due to illness; 15.8% were unemployed and not seeking work, and 6.8% were unemployed and seeking work.
- 43.2% of service users had disability status recorded. Among those, 43.3% reported mental health as a main disability; 25.1% physical health; 15.9% reported no disability; and 10.2% reported neurodivergence as a disability.

Table 3. Nottinghamshire Mind service referrals between 1st April 2023 and September 27th 2024

Service	Service description	Location of service	Available for citizens living in	Referrals received between 1/4/23 and 27/9/24	Estimated number of referrals received annually
Resilience & Stabilisation service	Goal-focussed 1-2-1 and group coaching	Nottinghamshire, excluding Nottingham City	Nottinghamshire, excluding Nottingham City	2120	1420
Counselling service	Talking therapy and art therapy	Nottinghamshire, excluding Nottingham City	Nottinghamshire, Nottingham City	416	279
Wellbeing café	Drop-in service (therefore referral numbers may not reflect total number of service users)	Mid Notts, Bassetlaw, Broxtowe, Nottingham City	Nottinghamshire, Nottingham City	94	63
Changing Lives	Support for individuals with mental health needs who have other social determinants that are impacting (eg debt, housing)	Mid Notts, Bassetlaw, Broxtowe	Mid Notts, Bassetlaw, Broxtowe	205	137
Community group activities and workshops	Helping people to build social connections and new friendship networks through group participation.	Mid Notts, Bassetlaw	Nottinghamshire, Nottingham City	260	174
Friend app	App-based moderated peer support chat group	Nottinghamshire, Nottingham City	Nottinghamshire, Nottingham City	25	16
Futures	Wellbeing support for economically inactive people	Mansfield, Ashfield, Bassetlaw	Mansfield, Ashfield, Bassetlaw	34	23
Informed	1-2-1 goal based and solution focussed coaching	Mid Notts, Bassetlaw, Broxtowe, Nottingham City	Nottinghamshire, Nottingham City	143	96
Supportive Listening	Volunteer-led 'listening ear' service	Nottinghamshire, Nottingham City	Nottinghamshire, Nottingham City	72	48
Your Health	Support for people with Severe Mental Illness to access annual health checks and to implement wellbeing plans	Nottingham City	Nottingham City	23	15
Grand total	-			3392	2272

Table 4. Location of Nottinghamshire Mind service users

LOCALITY	Number of service users 01/04/23 to 27/09/24	Percentage of service users	Estimated annual number of service users
Ashfield	711	16.6%	476
Bassetlaw	686	16.0%	459
Broxtowe	516	12.1%	346
Gedling	236	5.5%	158
Mansfield	713	16.7%	477
Newark And Sherwood	709	16.6%	475
Nottingham City	299	7.0%	200
Rushcliffe	219	5.1%	147
Out Of Area	59	1.4%	40
Not Known	134	3.1%	90
Grand Total	4282	100%	2868

Table 5. Age profile of Nottinghamshire Mind service users between 1st April 2023 and September 27th 2024

Age group	Number of service users	Percentage of service users
0 to 17	49	1.1%
18 to 24	859	20.1%
25 to 34	1337	31.2%
35 to 44	839	19.6%
45 to 54	592	13.8%
55 to 64	448	10.5%
65 to 74	97	2.3%
75 to 84	25	0.6%
85 to 94	6	0.1%
Unknown	30	0.7%
Grand Total	4282	100.0%