

Useful Contacts

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Diverse Minds
www.diverse minds.org.uk
Tel: 020 85192122
E-Mail: contact@mind.org.uk

The Disability Rights Commission's helpline
08457 622 633 or visit
www.drc-gb.uk

National Institute for Mental Health in
England (NIMHE) provides information on
mental health policy and services visit
www.nimhe.org.uk

Signposts Main Office

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Information & Advice

93 Westminster Road Morecambe,
LA3 1TE
Telephone: (01524) 419597

Community Shop

37 Yorkshire Street
Morecambe, LA3 1QF
Telephone : (01524) 413064

Signposts Carnforth

Our Lady of Lourdes Parish Hall,
Kellet Road, Carnforth LA5 9LR
Telephone: 01524 732807 carnforth@signposts.org.uk



Promoting Positive Mental Health
in the Lancaster District


Promoting Positive Mental
Health in the Lancaster
District



Our aim is to change services for the
better, and to help provide information and
resources on a fair and equal basis to all
individuals regardless of age, gender,
religion, belief, disability, or sexual
orientation.

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 Lancashire County Council	 Cumbria County Council
 LANCASTER CITY COUNCIL Promoting City, Town & Country	North Lancashire Primary Care Trust  NHS INVESTOR IN PEOPLE

Why Target BME Communities?

Twenty-first century Britain is now more diverse than ever before. Our modern society is multi-cultural, multi-lingual and multi-layered and it is well documented that people from these BME communities fare worse under the British mental health system. It is therefore essential that they get the same treatment and opportunities as everyone else.

Ethnic Issues in Mental Health Services

BME groups are more likely to be :-

- Diagnosed as schizophrenic
- Compulsorily admitted under the Mental Health Act
- Admitted as an 'offender patient'
- Held by police under section 136 of the Mental Health Act
- Moved to locked wards from open wards
- Not referred to psychotherapy
- Given higher doses of medication
- Sent to psychiatrists by courts and

BME Group Statistics

50% *more likely* to be placed in seclusion.

29% *more likely* to be subject to control and restraint.

44% *more likely* to be sectioned under the 1983 Mental Health Act.

50% *more likely* to be referred through the criminal justice system.

14% *more likely* to be turned away than white people when they ask for help from Mental Health services.

8% of inpatients had experienced one or more incidents of control and restraint, the rate was 29% *higher than the average* for Black Caribbean men.

Irish men have *three times* higher psychiatric admission rates, with high diagnoses of depression and alcohol abuse.

Summary

We are committed to the adoption of an approach that recognizes people in all of the equality strands (gender, age, religion, belief, disability and sexual orientation) are of equal importance.

To ensure the equality of access, experience and outcomes for all residents of the North Lancashire Primary Care Trust.

Get Involved!

We are looking for

- Individuals
- Carers
- Agencies

That might be able to help us to identify and establish the mental health needs of black, ethnic and minority groups in Lancaster and Morecambe.

We are looking for volunteers from isolated groups to form a focus group relating to mental health services, this will be an opportunity for you to feed your ideas and recommendations to those working within the existing services and advise on future developments.

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