

Good Mental Wellbeing Throughout Life Outcomes Dashboard

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Ambition 1: People feel satisfied with life and have a positive sense of personal wellbeing

AMBITION 1: PEOPLE FEEL SATISFIED WITH LIFE AND HAVE A POSITIVE SENSE OF PERSONAL WELLBEING			
Outcomes	1.1 Improve self-reported individual good mental health and resilience	1.2 Reduce the rates of self-harm amongst young people	1.3 Reduce the rates of suicide
Indicators	1.1a Proportion of adults with good mental wellbeing 1.1b Proportion of adults with poor mental wellbeing 1.1c Proportion of adults with high self-reported anxiety 1.1d Proportion of primary school children with low/medium mental wellbeing 1.1e Proportion of secondary / FE pupils with low/medium mental wellbeing 1.1f Proportion of primary school pupils with low resilience scores 1.1g Proportion of secondary school/FE pupils with low resilience scores	1.2a Hospital admissions as a result of self-harm 10-14 years 1.2b Hospital admissions as a result of self-harm 15-19 years 1.2c Hospital admissions as a result of self-harm 20-24 years 1.2d Self-reported self-harm amongst CYP	1.3a Suicide rate (all persons) 1.3b Emergency Hospital Admissions for Intentional Self-Harm – all ages

Outcome Indicator (s)	Indicator Source	Time Period	Next release	Herefordshire Baseline*	Region	England	Nearest Neighbour High**	Nearest Neighbour Low	Target year 1 (2024)	Target year 5 (2028)	Target year 10 (2033)
1.1a Proportion of adults with good mental wellbeing	Herefordshire Community Wellbeing Survey	2023	t.b.c (due Jan 2025)	37	n/a	n/a	n/a	n/a			
1.1b Proportion of adults with poor mental wellbeing	Herefordshire Community	2023	t.b.c (due Jan 2025)	8	n/a	n/a	n/a	n/a			

	Wellbeing Survey										
1.1c Proportion of adults with high self-reported anxiety	Herefordshire Community Wellbeing Survey	2023	t.b.c (due Jan 2025)	24	n/a	n/a	n/a	n/a			
1.1d Proportion of primary school children with low/medium mental wellbeing	Herefordshire CYP Quality of Life Survey	2021	2024	25	n/a	n/a	n/a	n/a			
1.1e Proportion of secondary / FE pupils with low/medium mental wellbeing	Herefordshire CYP Quality of Life Survey	2021	2024	48	n/a	n/a	n/a	n/a			
1.1f Proportion of primary school pupils with low resilience scores	Herefordshire CYP Quality of Life Survey	2021	2024	19	n/a	n/a	n/a	n/a			
1.1g Proportion of secondary school/FE pupils with low resilience scores	Herefordshire CYP Quality of Life Survey	2021	2024	38 Secondary 26 FE	n/a	n/a	n/a	n/a			
1.2a Hospital admissions as a result of self-harm 10-14 years	Fingertips - HES	2022/23	2025	436.9	288.3	251.2	546.9	96.4			
1.2b Hospital admissions as a result of self-harm 15-19 years	Fingertips - HES	2022/23	2025	538.0	442.4	468.2	1,533.8	269.1			
1.2c Hospital admissions as a result of self-harm 20-24 years	Fingertips - HES	2022/23	2025	126.2	209.1	244.4	1,122.5	126.2			
1.2d Proportion of self-reported self-harm amongst secondary & FE pupils	Herefordshire CYP Quality of Life Survey	2021	2024	10 (S): 3(M)/15 (F) 10 (FE)	n/a	n/a	n/a	n/a			
1.3a Suicide rate (all persons)	Fingertips – ONS data	2020/22	2025	11.7	10.7	10.3	15.6	7.1			
1.3b Emergency Hospital Admissions for Intentional Self-Harm – all ages	Fingertips – HES	2021/22	2025	151.0	150.9	163.7	397.5	102.9			

*Red, amber green ratings. Where available, baseline figures for Herefordshire are colour coded Green, Amber or Red, representing significantly better, the same, or worse performance than the England average respectively. Blue is where there is a significant difference but the difference is not better or worse.

** Figures from ([CIPFA](#)) local authorities most similar to ours are included where available, otherwise region high/low are included

AMBITION 2 : INDIVIDUALS AND FAMILIES ARE ABLE TO ACCESS APPROPRIATE MENTAL HEALTH INFORMATION AND SERVICES			
Outcomes	2.1 Improvement in access to mental health advice and information	2.2 Increase access to mental health services	2.3 Improve the physical health of individuals with mental illness
Indicators	2.1a Hits to the mental health related pages of the Talk Community online directory 2.1b Hits to the Herefordshire Council ' Stay healthy: mental wellbeing ' page 2.1c Hits to the Herefordshire & Worcestershire Health & Care Trust ' urgent help ' page 2.1d Hits to the Talking Therapies local support page	2.2a Estimated dementia diagnosis rate (aged 65 and older) 2.2b Percentage of CYP under 19 with eating disorders seen within 4 weeks (routine) - interim measure 2.2c NHS Talking Therapies - percentage of people receiving first treatment appointment within 6 weeks of referral 2.2d NHS Talking Therapies – percentage of people receiving first treatment appointment within 18 weeks of referral	2.3a Premature mortality in adults with severe mental illness (SMI) 2.3b Smoking prevalence in adults with a long term mental health condition (18+) 2.3c Uptake of physical health checks among adults with SMI

Outcome Indicator (s)	Data Source	Time Period	Next release	Herefordshire Baseline	Region	England	Nearest Neighbour High	Nearest Neighbour Low	Target year 1 (2024)	Target year 5 (2028)	Target year 10 (2033)
2.1a Hits to the mental health related pages of the Talk Community online directory	Herefordshire Council - Talk Community	2023/24	2025	Mental health and emotional wellbeing = 289	n/a	n/a	n/a	n/a			
2.1b Hits to the Herefordshire Council ' Stay healthy: mental wellbeing ' page	Herefordshire Council	2023/24	2025	128	n/a	n/a	n/a	n/a			
2.1c Hits to the Herefordshire & Worcestershire Health & Care Trust ' urgent help ' page	Herefordshire & Worcestershire Health and Care NHS Trust	2023/24	2025		n/a	n/a	n/a	n/a			
2.1d Hits to the Talking Therapies local support page	Herefordshire and Worcestershire	2023/24	2025		n/a	n/a	n/a	n/a			

	Health & Care NHS Trust										
2.2a Estimated dementia diagnosis rate (aged 65 and older)	Fingertips – NHS Digital	2023	2024	53.9	60.3	63.0	71.2	48.5			
2.2b Percentage of CYP under 19 with eating disorders seen within 4 weeks (routine) - interim measure	NHS Mental Health Dashboard	Q3 2023/ 24	Q4 2023/24	95.0(NB = H&W ICB)	71.0 (Midlands)	79.4	n/a	n/a			
2.2c NHS Talking Therapies - percentage of people receiving first treatment appointment within 6 weeks of referral	NHS Mental Health Dashboard	Q3 2023/ 24	Q4 2023/24	98.56	87.0 (Midlands)	90.6	n/a	n/a			
2.2d NHS Talking Therapies – percentage of people receiving first treatment appointment within 18 weeks of referral	NHS Mental Health Dashboard	Q3 2023/ 24	Q4 2023/24	99.71	97.0 (Midlands)	98.4	n/a	n/a			
2.3a Premature mortality in adults with severe mental illness (SMI) (rate per 100,000)	Fingertips - Mental Health Services Data Set (MHSDS)	2018/ 20	2024	79.3	110.7	103.6	117.8	55.9			
2.3b Smoking prevalence in adults with a long term mental health condition (18+)	Fingertips - GPPS	2022/ 23	2025	27.8	24.6	25.1	33.0	17.1			
2.3c Uptake of physical health checks among adults with SMI	NHS Digital Physical-Health-Checks	2023	2024	2,915 (NB = H&W ICB)	n/a	n/a	n/a	n/a			

AMBITION 3: PEOPLE FEEL SAFE FROM HARM IN THEIR COMMUNITY			
Outcomes	3.1 Increase community mental health support	3.2 Improve partnership working	3.3 Improvements to surroundings
Indicators	3.1a Attended contacts with community and outpatient mental health services, per 100,000 3.1b Attended contacts with community and outpatient mental health services, per 100,000 (<18 yrs)	3.2a New referrals to secondary mental health services, per 100,000 (<18 yrs) 3.2b New referrals to secondary mental health services, per 100,000 (all ages) 3.2c The proportion of clients entering drug treatment identified as having a mental health treatment need, who were receiving treatment for their mental health. 3.2d The proportion of clients entering alcohol treatment identified as having a mental health treatment need, who were receiving treatment for their mental health.	3.3a Proportion of secondary school pupils who feel safe when outside in their local area after dark 3.3b Proportion of FE students who feel safe when outside in their local area after dark 3.3c Proportion of adults (18+) who feel safe when outside in their area after dark 3.3d Proportion of adults in contact with secondary mental health services who live in stable and appropriate accommodation 3.3e Access to green space - average number of parks or public gardens or playing fields within 1,000 m radius (urban & rural)

Outcome Indicator (s)	Data Source	Time Period	Next release	Herefordshire Baseline	Region	England	Nearest Neighbour High	Nearest Neighbour Low	Target year 1 (2024)	Target year 5 (2028)	Target year 10 (2033)
3.1a Attended contacts with community and outpatient mental health services, per 100,000	Fingertips - MHSDS	2019/20		30,071	29,868	30,674	36,797	16,928			
3.1b Attended contacts with community and outpatient mental health services, per 100,000 (<18 yrs)	Fingertips - MHSDS	2019/20		19,782	21,238	28,395	54,706	7,544			
3.2a New referrals to secondary mental health services, per 100,000 (<18 yrs)	Fingertips - MHSDS	2019/20		4,670	7,522	6,977	13,008	2,967			
3.2b New referrals to secondary mental health services, per 100,000 (all ages)	Fingertips - MHSDS	2019/20		5,845	8,430	6,897	7,488	4,321			

3.2c The proportion of clients entering drug treatment identified as having a mental health treatment need, who were receiving treatment for their mental health.	Fingertips – National Drug Treatment Monitoring System	2020/21		80.4	67.7	71.0	87.1	54.7			
3.2d The proportion of clients entering alcohol treatment identified as having a mental health treatment need, who were receiving treatment for their mental health	Fingertips - National drug treatment monitoring system	2020/21		75.0	80.4	80.4	93.9	70.8			
3.3a Proportion of secondary school pupils who always or usually feel safe when outside in their local area after dark	Herefordshire CYP Quality of Life Survey	2021	2024	41	n/a	n/a	n/a	n/a			
3.3b Proportion of FE students who always or usually feel safe when outside in their local area after dark	Herefordshire CYP Quality of Life Survey	2021	2024	49	n/a	n/a	n/a	n/a			
3.3c Proportion of adults (18+) who feel safe when outside in their area after dark	Herefordshire Community Wellbeing Survey	2023	t.b.c (due Jan 2025)	73	n/a	n/a	n/a	n/a			
3.3d Proportion of adult in contact with secondary mental health services who live in stable and appropriate accommodation	Fingertips - ASCOF	2020/21		56	48	58	84	18			
3.3e Access to green space – average number of parks or public gardens or playing fields within 1,000 m radius (urban & rural)	ONS – Access to gardens and public green space in Great Britain	2021		3.59	2.12	4.43	t.b.c	t.b.c.			

Ambition 4: People feel connected to their community

AMBITION 4: PEOPLE FEEL CONNECTED TO THEIR COMMUNITY			
Outcomes	4.1 Increase access to, and knowledge of, community support	4.2 Reduce loneliness and social isolation	4.3 Increase the community activity offer
Indicators	<p>4.1a Proportion of adults who agree that if they needed help, there are people in their local community who are there for them</p> <p>4.1b Proportion of 16 to 17 year olds not in education, employment or training (NEET) or whose activity is not known</p> <p>4.1c Gap in the employment rate for those who are in contact with secondary mental health services (aged 18 to 69) and on the Care Plan Approach, and the overall employment rate</p>	<p>4.2a Proportion of adults (18+) who often or always feel lonely</p> <p>4.2b Social Isolation: percentage of adult carers who have as much social contact as they would like (18+ yrs)</p> <p>4.2c Social Isolation: percentage of adult carers who have as much social contact as they would like (65+ yrs)</p> <p>4.2d Social Isolation: percentage of adult social care users who have as much social contact as they would like (18+ yrs)</p> <p>4.2e Social Isolation: percentage of adult social care users who have as much social contact as they would (65+ yrs)</p>	<p>4.3a Proportion of adults (18+) who have given unpaid help to a group, club or organisation in the past 12 months</p> <p>4.3b Proportion of primary school pupils who that they went to the following in their free time outside school in the last 4 weeks. Top 5</p> <p>4.3c Proportion of secondary school pupils who that they went to the following in their free time outside school in the last 4 weeks. Top 5</p> <p>4.3d Proportion of FE pupils who that they went to the following in their free time outside school in the last 4 weeks. Top 4</p>

Outcome Indicator (s)	Data Source	Time Period	Next release	Herefordshire Baseline	Region	England	Nearest Neighbour High	Nearest Neighbour Low	Target year 1 (2024)	Target year 5 (2028)	Target year 10 (2033)
4.1a Proportion of adults who agree that if they needed help, there are people in their local community who are there for them	Herefordshire Community Wellbeing Survey	2023	t.b.c (due Jan 2025)	78	n/a	n/a	n/a	n/a			
4.1b Proportion of 16 to 17 year olds not in education, employment or	Fingertips - Department for Education	2022/23	2025	4.3	5.2	5.2	7.9	1.4			

training (NEET) or whose activity is not known											
4.1c Gap in the employment rate for those who are in contact with secondary mental health services (aged 18 to 69) and on the Care Plan Approach, and the overall employment rate	Fingertips - ASCOF	2020/21		72.6	66.7	66.1	72.6	55.8			
4.2a Proportion of adults (18+) who often or always feel lonely	Herefordshire Community Wellbeing Survey	2023	t.b.c (due Jan 2025)	6	n/a	n/a	n/a	n/a			
4.2b Social Isolation: percentage of adult carers who have as much social contact as they would like (18+ yrs)	Fingertips - ASCOF	2021/22	2025	27.7	29.4	28.0	42.1	16.0			
4.2c Social Isolation: percentage of adult carers who have as much social contact as they would like (65+ yrs)	Fingertips - ASCOF	2021/22	2025	32.4	30.3	28.8	40.9	16.7			
4.2d Social Isolation: percentage of adult social care users who have as much social contact as they would like (18+ yrs)	Fingertips - ASCOF	2022/23	2025	53.2	47.1	44.4	53.2	38.4			
4.2e Social Isolation: percentage of adult social care users who have as much social contact as they would like (65+ yrs)	Fingertips - ASCOF	2022/23	2025	51.0	44.6	41.5	54.4	30.3			
4.3a Proportion of adults (18+) who have given unpaid help to a group, club or organisation in the past 12 months	Herefordshire Community Wellbeing Survey	2023	t.b.c (due Jan 2025)	41	n/a	n/a	n/a	n/a			
4.3b Proportion of primary school pupils who that they went to the following in their free time outside school in the last 4 weeks. Top 5: a) parks or open spaces, b) sports club or class (not school lessons or just watching, c) art, craft, dance, drama,	Herefordshire CYP Quality of Life Survey	2021	2024	a) 72 b) 48 c) 26 d) 24 e) 22	n/a	n/a	n/a	n/a			

film making group, d) swimming e) music group or lessons											
4.3c Proportion of secondary school pupils who that they went to the following in their free time outside school in the last 4 weeks. Top 5: a) parks or open spaces, b) sports club or class (not school lessons or just watching, c) swimming d) cinema/theatre e) music group or lessons	Herefordshire CYP Quality of Life Survey	2021	2024	a) 73 b) 45 c) 19 d) 16 e) 13	n/a	n/a	n/a	n/a			
4.3d Proportion of FE pupils who that they went to the following in their free time outside school in the last 4 weeks. Top 4: a) parks or open spaces, b) sports club or class (not school lessons or just watching, c) music group or lessons d) swimming	Herefordshire CYP Quality of Life Survey	2021	2024	a) 61 b) 24 c) 10 d) 8	n/a	n/a	n/a	n/a			

Table 1 Summary Outcomes and Indicators list (A3)

AMBITION 1: PEOPLE FEEL SATISFIED WITH LIFE AND HAVE A POSITIVE SENSE OF PERSONAL WELLBEING			
Outcomes	1.1 Improve self-reported individual good mental health and resilience	1.2 Reduce the rates of self-harm amongst young people	1.3 Reduce the rates of suicide
Indicators	1.1a Proportion of adults with good mental wellbeing 1.1b Proportion of adults with poor mental wellbeing 1.1c Proportion of adults with high self-reported anxiety 1.1d Proportion of primary school children with low/medium mental wellbeing 1.1e Proportion of secondary / FE pupils with low/medium mental wellbeing 1.1f Proportion of primary school pupils with low resilience scores 1.1g Proportion of secondary school/FE pupils with low resilience scores	1.2a Hospital admissions as a result of self-harm 10-14 years 1.2b Hospital admissions as a result of self-harm 15-19 years 1.2c Hospital admissions as a result of self-harm 20-24 years 1.2d Self-reported self-harm amongst CYP	1.3a Suicide rate (all persons) 1.3b Emergency Hospital Admissions for Intentional Self-Harm – all ages
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