

Oldham Healthwatch 100

New Year Blues

Our first Healthwatch Oldham 100 survey of 2020 was to look at peoples mental health during the winter months.

We wanted to find out what difficulties people were facing during this period, what they do to help manage these problems and any services that have helped them.

49 people completed the survey and they said...

Do you feel that your mental health is particularly affected by the winter months?



67%

29%



What traits do you have when you're feeling low, anxious or depressed during this time period?



15%

Felt downhearted or sad



17%

Found it an effort to do anything



12%

Struggled sleeping



14%

Stated overeating



11%

Felt irritable



10%

Felt shy and didn't want to meet others



10%

Said they felt worse in the morning



Have you spoken to any of your friends and family about feeling this way?



55%
said yes



39%
said no

Why?



15%

Didn't want other people to know their business



12%

Felt fear or shame



42%

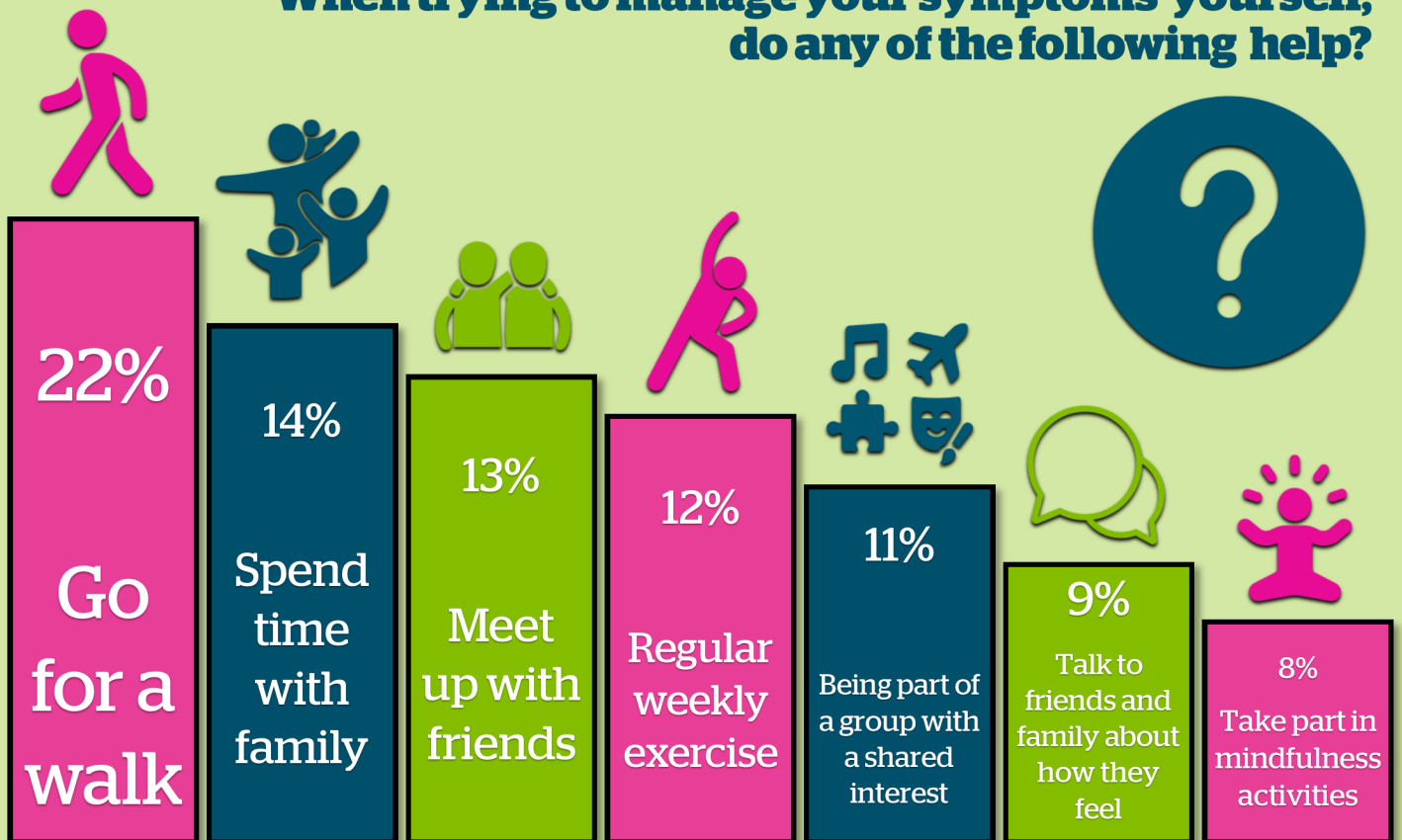
Prefer to sort things out themselves



15%

Didn't know who to talk to

When trying to manage your symptoms yourself, do any of the following help?





Have you received a formal diagnosis with regards to your mental health?



29%
Said yes



51%
Said no

Of the 29% that said yes, what treatment did you receive?



42%
Said medication



32%
Said counselling



13%
Said Cognitive Behavioural Therapy



13%
Said mindfulness



Over the past 12 months, what has brought you high levels of stress?



Caring role for a family member
7%



Relationship problems
7%



A bereavement
8%



Close family member with a serious medical condition
10%



Financial Worries
11%



Long term condition requiring medication
13%



Your own health
13%



Responsibilities at work
16%



Over the past 12 months, have any of these behaviours been part of your lifestyle?



25%
Said an inactive lifestyle



25%
Said eating excessively



14%
Said drinking alcohol to excess



Over the past 12 months, what have you done to try and keep fit and healthy?



8%

Tried to reduce or give up drinking alcohol



9%

Maintained a long-term active lifestyle



16%

Gone on a diet to try and lose weight



16%

Tried to reduce stress levels

30%

Tried to eat a healthy diet