





Health & Wellbeing: Can you help?

People on probation often don't register with a GP and don't engage with health services until they reach a crisis point.¹ Here's how you might help...

The Problem

People in contact with probation are more likely to¹:

-  Self-harm or die by suicide
-  Misuse drugs and alcohol
-  Experience anxiety or depression

1 in 4 

with a current mental illness do not access mental health services.

What You Can Do

Things you can do to help service users:



Promote GP registration:

So people can get help, and access social prescribing.¹



SCAN ME

Promote wellbeing:

Using the NHS Every Mind Matters *Mind Plan*

<https://qrco.de/NHSEMM>

Focus on activities

Consider activity-based initiatives to promote health and wellbeing (local non-clinical services such as sport, cookery, volunteering, mentoring).

Group activities based on peoples' interests can support health and wellbeing.²

Use activities to promote wellbeing

According to research by the Samaritans², activities can be effective in **supporting wellbeing before people reach a mental health crisis**. Communicating and making connections is important, but they found that men are most keen on **initiatives based on an activity**, in particular activities that can foster a **sense of achievement**.

“With these talking group things, there's no anchor. Nothing other than the chat. No table, no games, no food. Nothing in between the people. **That's intimidating.**”

Alex, 36

“It would be nice if there was a **goal** you could **chip away at.**”

Dion, 33

Quotes from Samaritans report