

LONDON BOROUGH OF HAMMERSMITH & FULHAM MENTAL HEALTH FACTSHEET



Mental Health is a crucial part of overall health and wellbeing. It is a protective factor for some physical health conditions and is a vital asset for managing the normal stresses of life. It is determined by a complex interplay of individual, social and structural factors and good mental health allows us to live healthy and productive lives. This Mental Health factsheet provides an overview of the prevalence and key risk factors for adults aged 18 years and above in Hammersmith and Fulham (H&F).

1.0 Key Indicators

1.7%

of H&F residents (18+) registered with a H&F GP practice have a **severe long-term Mental Health condition**¹

67%

of H&F adults in the **supported accommodation pathway** have an identified **Mental Health condition**²

11.0

suicides per 100,000 of the H&F population aged 10 years and above (2020-22)³

2.0 Prevalence of Severe Long-Term Mental Health Disorders

In May 2024, **1.7%** (2,972/179,918) of H&F's **resident population, aged over 18 years old and registered with a GP practice located in H&F** had a long-term, severe mental health disorder and were receiving ongoing management for it. This includes mental health disorders such as **schizophrenia, bipolar affective disorder, and other psychoses**.¹

Of the **2,972 patients**, 51% (1,527/2,972) were male and the **majority** were **aged 55-64 years** (23.2%; 693/2,972; Figure 1).¹

Black or Black British patients made up the **largest ethnic group diagnosed with severe long-term mental health disorders**, with a prevalence of 364.1 per 10,000 population compared to 148.5 per 10,000 population for those belonging to the White group (see Figure 2 for further comparisons). This contrasts with the overall ethnic structure of the adult patient population in H&F, in which Black or Black British patients are the 3rd largest ethnic group and make-up 10% of this population.

Approximately two thirds of patients live in the 40% most deprived LSOA's (61.3%; 1,821/2,972).¹

Figure 1. Percentage of residents and registered H&F patients with a diagnosed and medicated mental health condition by age and gender.

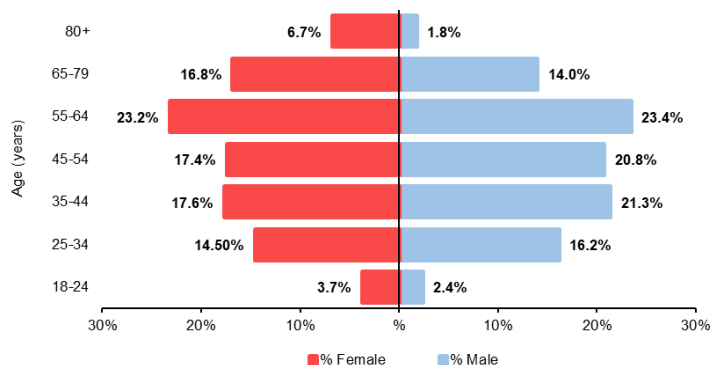
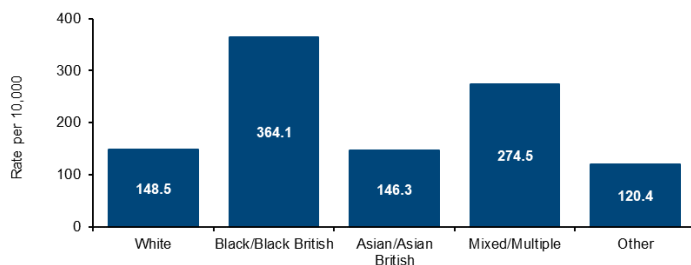


Figure 2. Rate of residents and registered H&F patients with a severe mental health condition by ethnic group, per 10,000 of the respective ethnic groups adult population.



The **premature mortality rate** in adults with **severe mental illness** (2020-2022) of:

152.1 per 100,000 of the population H&F remains significantly worse than both the **London (110.3 per 100,000)** and **England (111.2 per 100,000)** averages.³

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3.0 Common Mental Health Conditions

In May 2024, of the H&F resident population aged over 18 years old and registered with a GP practice located in H&F:¹



13% (22,760/179,918) have been diagnosed with **anxiety**.



12% (21,524/179,918) have been diagnosed with **depression**.



The highest prevalence rate was amongst patients of **Mixed/Multiple ethnicity** (anxiety: 1,463 per 10,000; depression: 1,534 per 10,000 of the respective ethnic group's patient population).



The majority of the patients diagnosed were **female** (anxiety: 64%; depression: 62%).

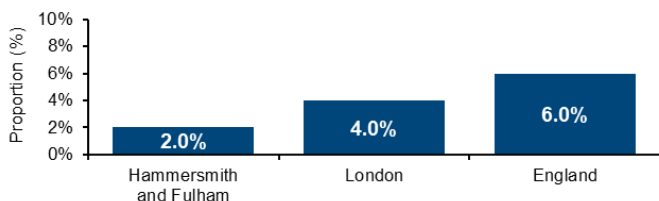
4.0 Risk Factors

There are several known **risk factors** that increase an individual's risk of mental illness. These include:

4.1 Employment

The relationship between **mental health** and **unemployment** is **bi-directional**. In 2022-23, the proportion of adults in contact with secondary mental health services in paid employment in H&F was substantially lower than both the regional and national values (Figure 3).³

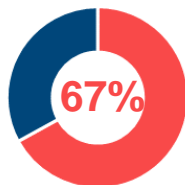
Figure 3. Proportion of adults in contact with secondary mental health services in paid employment (2022-23).



4.3 Housing

Housing represents a social determinant of health and a key pathway through which health disparities, including in mental health, emerge and are sustained, often in a bi-directional relationship, over time.

Figure 5. Proportion of adults in the H&F supported accommodation pathway with an identified mental health condition (December 2023).²



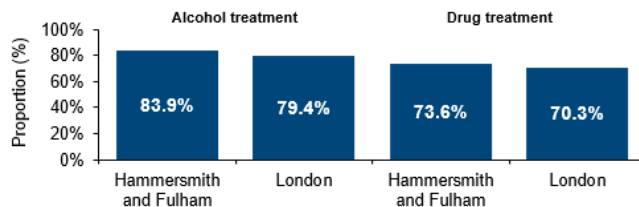
5.0 Suicide

Between 2020-22, H&F ranked **joint highest** in London for **suicide rate** at 11.0 per 100,000 of the population (aged 10 years and above) and remains higher than both the respective London (6.9 per 100,000) and England (10.3 per 100,000) averages during this period.³

4.2 Substance misuse

Mental health and substance misuse issues are known to be highly comorbid. In H&F, there was a higher proportion of adults entering drug or alcohol treatment, respectively, with an identified mental health need who were receiving treatment for their need compared to the London average (Figure 4).³

Figure 4. Proportion of adults entering substance misuse treatment, receiving treatment for an identified mental health need (2022-23).



4.4 Social Isolation and Loneliness

Perceived social isolation and loneliness is associated with lower levels of psychological well-being and numerous negative mental health outcomes.

Figure 6. Proportion of adults who use adult social care services who report that they had as much social contact as they would like (2022-23).⁴

