# somerset diverse communities

## barriers to mental health care project

Karen Mason and Simon Winchcombe

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# somerset diverse communities

## 3 Community Engagement Workers:

- Ethnically Diverse Communities
- Interfaith and Belief
- Open Mental Health

## Also

- EDIB Officer
- Primary and Secondary School EAL classes

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- March 2026 to April 2027
- ReThink
- Aim
- 3 Cohorts
- 1 plan
- 1 Karen ☺

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# *open mental health (OMH) project*

Identify the barriers and challenges faced by people from diverse communities in Somerset when accessing mental health services

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# what?

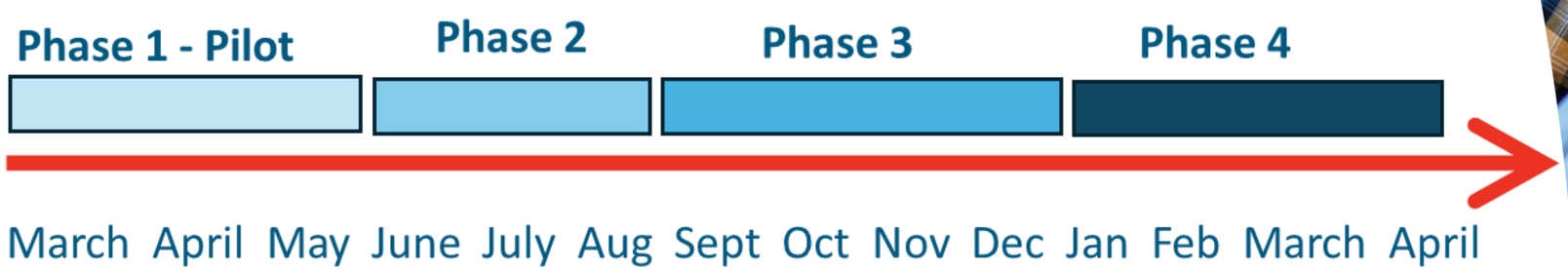
- Listen, learn  and understand the lived experiences of members of diverse communities. Explore what prevents people from seeking mental health support

# why?

- Identify any gaps in mental health support and work with Open Mental Health partners to adapt and improve services, so they are more accessible, welcoming and culturally appropriate

# *when?*

- 14 month timeline
- 4 phases
- 3 cohorts



# who?

- Ethnically Diverse Communities
- Men (aged 25-65)
- LGBTQIA+ Community

# how?

- One-to-One
- Small groups
- Telephone / Email
- Online Questionnaire

# *looking for your support....*

- Conversations are voluntary
- All contact will be with consent
- Everything shared will be confidential

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Scan to save my contact details

| | |
|---|---|
| Ethnically diverse communities | Crisis care replaces early support |
| LGBTQIA+ people | Fear of discrimination delays help-seeking |
| Men aged 25-45 | High suicide risk, low early engagement |

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# *one community*

- Helping us to understand
- Helping us to reach out
- Helping us to help others

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