

# 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**



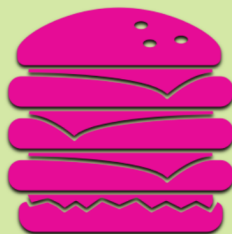
**17%**

**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%**

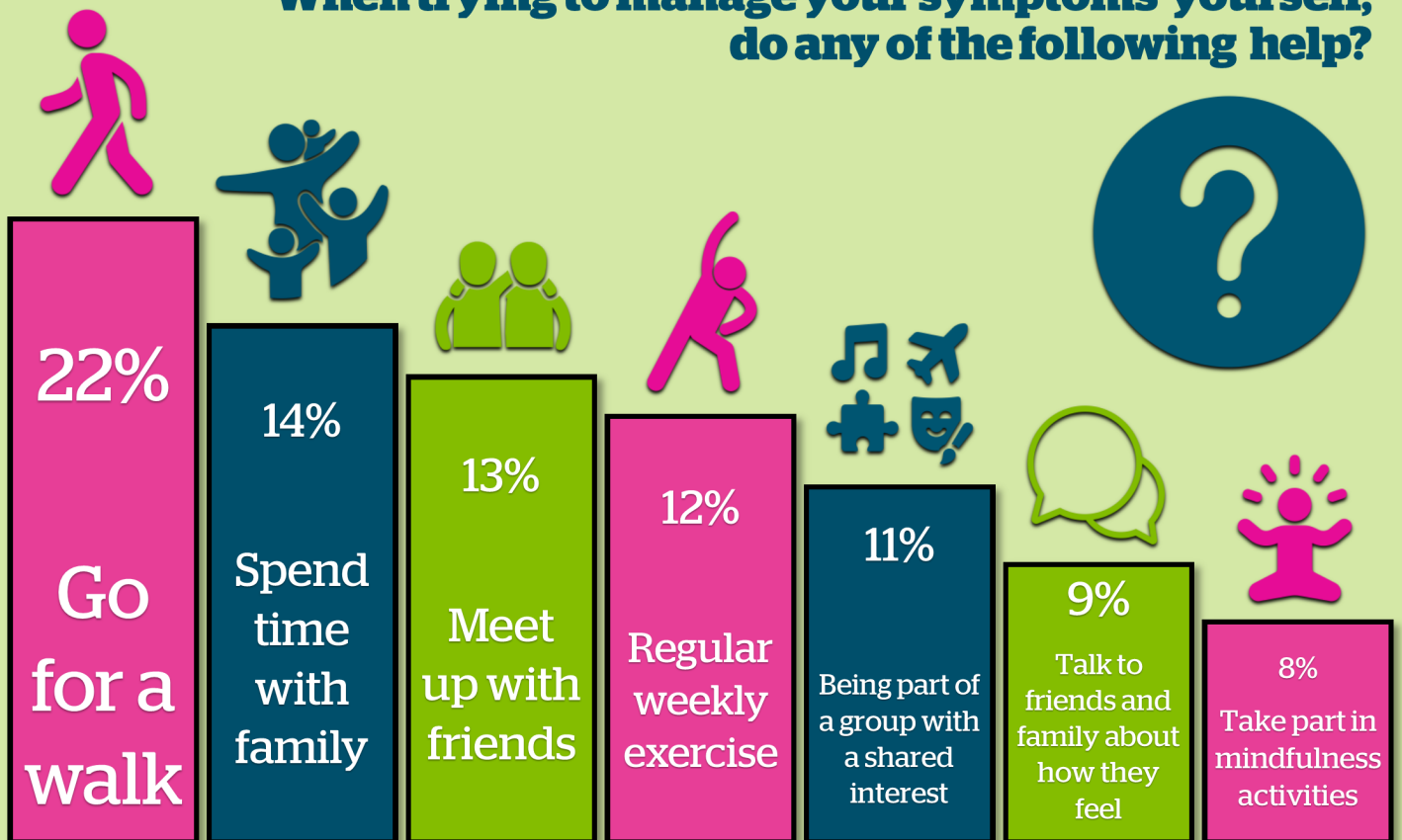
Prefer to sort things out themselves



**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