

# Oldham Healthwatch 100

## New Year Blues



### Who took part?

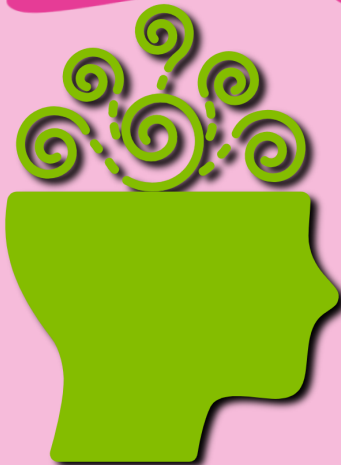


49 people completed the survey

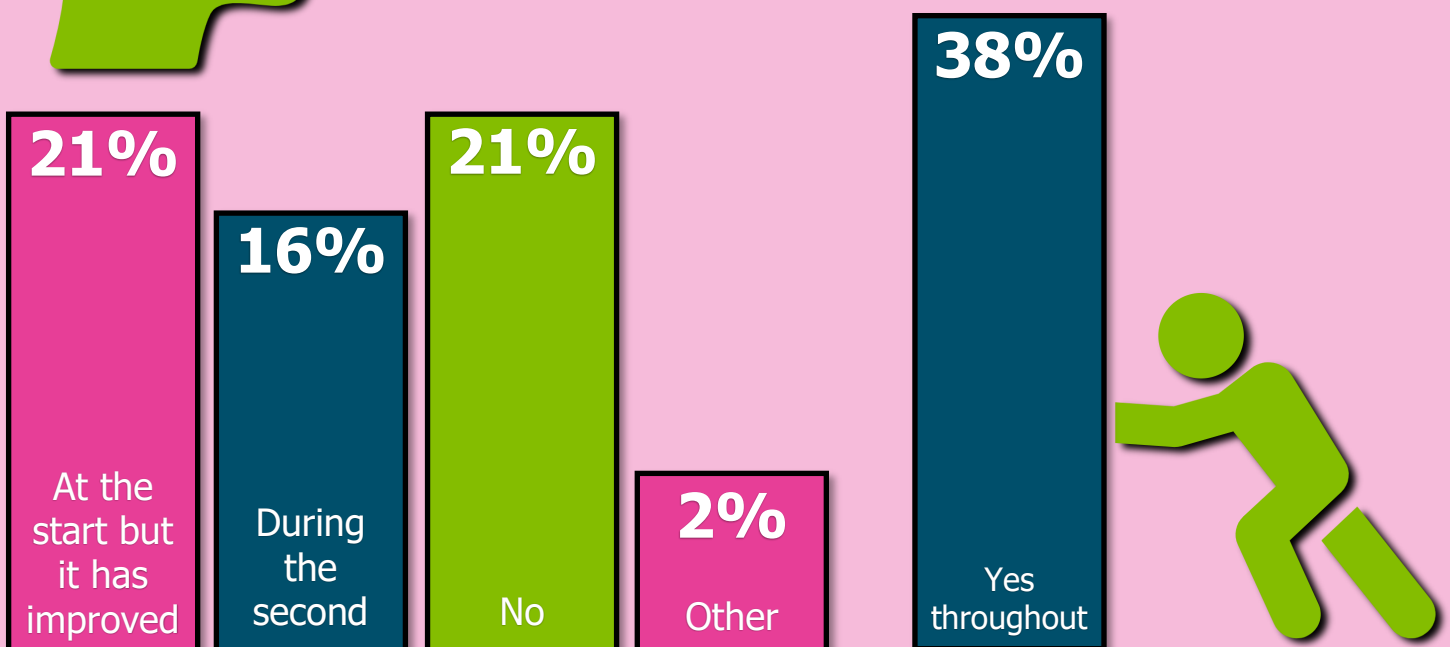


62 people completed the survey

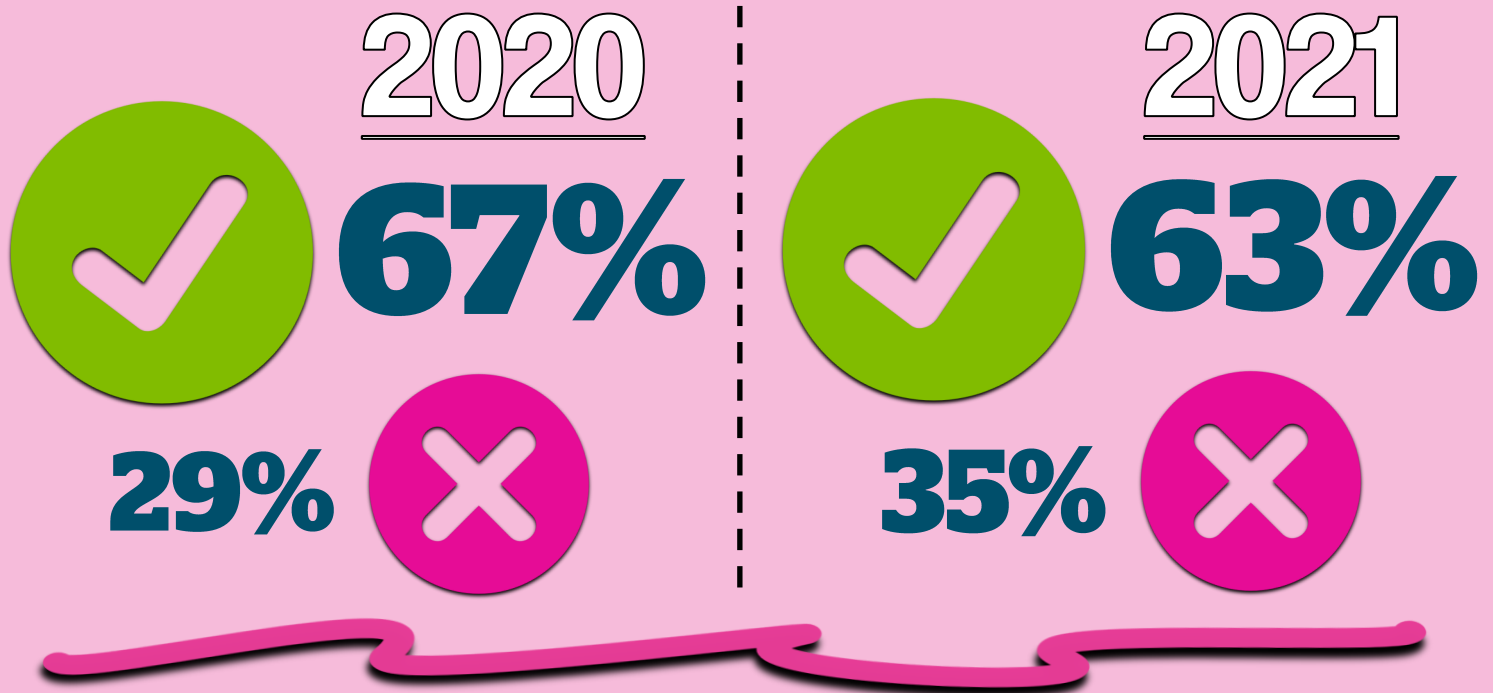
Please note that this infographic displays results in percentages in relation to the number of respondents stated above and some questions were multiple choice and means that answers can go above 100%



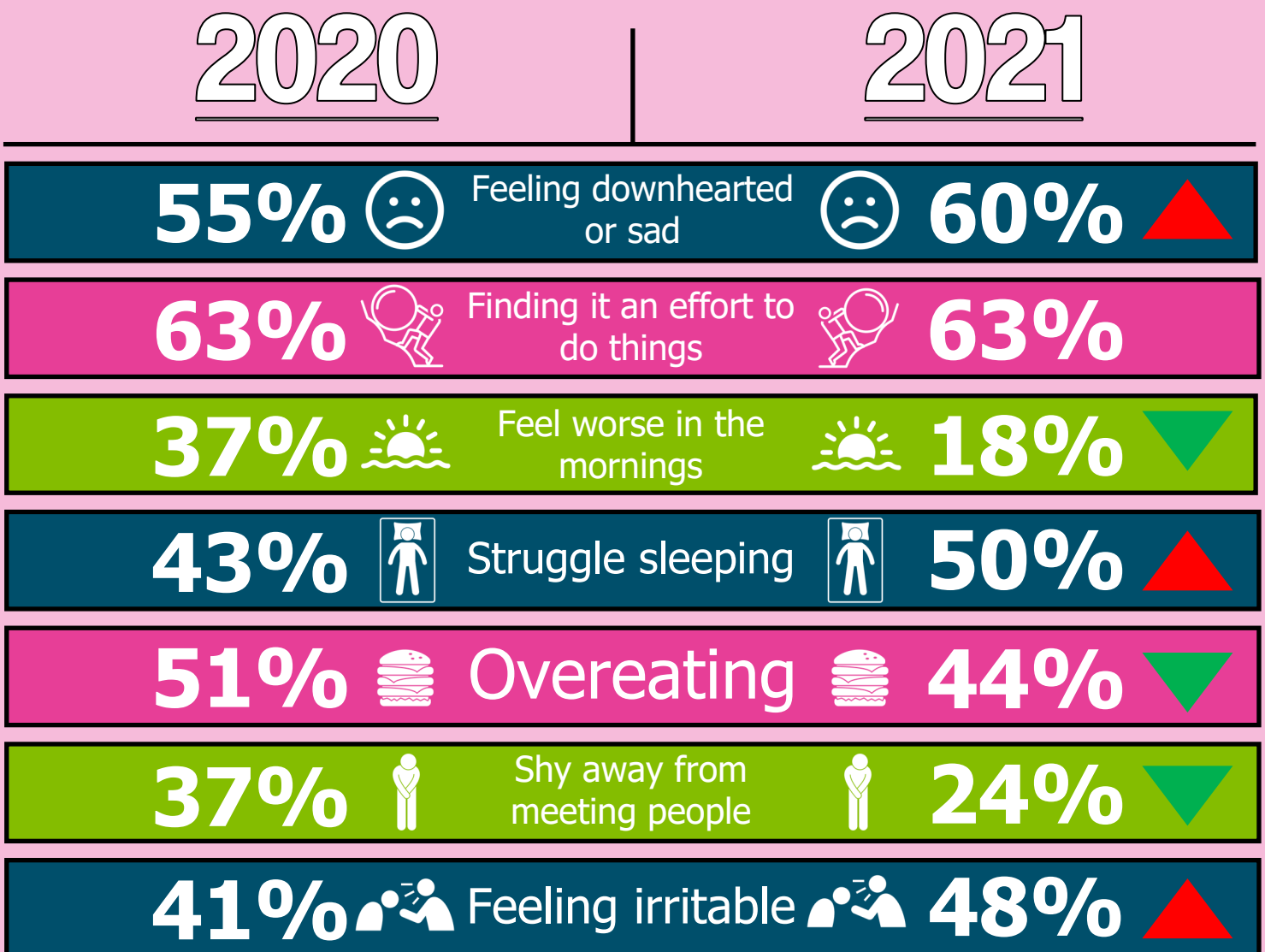
### Do you feel that your mental health has been negatively impacted more so throughout or some of the COVID-19 pandemic?



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



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





**2020**



**55%**  
said yes



**39%**  
said no

**2021**



**68%**  
said yes



**26%**  
said no

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



**If no, why?**



**2020**

**2021**

**21%**



Didn't want other people to know their business



**13%**



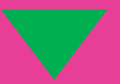
**16%**



Felt fear or shame



**6%**



**58%**



Prefer to sort things out themselves



**38%**



**21%**



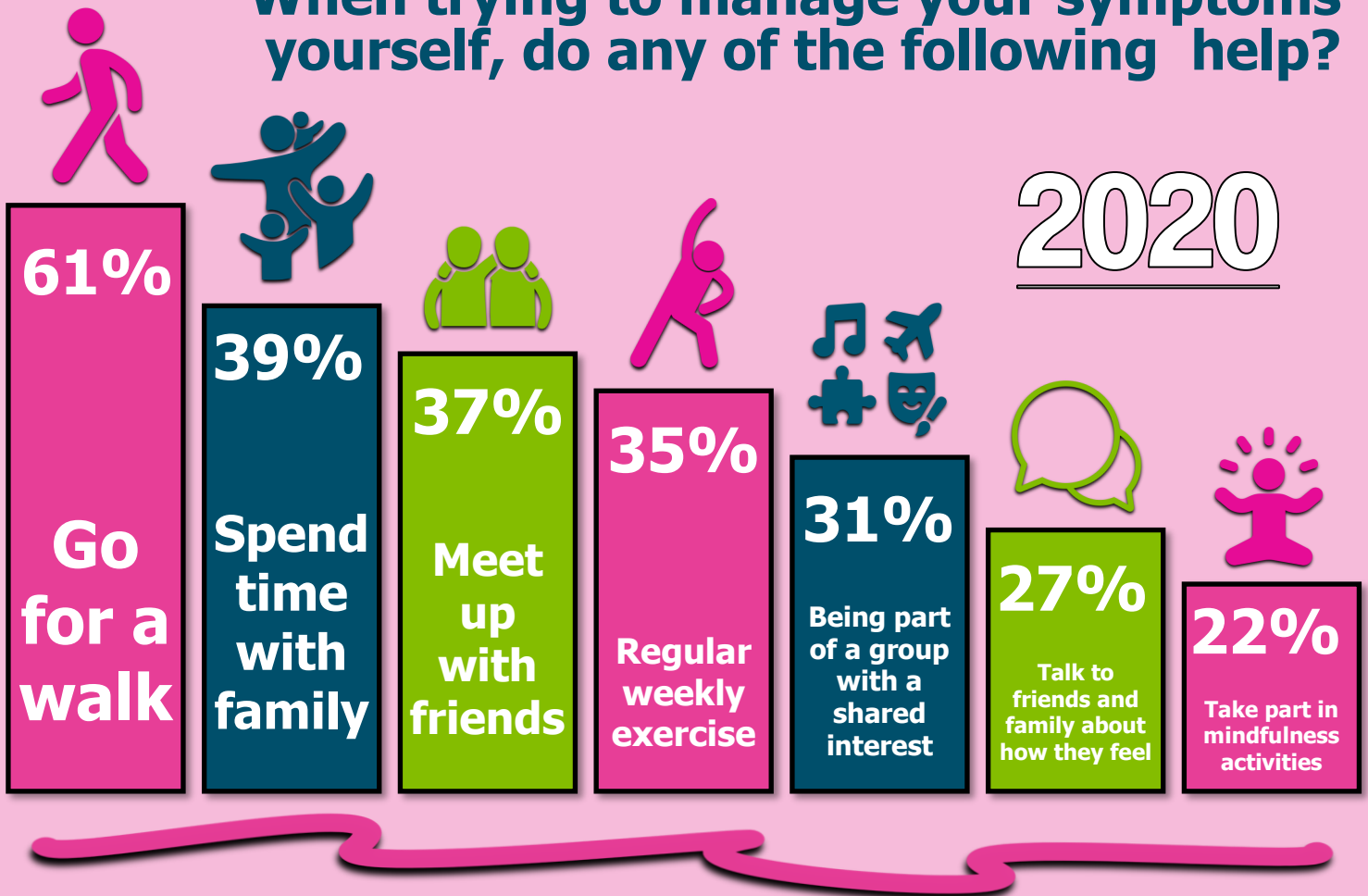
Didn't know who to talk to



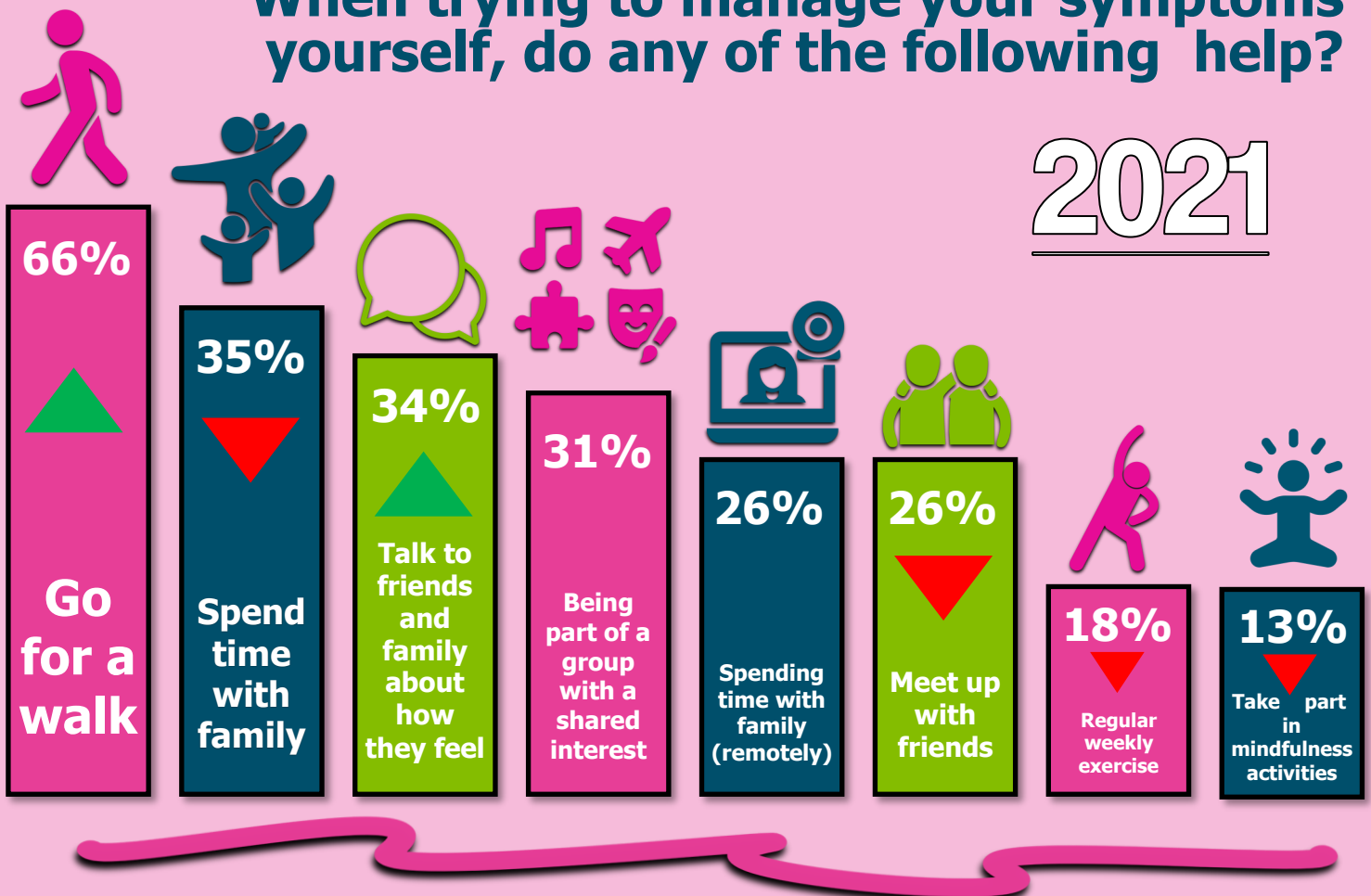
**6%**



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



# 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?

**2020**



**29%**  
Said yes



**51%**  
Said no

**2021**



**15%**  
Said yes



**63%**  
Said no

If yes, what treatment did you receive?

**2020**



**93%**  
Said medication



**71%**  
Said counselling



**29%**  
Said Cognitive Behavioural Therapy



**29%**  
Said mindfulness

**2021**



**67%**  
Said medication



**34%**  
Said counselling



**0%**  
Said mindfulness



**34%**  
Said Cognitive Behavioural Therapy

# 2020

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



# 2021





# 2020



**37%**  
Said an inactive lifestyle



**37%**  
Said eating excessively



**20%**  
Said drinking alcohol to excess

# 2021



**36%**  
Said eating excessively



**47%**  
Said an inactive lifestyle



**21%**  
Said drinking alcohol to excess

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



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

# 2020



**18%**

Tried to reduce or give up drinking alcohol



**20%**

Maintained a long-term active lifestyle



**35%**

Gone on a diet to try and lose weight



**37%**

Tried to reduce stress levels



**67%**

Tried to eat a healthy diet

# 2021



**13%**

Tried to reduce or give up drinking alcohol



**21%**

Gone on a diet to try and lose weight



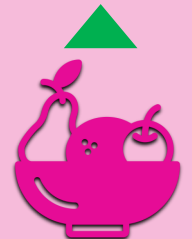
**29%**

Maintained a long-term active lifestyle



**29%**

Tried to reduce stress levels



**71%**

Tried to eat a healthy diet