

## The North West Mental Wellbeing Survey

The North West Mental Wellbeing Survey has been undertaken in response to a growing need to understand more about positive mental health and wellbeing.

The survey is the largest, most significant and detailed investigation of the region's mental health and wellbeing ever undertaken. It identified differences between local areas, with people from Warrington emerging as having the highest overall mental wellbeing score in the North West and people in Liverpool the lowest. The survey was a collaborative effort between primary care trusts and local authorities across the region, and was led by the Strategic Health Authority (NHS North West), Department of Health and the North West Public Health Observatory. Surveys were undertaken in every primary care trust area in the North West. A number of PCTs commissioned additional interviews in order to gain robust information at a local level. In some cases, PCTs also wished to compare sub-groups of the local population such as the most deprived populations or local authorities within the PCT boundary. In order to obtain sufficient numbers to provide statistically significant results at a local level, at least 500 interviews were undertaken in these local areas. A total of 18,500 face-to-face interviews were undertaken. Hand held computers allowed the respondent to answer questions confidentially and anonymously. The survey focused on five areas: feelings, relationships, health, lifestyle and life events and place. It also identified the respondents in terms of work status, sexual identity, living in supported or assisted housing, highest qualification level, household economic status, and household type. To access the Summary Report visit: [www.vsnw.org.uk/activities/health](http://www.vsnw.org.uk/activities/health) The full Survey can be downloaded from: [www.nwpho.org.uk](http://www.nwpho.org.uk)