

The Scottish Women's Convention

MENTAL HEALTH SURVEY

2024

Across September 2024, the SWC Team carried out a range of activities to understand women in Scotland's experience of mental healthcare services and what ideas they had to improve service provision. Thank you to those who provided their experiences and views, with the following document outlining key themes.

Women who carried out the survey provided a range of examples relating to the quality of mental healthcare they, or a loved one, had received in Scotland. The most common rating however was three out of ten, suggesting poor provision. This was further evidenced through women's experiences, with many explaining that there is a long wait for care and a general lack of emphasis placed on mental health.

When asked what they would like to see change with regards to Scotland's mental healthcare, women provided multiple suggestions. They stated that services should be better funded, social issues such as poverty should be tackled, and employers/educators should incorporate mental wellbeing across programmes.

The Scottish Women's Convention (SWC)

The SWC is funded to engage with women across Scotland to ensure that their views are represented in policy and decision-making processes. The SWC uses the views of women to respond to a variety of parliamentary, governmental, and organisational consultation papers at Scottish, UK and international levels.

SWC Contact Details

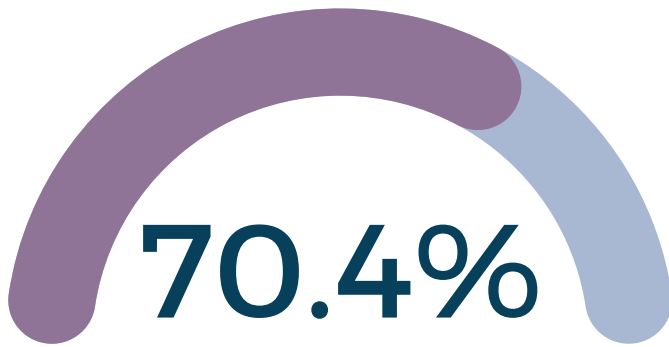
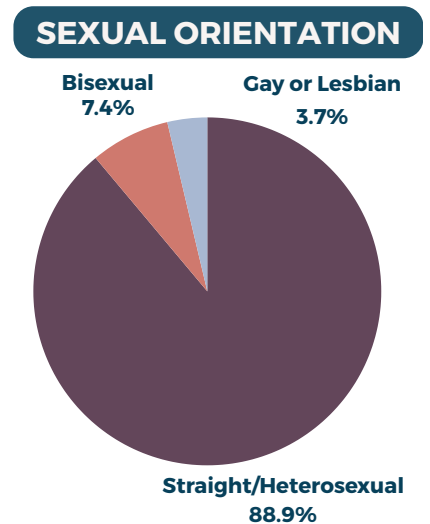
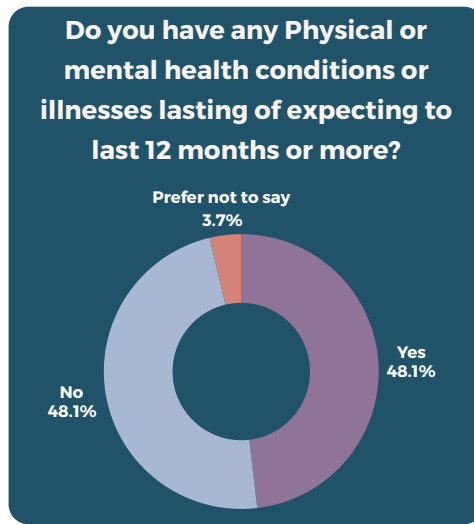
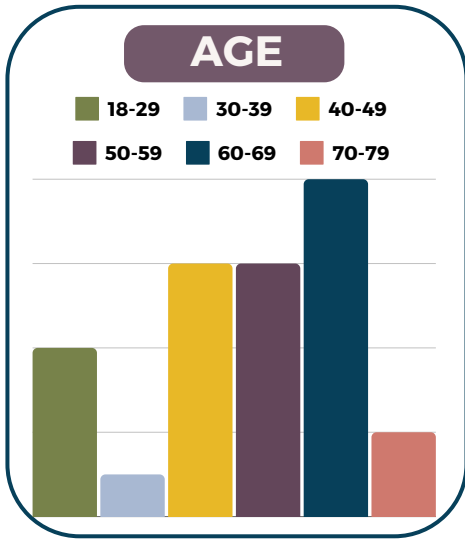
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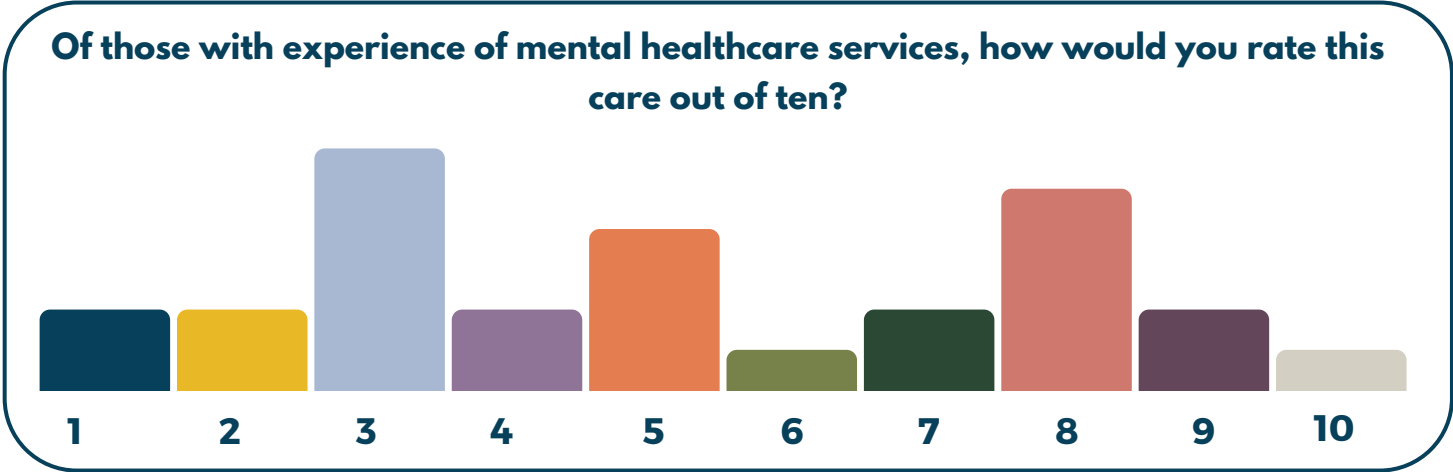
SURVEY RESULTS



Believe that there is stigma surrounding mental health in Scotland

50% of those who responded were atheist/had no religion. The second most common answer to this question was Church of Scotland with 19%.

65% of respondents were White: Scottish



67% of respondents had witnessed a reduction in community-provided mental health services in their area.

60% of those working in mental healthcare had witnessed an increase in demand.

WOMEN'S EXPERIENCES...



For most of my life I have suffered with anxiety and depression...GPs only ever offers a prescription. I feel that because of that I've become very resilient...even when I'm struggling very badly with exhaustion.



I was taken seriously, but my decades-long mental health diagnosis was given just six months and then I was left alone to deal with it.



Mental health services near me are not good. They vary depending on where you stay...There is absolutely nothing in my area... We are forgotten and left to struggle on alone. Both my husband and myself are pensioners and have no family nearby who could possibly help.



...once my sister managed to access services, they weren't bad - she was given support for her OCD. However, it took about three to four years



It's impossible to access mental health services while also working...my employers haven't been flexible enough

WOMEN'S SOLUTIONS...



I guess the starting point would be in schools, if it was spoken about more from an early age, at least kids would have an awareness of it. I'm only in my mid-20s and they didn't talk about things like that at when I was in high school.



The holistic approach is more effective than prescribing anti-depressants



We need to address inequalities and deprivation.



Offer mental health services as part of an employee's benefit and provide training for line managers.



We need adequate funding, better access for all to counselling, fitness clubs/groups, easier access to GPs and make referral processes better.



Reform the NHS so that patients receive care when and where they need it