

Lessons from the COVID-19 pandemic: improving access to mental health services for LGBT+ people in the North West



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ARC NWC DFN Annual Review & Showcase

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ARC NWC Theme: Improving Population Health

Supervisors: Dr Anastasia Ushakova | Dr Rhiannon Edge | Professor Fiona Lobban



PhD project overview

Interviews/focus groups

What are the experiences of service users who identify as LGBT+ and service providers on access to mental health services during the COVID-19 pandemic in Lancashire and South Cumbria?

Systematic mapping review

How have inequalities in access to adult mental health services in the UK been defined and measured in existing research?

Patient and public involvement | Stakeholder engagement

Analysis of routinely collected mental health service data

How has access to adult mental health services changed during the COVID-19 pandemic for LGBT+ people in Lancashire and South Cumbria?

Co-produced recommendations

Use learning to produce recommendations that inform local service changes to improve accessibility of adult mental health services for LGBT+ people in Lancashire and South Cumbria

PhD project and ARC NWC

Aligning with ARC NWC and IPH priorities

- ✓ mental health inequalities are a key priority in the NWC
- ✓ collaboration with member organisation – Lancashire and South Cumbria NHS Foundation Trust (LSCFT)
- ✓ focus on underserved population groups – LGBT+
- ✓ focus on expanding effective local action on inequalities

Using the HIAT / FOR Equity Note Taking Form

- ✓ reviewed by public adviser, LSCFT mental health practitioner, and LSCFT service user research group
- ✓ useful as a process to consider equity at each stage of research process
- ✓ framing the research in a way that is sensitive to negative stereotyping about LGBT+ mental health

Engaging with service users and service providers

- ✓ presented at public adviser forum – January 2022
- ✓ recruited public adviser from a sexual minority group
- ✓ presented at LSCFT service user research group – August 2022
- ✓ involved two mental health practitioners in systematic mapping review

Progress so far

Successes

- Engaged with stakeholders (e.g. analysts, mental health practitioners, service users)
- Secured NHS ethical approval for quantitative study
- Undertaking systematic mapping review to explore 'access' to mental health services

Challenges

- Public adviser recruitment – gender minority group (e.g. non-binary, transgender)
- NHS ethical approval process and delays to securing access to LSCFT data
- Developing skills in mixed methods research (e.g. data science, qualitative interviews)



Thank you

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