



# Conversations from the other side of the barrier

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# Why this topic?

- Statistics report that:
  - There are significant disparities in prevalence of poor mental health
  - Patients from BAME communities report **less satisfaction and less access** of psychological therapies but **higher rates of forcible detention** under the Mental Health Act
  - Health Psychology = Lack of BAME patients
  - Acute Psychology = Mostly BAME patients



## Diversity

To increase diversity, in the service users accessing primary care, we need to identify the barriers to accessing this care.



## Barriers

Only once the barriers have been identified, can they be tackled



## Overcoming barriers

This is where we plan what we can do to further diversify our patient groups at a primary level



## Application

Then we have to apply it to our clinical practice!

# Results

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1. Environmental and Personal factors
2. Service User and Healthcare Professional Relationship
3. Mental Health Education





## Environmental and Personal factors

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INCLUDED: CULTURAL AND PERSONAL STIGMA, POOR MENTAL HEALTH LITERACY, LACK OF ACCESS TO INFORMATION AND GENERATIONAL DIFFERENCES.



## Service User and Healthcare Professional Relationship

INCLUDED: CULTURAL INSENSITIVITY, DISCRIMINATION AND IGNORANCE, LACK OF BAME HEALTHCARE PROFESSIONALS, FAILURE TO MEET SPECIFIC NEEDS, DIVERSITY TRAINING BEING “PERFORMATIVE”

A young woman with dark hair and glasses, wearing a green cardigan and a brown backpack, is standing in a library aisle. She is reaching up to a high shelf to touch a blue book. The shelves are filled with books of various colors. The lighting is warm and focused on the woman.

## Mental Health Education

INCLUDED: EDUCATION LEADING TO DISMISSAL OF STEREOTYPES,  
PRIMARY EDUCATION ON MENTAL ILLNESS, THE EFFECTS OF SOCIAL  
MEDIA



# What does this mean for us?

1. Be present in your practice!
2. Evaluate areas of personal development and educating each other!
3. Innovating!



# The Vision for the Psychological Professionals

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- Help our communities to thrive
- Put people first
- Transform and innovate
- Unite and increase diversity in the psychological professions
- Make all health and care psychological