

# Cyflwynwyd yr ymateb i ymgynghoriad y [Pwyllgor Iechyd a Gofal Cymdeithasol ar anghydraddoldebau iechyd meddwl](#)

This response was submitted to the [Health and Social Care Committee](#) consultation on [mental health inequalities](#)

**MHI 20**

**Ymateb gan: | Response from: Unigolyn | An Individual**

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To whom it may concern

I am writing in response to the mental health inequalities consultation. I work for the NHS, however will be submitting my views as an individual and am over the age of 18. I work in a South Wales Specialist Substance Misuse Service and also have experience in a South Wales acute mental health ward. I would not like my name to be published alongside my evidence and can be contacted on this email address.

I feel that people of low socioeconomic status are disproportionately affected by poor mental health in Wales. I feel that the factors that contribute to this is the experience of disadvantage and limited opportunities. The population which I work with also have very high levels of ACEs and trauma.

I feel that there are significant barriers for these individuals accessing mental health services. I feel there is at times a culture of exclusion in mental health services. I find this is particularly the case working in substance misuse, there appears to be a reluctance for mental health services to assess or offer interventions when presentations are deemed to be drug induced or individuals are using substances. I feel that those from middle class backgrounds and with higher levels of education are often offered more support because they are better able to articulate their needs and the support they want to professionals. I also feel that women who have experienced trauma are disadvantaged in accessing mental health services due to the stigma around personality disorder diagnoses. I work with complex and high risk individuals with co-occurring mental health and substance misuse problems. During my time in this role (15 months) I have had one service user who has been care coordinated by a CMHT, which I feel speaks volumes about the access to mental health services for this group.

I feel that increased flexibility within mental health services as well as joint working between agencies would help improve experiences of mental health services. I think that increased early intervention would be helpful- services that are able to be flexible early on in a service user's journey. Perhaps more specialist services working with at risk groups and joint working with mental health services could be helpful. Increased understanding of the barriers that people face in expressing their needs- not everyone can explain what they need or what is going on for them straight away.

I hope that this is helpful for your consultation.

Kind regards