Open
Mental Health

Our Impact 2024/25

The numbers speak for themselves

Reducing Pressure on the NHS

Due to a combination of Mental Health Rapid Response vehicles, First Response Service, Crisis Safe Space and Open Mental Health as a whole, OMH services led to a:

- **35% drop in acute hospital bed days** for mental health.
- **4% drop in readmission rates** to mental health beds—less than half the national average of 8.5%.
- **18% reduction in inpatient** admissions.
- **15% reduction in mental health A&E** attendances.

This means people are getting the right support when they need it, freeing up capacity and **saving the NHS £6.1 million** in bed day costs.

Our Services in Action

- **Over 80,000 interventions** were delivered by Open Mental Health.
- **Crisis Safe Space** clients said they would have used NHS services on 50% of occasions without it, and on 6% of occasions, they would have made a suicide attempt.
- **Mindline answered 44,485 calls**, including **3,040 high-priority calls** where the individual is experiencing immediate crisis and at risk of harm, and 3,644 calls through the 111 service from people with suicidal thoughts.
- SWEDA supported an average of 75 people per month, with **85% reporting an improvement in their eating disorder** thoughts and behaviours after support.

Community-Based Support

- Step Down: Helped 23 individuals transition from inpatient care back to community life, **freeing up 1,623 hospital bed days**.
- Step Up: Supported an average of 15 people per month in a mental health crisis, **saving the equivalent of 1,143 hospital bed days**.

Listening to the Voice of Lived Experience

- Nine Experts by Experience **contributed 1,755 hours of their time** and knowledge across 19 workstreams, ensuring lived experience is at the heart of our work.

Supporting Local Communities

- **Open Mental Health Small Grants supported 8,900 people** across Somerset.
- **We distributed £218,000 to 26 different organisations**, empowering and strengthening projects working to improve Somerset's mental health.

For more information about Open Mental Health visit our website openmentalhealth.org.uk