



# INNOVATE

Intersectional Network  
of Integrated Mental Health

## User Guide: Interpreting Heat Maps on Intersectional Aspects of Mental Health in Essex, England

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## **Overview**

### **Background Information**

This user guide provides comprehensive information on interpreting heat maps focusing on the intersectional aspects of mental health in Essex, England. The maps aim to shed light on various deprivation factors, allowing for a nuanced understanding of their impact on mental health.

### **Purpose of the Guide**

The primary goal is to empower users to navigate and extract meaningful insights from the heat maps and accompanying interactive charts. By highlighting specific deprivation factors within the categories of "Economics," "Community and Services," and "Place," users can make informed comparisons and draw connections between socioeconomic conditions and mental health outcomes.

## **Heat Maps**

### **Heat Maps Overview**

#### *Geographic Representation*

The heat maps visually represent mental health scores and deprivation factors across ten areas in Essex, including Basildon, Braintree, Brentwood, Chelmsford, Colchester, Epping, Harlow, Maldon, Rochford, and Tendring.

#### *Categorization of Deprivation Factors*

Deprivation factors are categorized into three main groups: Economics, Community and Services, and Place. Each category further breaks down into specific factors that contribute to the overall understanding of mental health disparities.

### **Economic Heat Maps**

#### *Income*

The income heat map illustrates the economic status of each area, with darker shades indicating higher income levels.

#### *Employment*

This map visualizes employment rates, highlighting areas with lower employment levels in darker tones.

#### *Education*

Education levels are represented on this map, emphasizing areas with higher educational attainment.

#### *High Job Insecurity Survey Data*

The interactive chart allows users to compare survey responses on high job insecurity across different areas, providing qualitative insights into economic challenges.

## **Health and Services Heat Maps**

### *Health and Disability*

Health and disability factors are depicted, emphasizing areas with a higher prevalence of health-related challenges.

### *Housing and Services*

This map focuses on housing conditions and the availability of essential services, offering insights into living conditions.

### *High Loneliness*

Users can explore areas with a higher reported incidence of loneliness through the interactive chart, linking community aspects to mental health.

### *Feelings of a Lacking Community Survey Data*

Survey data on feelings of a lacking community provides qualitative context to the heat map, enriching the understanding of community-related challenges.

## **Place Heat Maps**

### *Crime*

Crime rates are visually represented, helping users assess the safety of each area.

### *Environment*

The environment map highlights areas with better environmental conditions, contributing to a holistic understanding of place-related factors.

### *Low Feelings of Place*

This interactive chart enables users to compare reported low feelings of place, adding subjective insights to the place-related heat map.

### *Positive Feelings About Green Spaces*

The positive feelings about green spaces map provides valuable information about the impact of nature on mental well-being.

### *Feeling Unsafe Survey Data*

User responses on feeling unsafe contribute qualitative data to the heat map, connecting subjective feelings to place-related factors.

## **Interactive Dashboards**

### **Interactive Charts**

#### *How to Use Interactive Charts*

Navigate through the interactive charts by selecting specific factors or areas of interest. Use filters to focus on quantitative data or overlay qualitative survey responses for a comprehensive analysis.

#### *Comparing Deprivation Factors*

Utilize the interactive charts to compare and contrast deprivation factors within and across categories, enabling a nuanced examination of their interplay.

#### *Utilizing Quantitative and Qualitative Data*

Blend quantitative data from the heat maps with qualitative survey data to gain a more holistic understanding of the intersectional aspects impacting mental health in Essex.

### **Dashboard Analysis**

#### *Suicide Rates, Common Mental Disorders, and Mental Health Burdens*

The dashboard provides a comparative analysis of suicide rates, common mental disorders, and mental health burdens across the periods of 2015-2017, 2017-2019, and 2019-2021.

#### *Temporal Trends (2015-2021)*

Explore temporal trends to identify shifts in mental health indicators over time, enabling a dynamic understanding of mental health challenges in Essex.

#### *Individual and Social Drivers Analysis*

Analyze suicide rates and common mental disorders concerning individual drivers (male/female; Age 16+/Age 65+) and social drivers, including feelings of unsafety, high job insecurity, high loneliness, lack of community, low place satisfaction, and positive local green space.