

# 10 Year Mental Health Plan Conversation Toolkit



# The 10-Year Mental Health & Wellbeing Plan – what is it?

- The Secretary of State for Health and Social Care has set out his ambition to develop a new 10-year Mental Health and Wellbeing Plan.
- The government wants to make sure that people of all ages at risk of developing a mental health condition, or taking their life, receive help at an earlier stage, and that those who are unwell get the compassion and support they need from the NHS, social care, and beyond. **The whole of government and society has a role to play.**
- A ‘Discussion Paper’ has been launched to ask questions about what should be included in this Plan. The paper suggests some ideas and has a survey where you can respond and share your thoughts. You can find the Discussion Paper and the survey here: <https://www.gov.uk/talk-mental-health>
- We will also be using responses to the discussion paper to help us to develop a separate national suicide prevention plan.
- We want to hear from a wide range of people to make sure the Plan includes what the public think is important, so please make sure you **respond before the survey closes on 5<sup>th</sup> July 2022.**



# This conversation toolkit – what is it?



- The Discussion Paper and Call for Evidence set out the questions we want to ask everyone about what our 10-year Mental Health and Wellbeing Plan should include. We want to make sure we capture responses that are as broad and creative as possible.
- This means we want to hear about **all** potential solutions that could positively impact the nation’s mental health and wellbeing. Continuing to improve NHS treatment and support will be a key part of the Government’s 10-Year Mental Health and Wellbeing Plan, but we also want to consider improvements in other sectors, like better access to green spaces, or increased support in the workplace.
- We know there are networks of people and organisations across Britain already doing excellent work that impacts mental health and wellbeing, from housing to education to the arts, and we want to encourage these groups to share their sector-specific expertise.
- There are also people whose own experiences of mental health and wellbeing make them experts – we are especially keen to hear from this group.
- Some people will want to reflect and respond individually to the Call for Evidence survey. Some people find that discussing these questions together can help individuals, groups and organisations to collaborate and develop their ideas.
- We have therefore put together this conversation toolkit to supplement the Discussion Paper, encouraging people to look at the questions in the Call for Evidence through the lens of their personal expertise or their sector-specific expertise.



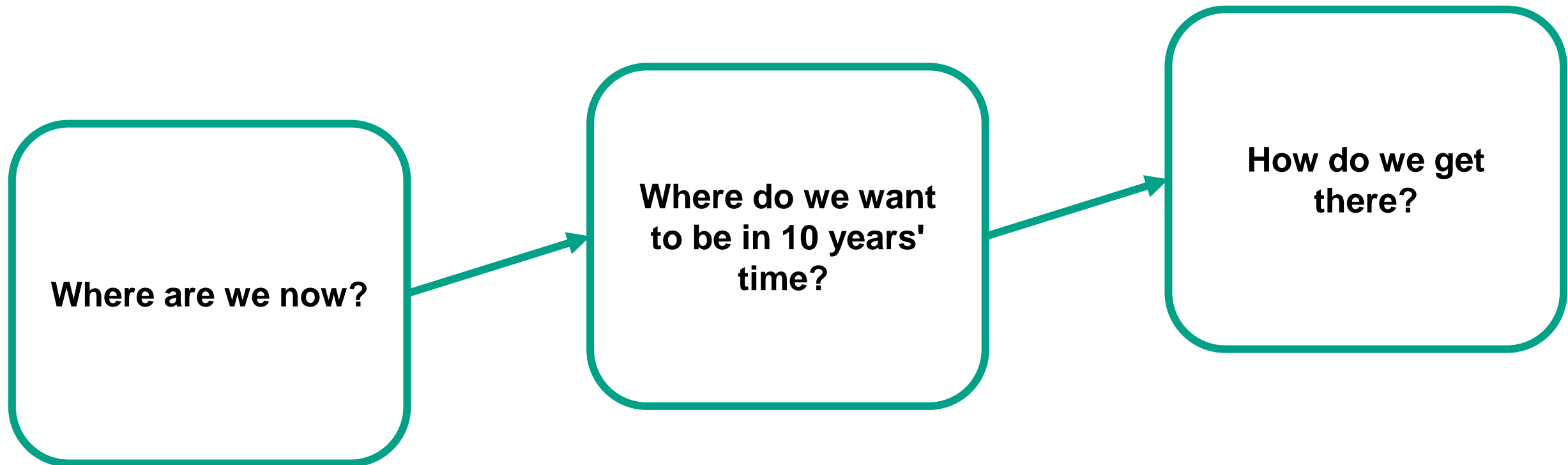
# Who do we want to hear from?

**We are interested in everyone's views on this Plan, but we want to make sure we hear from some specific groups, such as:**

- People who have experienced mental ill-health
- People who have cared for someone affected by mental ill-health
- Children and young people
- People who work or volunteer in places where they meet people affected by mental ill-health (such as health and social care services, schools, job centres and housing associations)
- Academics and experts

# Where do we start?

There are lots of things to consider when thinking about good mental health and wellbeing, but we think these questions are a good starting point – you might like to bear them in mind as you go through this toolkit.





# How can your sector promote positive mental wellbeing?

Mental wellbeing is about thoughts, feelings and how people cope with the ups and downs of everyday life. Having positive wellbeing means that every individual realises their own potential, can cope with the normal stresses of life, help engage in work productively, and can contribute to their community. We want to hear about your experiences in your sector to help us to understand how positive mental wellbeing can be promoted.

To help us develop our 10 Year Mental Health and Wellbeing Plan, we are asking people for their views on the most important actions we need to take. This includes things that national and local government can do, as well as public, private and voluntary sectors, and people in local communities.

## Call for Evidence Questions:

- How can we help people to improve their own wellbeing?
- Do you have any suggestions for how we can improve the population's wellbeing?
- How can we support different sectors within local areas to work together, and with people within their local communities, to improve population wellbeing?



# How can your sector help prevent the onset of mental illness?

Prevention in mental health aims to reduce the prevalence (proportion of the population), incidence (numbers of people), and recurrence (return of symptoms after recovery) of mental ill-health. The government wants to prevent the onset of mental ill-health, and to reduce the number of people dying by suicide.

We need to address the complex root causes of mental ill-health – we know that things like poverty, trauma, and problem debt can have a significant impact. We also need to focus on early years and childhood because this is a crucial period which can influence whether someone develops a mental health condition.

We want to hear your views on what we can do to ensure all of society – including businesses and the private sector – play their part in preventing the onset of mental ill-health.

## Call for Evidence Questions:

- What are the 3 most important things we should address in order to reduce the numbers of people who experience mental ill-health?
- What are the 3 most important things we should address in order to prevent suicide?
- Do you have ideas for how employers can support and protect the mental health of their employees?



# How can your sector intervene earlier when people need support with their mental health?

Early interventions are actions which can prevent a person from developing a 'clinical' mental health condition, and/or prevent symptoms from getting worse or reaching crisis point. The government wants to make sure people get early support if they are struggling with their mental health – the sooner someone receives support, the more likely it is that they will recover.

The 'right' support does not always need to be given by a doctor, nurse or therapist. It may be better to get support from a parent or carer, or in places like schools, workplaces, or job centres. We want to hear your views on different types of support, and how to make it more readily available.

## Call for Evidence Questions:

- Where would you prefer to get early support for your mental health if you were struggling?
- The NHS has an important role to play in helping people who struggle with their mental health to access support early. Do you have any suggestions for how the rest of society can better identify and respond to signs of mental ill-health?
- How can we ensure that people with wider health problems get appropriate mental health support at an early stage if they are struggling?





# How can your sector improve the quality and effectiveness of treatment for mental health conditions?

Mental health conditions are conditions that affect your mood, thinking and behaviour, such as depression, anxiety, eating disorders, schizophrenia, and bipolar disorder. The government wants the new Plan to ensure that NHS treatment and support helps people living with mental health conditions to manage their condition and make their symptoms better.

We want to improve treatment for people who report worse experiences and outcomes in mental health services. We are asking people for their views on what 'good' should look like for treatment and care in the next 10 years, and how we get there. As well as NHS treatment and support, this includes what our research priorities should be, and how we can implement what we already know works for service users.

## Call for Evidence Questions:

- What needs to happen to ensure the best care and treatment is more widely available within the NHS?
- What is the NHS currently doing well and should continue doing to support people with mental health needs?
- What should be our priorities for future research, innovation and data improvements over the coming decade to drive better treatment outcomes?
- What should inpatient mental health care look like in 10 years' time, and what needs to change in order to realise that vision?



# How can we support people with mental health conditions to live well?

Sometimes mental ill-health and symptoms of a mental health condition will recur throughout a person's lifetime. With ongoing support and help, people can learn how to manage this and 'live well' with a mental health condition. While positive progress has been made, the government wants to improve the lives of more people of all ages living with mental health conditions, particularly severe mental illnesses.

Sadly, living with mental health conditions can mean experiencing worse outcomes than the general population in many ways, including worse outcomes in employment, physical health, and in school. We are asking for your views on how to improve the quality of life of people living with mental health conditions. We also want to hear from people with lived experience about what is most important to them, and views on what would help services to join up and support people.

## Call for Evidence Questions:

- What things have the biggest influence on your mental health and influence your quality of life?
- What are the 3 most important things that we should do as a society in order to improve the lives of people living with mental health conditions?
- What more can we do to improve the physical health of people living with mental health conditions?
- How can we support sectors to work together to improve the quality of life of people living with mental health conditions?
- What can we change at a system level to ensure that individuals with co-occurring mental health and drug and alcohol issues encounter 'no wrong door' in their access to all relevant treatment and support? This includes victims and offenders in contact with the criminal justice system.



# How can your sector improve support for people in crisis?

'Mental health crisis' refers to someone experiencing extreme distress. This may lead to self-harm or suicidal ideation. Someone may experience a crisis for a range of reasons, such as a big life change, or because an existing mental health condition is getting worse. All crises will be different in their cause, presentation and progression. We want to improve the support which is available for people in crisis. We want to prevent people tragically dying by suicide.

As there are many different reasons why someone might experience crisis, it's important that different types of support are available. We are particularly interested in people's views on what the best support in crisis is for different people, and how local partners can work together to ensure everyone can access the right support.

## Call for Evidence Questions:

- What can we do to improve the immediate help available to people in crisis?
- How can we improve the support offer for people after they experience a mental health crisis?
- What would enable local services to work together better to improve support for people during and after an experience of mental health crisis?



# Putting it all together

Let's return to the broad questions we started with:



Based on these overarching questions and the conversations you've had using this toolkit, how would you respond to the last questions from the Call for Evidence?

## Call for Evidence Questions:

- What do you think are the most important issues that a new, 10-year national mental health plan needs to address?
- What 'values' or 'principles' should underpin the plan as a whole?



# What happens next?

Your feedback will tell the government how it can best work with your sector to improve the nation's mental health and wellbeing.

This will inform the commitments that Government will make in the Mental Health and Wellbeing Plan – a set of promises about what it will do to contribute to everyone's mental health and wellbeing.

**To make sure that the conversations you've had using this toolkit are taken into account, please make sure you respond to the Call for Evidence. The Discussion Paper, containing more detail, and the survey can be found here:**

<https://www.gov.uk/talk-mental-health>

