

Action Plan

Mental & Emotional Wellbeing

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Objectives

Health Improvement Strategy

- to reduce the stigma associated with mental ill health
- to promote self-esteem and positive mental health
- to prevent the development of mental illness
- to encourage early intervention and self-help in order to prevent unnecessary distress and to prevent progression of the illness.

Action Plan

Delivery of 4 key objectives in:

- Educational settings from Children's Centres to FE and HE settings.
- Workplace settings
- Community settings

Example - Workplace

- Reducing stigma – “Become a *Mindful Employer*”
- Promote +ve mental health – “Increase volunteering opportunities as part of pathway to work”
- Prevent mental illness – “Training programme for line managers on mental health at work”
- Early intervention – improve access in workplace to psychological therapies

Challenges

1. “Everyone’s business but nobodies responsibility”
2. How do we ensure high level buy in from partners – Children’s Trust, Newcastle Futures?

National Context

Foresight Reports on Mental Capital and Wellbeing – www.foresight.gov.uk

- Mental capital through life
- Learning through life
- Mental health
- Wellbeing and work
- Learning difficulties.

Mental Capital

“An individual’s mental capital determines how well an individual is able to contribute effectively to society, and also to experience a high quality of life. It includes their cognitive ability, how flexible and efficient they are at learning and their emotional intelligence and resilience in face of stress.”

Foresight in the North East

- “Mental capital through life” authored by Institute for Ageing and Health at Newcastle University
- Commitment to run a regional foresight exercise to promote the project findings and to look at regional implementation

What do we want from today?

- Feedback to Malathi Natarajan by Friday 21st November – consultation from week beginning 2nd December.
- Support for higher level and cross partnership engagement.
- Recognition that this is a dynamic document that will need to change in response to rapidly changing context.
- Thoughts about how we deal with marketing positive mental health messages.