

Moray Joint Mental Health and Wellbeing Strategy 2014-2024

Shaping the strategy - your involvement

Mental health and wellbeing touch all our lives. It's estimated one in three of us will be affected by mental ill health each year.

Mental ill health has a profound impact on physical health, relationship, housing, educational and employment outcomes.

The good news is there is much we can do to improve wellbeing for ourselves and for others. Many people told us about the things which already support them to maintain and improve their own and others wellbeing.

Things like — connecting with family, friends and the wider community. Enjoying the outdoors. Being active. Faith. Learning new things. Helping others.

Moray Council and NHS Grampian - in partnership with the voluntary sector, independent sector and wider community – want to put in place a 10 year commissioning plan to focus on improving resilience and mental wellbeing and

preventing mental ill health, as well as ensuring we have responsive high quality services and support available.

Our strategy needs to be built on what is important to people who use services, their families, people with lived experience of mental health and the wider community.

Engagement work to shape the strategy has included:

- A questionnaire
- Discussion groups with Moray Mental Health, Moray Anchor Projects, Quarriers Adult and Young Carers Groups
- A conversation café

The comments and feedback have provided the foundations for the strategy. These lie in the shared values that underpin a whole person centred approach and the principle that mental health is everybody's business.

This will deliver the outcome of improved mental health and wellbeing for all.

The strategy will be built on three key pillars

Mental health and wellbeing for all

Living well with a mental health problem

Treatment and support

The questionnaire — what you told us

There were 64 responses to the adult questionnaire.

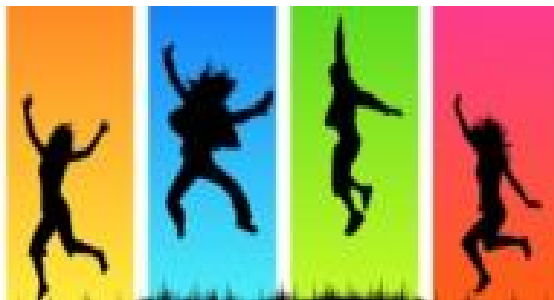
People told us about the things which are good for their mental health and wellbeing - such as what's round about them like the people and places.

They worry about getting older, money, jobs, decision making, being alone, being able to do the things they want and the behaviour/attitudes of others.

Changes they want to see included better understanding, information, advice and education. Choices, financial independence, better access to services and facilities, support at times of crisis are all key. Early intervention and prevention and supportive employers were highlighted.

Many people said they were happy with

the services they use to support their mental health and praised staff. Others commented on difficulties accessing services, waiting times and the attitudes of staff.



Calls were made for more focus on support in the community rather than in clinical setting. Suggestions included peer support, more talking therapies and therapeutic work.

One of the most important things to people was having someone to talk to.

From a list of 22 key issues people were asked to rank in order the 10 which were most important to them.

- 1 **Services for when things start to go wrong** and when immediate help and support is required (crisis support)
- 2 **Self-care or self help** programmes to give individuals the skills to manage and support their mental health and wellbeing
- 3 **Equality of access** to services i.e. removal of barriers for individuals who may find it more difficult to come forward for help
- 4 **Services for children and young people** who experience mental health and emotional difficulties (early intervention)
- 5 **Recovery focused services** and programs that promote wellbeing and support mental health
- 6 **Peer Support** services and programs where individuals with experience of mental health problems support each other
- 7 **Support for Families and Carers** of people who have mental health problems
- 8 **Welfare benefits** services and support for individuals with mental health problems
- 9 **Community campaigns** and events to promote understanding and address mental health discrimination and stigma
- 10 **Employment and volunteering services** and support for individuals with mental health problems

Moray Mental Health, Moray Anchor Projects and Quarriers

People shared their experiences of services and highlighted the need for support to be accessible around the clock— not 9-5, Monday to Friday.

They want to see clearer pathways into and out of services.

Issues with treatment, appointments and the negative attitude of health and social care professionals were highlighted.

Many were looking for something as well as or instead of medication, along with better information about what services and support are available—not just for people who may need to access services but also for staff.

People want to see health and social care services work better together and stronger links with other agencies such as housing and employment services.

There is a need to address bullying, stigma and improve education and awareness

around mental health and wellbeing, particularly for employers and statutory services.

Difficulties with welfare benefits were highlighted.

People want more help for family members to improve their understanding of what it's like to live with poor mental health.

The mental health and wellbeing of young people was a concern of many, with more early and specialist support called for.

Family carers want to be included in the treatment and support of their loved ones and to have support for their own mental wellbeing.

Smoother transitions between services and better referral processes are needed, they felt, along with more choice of supported living accommodation.

Conversation cafe

At the conversation café event we asked people to finish this sentence:

Moray has good mental health when...

There is understanding... Young people are involved... Support includes families... Communities are nurtured and valued and supported... Stigma is removed... There is good communication with social workers... People are supported to realise their hopes and aspirations and barriers are not put in their way ... People can find and get help when needed...Everybody who needs help is able to get the help they need when they need it... People have more access community social well-being initiatives... Employers are more understanding...Schools are trained about bullying... Carers are supported...The public are more aware of the importance of community spirit ... People are more open about mental health...People have the tools to manage their own mental health... Education of health needs, especially mental illness, makes every community more tolerant and compassionate We celebrate what we have in Moray...People listen and hear... We work together as a community...We connect what exists

The building blocks of the strategy

Mental health and wellbeing for all	Living well with a mental health problem	Treatment and support
Tackling stigma and discrimination	Clear referral and access processes and pathways into and out of services	Timely access to high quality specialist services
Easily accessible and up to date information	A recovery approach	Crisis support close to home
Improved mental health awareness in schools, across communities, statutory services and employers	Good transitions	Early intervention
Greater opportunities for early intervention and prevention	Self –directed support providing choice and control	Person-centred integrated approach to mental and physical health and social care
Support for families and carers	Peer support	Primary care and community-based mental health services
Support targeted at high risk groups	Support into employment	Short term intensive and long-term support
	Housing support	
	Connections and relationships; support for carers	



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