

# Prevention Concordat for Better Mental Health: Prevention planning resource for local areas

## Why? The case for action:

**1 in 10** children experience a mental health problem

**1 in 6** adults have had a common mental health problem in the last week

**1 in 5** adults has considered taking their life at one point

**9 in 10** people with mental health problems experience stigma and discrimination

Good mental health is a vital asset for **dealing with** the different **stresses** (physical and mental) and problems in life

Good mental health is associated with better **physical health, increased productivity** in education and at work and **better relationships** at home and in our community

## What good looks like: A five domain framework for local action



### Needs and asset assessment - effective use of data and intelligence

- analyse quantitative and qualitative data
- analyse and understand key risk and protective factors
- engage with the community to map useful and available assets
- agree the priority areas



### Partnership and alignment

- form a local multi-agency mental health prevention group
- establish opportunities to bring mental health professionals from wider networks together
- involve members of the community with lived experiences in the planning
- pool resources together and share benefits



### Translating need into deliverable commitments

- modify existing plans to include mental health
- determine the approach that best meets local need
- provide varying approaches in the action plan
- ensure a community centred approach to delivery
- reinforce actions with existing and new Partnership plans
- use the human rights-based approach
- regularly invite feedback



### Defining success outcomes

- map out who the interventions work with and why, as well as recognising inputs and outputs
- identify 5-10 measures from already available data sources which most closely resemble what success looks like
- develop a measurement, evaluation and improvement strategy to:
  - a) identify the impact
  - b) highlight areas for development



### Leadership and accountability

- delegate a leader
- work is linked and aligned to other strategic priorities
- develop a clear accountability structure

## Consider **How** to support mental health across:

### Whole population approaches

- strengthening individuals eg **mental health literacy**
- strengthening communities and healthy places eg **housing, social networks**
- addressing wider determinants eg **mentally healthy policy**

### Life course approaches

- family, children and young people
- working age
- older people

### Targeted prevention approaches

- groups facing higher risk eg **criminal justice**
- individuals with signs and symptoms eg **suicidal behaviour**
- people with mental health problems eg **recovery**