Mental health and wellbeing plan

What people think

This is an Easy read version of: **Mental health and wellbeing plan: discussion paper and call for evidence – results.**

easy read

Easy read

This is an easy read version of some hard information. It may not include all of the information but will tell you about the important parts.

This easy read information uses easier words and pictures. You may still want help to read it.

Some words are in **bold** – this means the writing is thicker and darker.

These are words that some people will find hard. When you see a bold word, we will explain it in the next sentence.

Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

Contents

Introduction

Last year, the Department of Health and Social Care asked people about what should be done to improve mental health and **wellbeing.**

Wellbeing means feeling happy and healthy in your body and mind.

We asked people to take part in a **survey**.

A **survey** is a set of questions for you to answer.

There was also an easy read survey.

We wanted to hear from lots of different people, including:

- People with mental ill-health.

We also wanted to hear from:

- People who work in mental health services.

- People from mental health charities and local support groups.

This information will tell what people said in the survey.

Using the information

We thought that we would use this information to write:

- A new plan for mental health and wellbeing services.

- A plan to stop people from **dying by suicide**.

  Dying by suicide is when you end your own life on purpose.

But we found that people's mental health is often linked to other illnesses that cause bad health and early death.

So we are going to write a new plan to deal with illnesses that cause bad health and early death in England.

It is called the Major Conditions Strategy.

Plan for illnesses that cause bad health and early death

Illnesses causing bad health and early death in England are:

- Cancers.

- Diseases of the heart.

- Diseases of the lungs.

- **Dementia** - this is a type of disease that affects your brain.

  It can affect how you remember things as well as how you behave and speak.

Other illnesses causing bad health and early death in England are:

- Mental ill-health.

- Diseases that affect your muscles, nerves, tendons, bones and joints.
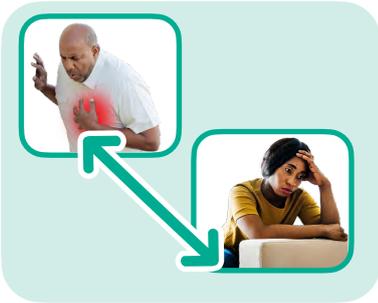
These health conditions are often linked to each other.

We want to write a plan for services that work together to deal with illnesses that cause bad health and early death.

A plan to prevent people from dying by suicide

Prevent means stopping something from happening.

We will be writing a new different plan, which will be about preventing people from dying by suicide.
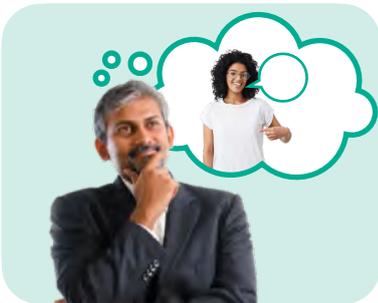
To help us write this plan, we will look at what people told us in the survey.

Who took part in the survey

4,000

Over 4,000 individual people completed the main survey.

550

Over 550 organisations completed the main survey.

150

Over 150 individual people completed the easy read survey.

8
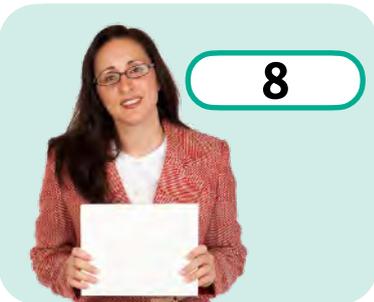
8 organisations completed the easy read survey.

Most people who took part in the survey were:

- Between 25 and 54 years old.

- White.

- From England.

- Female.

What people said

Most often people said these things are important:

- To be able to get help through a mental health service much more easily.

- More support in their local area, close to where they live.

- Help with their mental health sooner, before it gets worse.

- More money to be spent on mental health services.

- Thinking about the things that can help everyone have good mental health.

Most often people also said these things are important:

- The health of your body affects your mental health.

- People with a mental health condition need to be offered better support with the health of their bodies.

Other things people said

People also said we should give more support to anyone who is more likely to have mental health problems, or those who help them.

People who are more likely to need support include:

- Older people.

- Parents and families.

13

These people are also more likely to need support:

- People who need extra support to look after themselves and stay safe.

- Children and young people.

Schools and work

People said that schools and places of work could do more to help everyone have good mental health.

They could:

- Make sure that no one is being bullied.

- Treat people with health conditions and disabled people better.

Places of work could also make it easier for people to work at times that suit them.

Training and education

People said that there should be more training and education so that people know more about mental health problems.

Preventing mental ill-health

People said that we should work to stop people from getting mental ill-health.

People said that we should do this by giving more support to people who are likely to get mental health problems.

More likely

People said that more mental health support should be given to:

- People who need extra support to look after themselves and stay safe.

- Children and young people.

- Families and carers of people with mental health problems.

- People from areas that have less money than other areas.

- Older people.

People who have problems with drugs and alcohol are also more likely to get mental health problems.

Preventing suicide

We asked what could be done to stop more people from dying by suicide.

People said we should plan to help people get better if they are thinking about taking their own life.

People said we should:

- Make sure everyone can get the support they need, when they need it.

- Make sure everyone has enough money to buy the things they need to live.

- Help people to talk to each other about mental ill-health and suicide.

To help anyone who is likely to take their own life people also said we should:

- Give urgent support to people who are finding it very hard to cope with their feelings.

- Help people sooner before their mental health gets worse.

- Look at how social media like Facebook and TikTok is affecting people's mental health.

- Make sure all health services are working together to help someone's mental health.

- Do more to understand why people die by suicide and work to deal with those problems.

18

Helping people sooner before it gets worse

People said they wanted help with their mental health sooner before it gets worse.

People said they want:

- Better training for NHS staff so they understand more about mental health.

- NHS staff to work together to help people who are having problems with their mental health.

- Better support for people in local areas close to where they live.

- Everyone to learn how to talk openly about mental health with other people.

19

Better treatments

Treatments are ways that health staff help you get better.

People said that:

- There should be more different types of treatment.

- Treatment should be right for each individual person.

- There should be more Mental Health staff.

More

- There should be more training for mental health staff.

More

People also said that people should be able to get their treatment online if they want it, if that is possible for that treatment.

Health staff should understand how things in the past can affect people's mental health.

The NHS should keep looking for new ways to help people with their mental health.

People in a crisis

A **crisis** is when you can't cope and you might harm yourself, or someone else.

People who are in a crisis need help quickly.

You can have a crisis at anytime, day or night.

People said that:

- There should be a phone number to get help at anytime, day or night.

- Everyone should be able to get help quickly.

After the crisis

We asked about what help people need after a crisis.

People said these things would help:
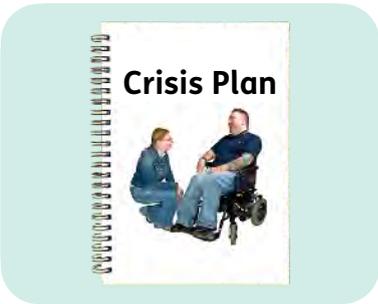
- A plan that will help someone not to have another crisis in the future.

- Support from friends and family.

- Support from health staff to check the person is OK.

- More support in local areas close to where people live.

People also said less contact with the police would help people after a crisis.

The internet

People said that the internet and social media are affecting people's mental health.

People said that we should look at how to stop the internet and social media from making people's mental health worse.

Loneliness

People said that there is a link between people who are lonely and people who harm themselves or die by suicide.

Changing attitudes towards mental health

Some people have a negative attitude towards mental health. They can treat people with mental health conditions unfairly.

People are afraid to talk about their mental health condition in case they get treated differently.

This can make people's mental health worse.

People said that services should help everyone to:

- Understand more about mental health.

- Respect people with mental health conditions and treat them fairly.

Research

Research means collecting information about something to find out more about it.

We want to research ways to improve treatment and services for people with mental health conditions.

People said that we should collect more information about people with mental health conditions across the country.

We can share this information with people who are looking for new treatments and ways to make our services better.

In 10 years' time

We asked what mental health services should be like in 10 years' time.

People said:

- Services should be available closer to where people live.

- Services should work to stop people from getting mental ill-health.

- There should be better care for children and young people.

Helping everyone to live well

We asked what things help everyone to have good mental health.

People said:

- Family and friends.

- Having enough money to buy the things you need to live.

- Having a good job.

- A healthy body.

People also said their mental health was helped by:

- Having a good place to live.

- Feeling part of a local community.

- Good care services.

Next steps

We will be writing a plan to deal with illnesses causing bad health and early death in England.

This includes mental ill-health.

We asked what should be done first to deal with mental ill-health.

People said:

- Make it easier for everyone to get help through a mental health service.

- Do more to stop mental health problems.
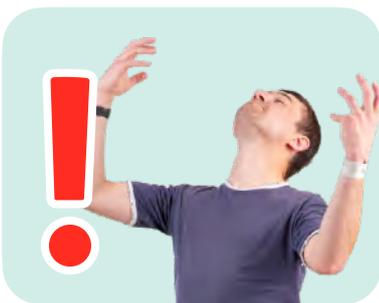
- Improve care and support for people in a crisis.

People also said:
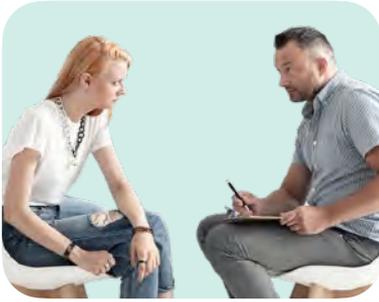
- Improve treatments for mental ill-health.

- Improve everyone's wellbeing.

- Improve the lives of people who have a mental health condition.
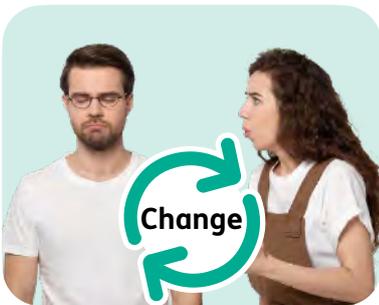
- Health services should work to change people's attitudes towards mental health, so that everyone is treated fairly.

For more information

If you need more information please contact us by:

- Post:
  Department of Health and Social Care
  39 Victoria Street
  London
  SW1H 0EU

- Phone: 0300 790 4007

- Email:
  dhsc.publicenquiries@dhsc.gov.uk

This easy read information has been produced by easy-read-online.co.uk