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 5 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 at home and in our community.

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