

# Healthy Minds Adult Mental Health Improvement Framework



**Respond Better to Distress**

Improve responses to people in distress, both from services and wider community, including action to prevent suicide and better support for people who self harm

**Promote Wellbeing for People with Long Term Conditions**

Promote holistic health for people with long term conditions – “healthy body, healthy mind”, promote recovery approaches and social inclusion

**Promote Wellbeing and Resilience with People & Communities**

Develop social connection, tackle isolation, build resilience, strengthen use of community assets - including social prescribing, strengthen self care and peer support

**Promote Wellbeing and Resilience through Work**

Promote mental health, wellbeing and resilience at work; address employability issues, including those affected by mental ill health

**Promote Positive Attitudes, Challenge Stigma and Discrimination**

Promote positive attitudes to mental health and to people with mental illness, raise awareness of mental health issues, reduce stigma and discrimination and promote inclusion, including better access to mainstream services

**Tackle Underlying Determinants and Promote Equity**

Address underlying determinants of good mental health, including financial inclusion, nurturing early years, healthy environments, active citizenship and participation, and ensure focus on promoting wellbeing of diverse communities



*An evidence based framework that brings together the full range of activity that has been demonstrated as having value in the promotion of good mental health for adults*

*It is designed to be ‘read’ in a bottom-up way, starting with consideration of underlying determinants such as socio-economic factors, moving through social environment issues like challenging stigma and discrimination, then considering health promotion and primary prevention activities, with the upper ‘tier’ of actions being secondary preventative and recovery oriented*