

Healthy Minds Handout

Respond Better to Distress

Accept that it is ok and healthy to feel. 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.

- Link with local suicide prevention programmes
- Undertake a basic training needs assessment to identify what mental health training staff require
- Develop and implement robust organisation policies that protect and promote mental health and wellbeing and equip staff with the skills, knowledge and confidence to respond if an individual presents in distress or has suicidal ideation.

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.

- Link with health social care services supporting those with long term conditions to ensure equitable access to supports and services
- Link with your primary community mental health team to promote and encourage referrals/signposting to your organisation
- Link with your local carers centre to raise awareness of the supports/ services available to those with a caring role.

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.

- Engage with diverse communities and population groups experiencing inequalities in mental health eg LGBT, BME
- Support individuals and groups to access local and relevant programs eg parenting.

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.

- Find out what is happening and available in your community to support mental health and wellbeing. Make links with local third sector partners
- Work in partnership with organisations to share resources, information and to encourage cross agency signposting and referrals
- Establish links with your local health improvement team
- Utilise social media as a resource to promote mental health and wellbeing.

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.

- Find out if there is an anti-stigma alliance in your community that you can join/link to
- Engage, promote and participate in the Scottish mental health arts festival and other awareness raising mental health campaigns
- Access information and resources from national organisations such as See Me to support stigma work.

Promote Wellbeing and Resilience through Work

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

- Find out what financial inclusion services are available to your local community and how to refer to these
- Link with your local job centre to encourage referral/signposting to your organisation
- Access the healthy working lives programme to support the mental health and wellbeing of your staff.