

# INTRODUCTION

We all have mental health, with it being of utmost importance to our residents with 98% of respondents in our citizen survey reporting mental health is equally or more important than physical health.

## EXPERIENCE MENTAL HEALTH ILLNESS

1 IN 4 ADULTS

1 IN 6 YOUNG PEOPLE

1 IN 10 CHILDREN



## COMMUNITIES AT HIGHER RISK

- People living in deprivation
- Ethnic minorities
- LGBTQ+ community
- Disabled communities
- Asylum seekers & refugees



# CREATING A MENTALLY HEALTHY CITY

Our ambition is to build a city where everyone or all ages and communities have the support and resources to maintain good mental health and wellbeing and cope with life's challenges.

Priorities include:



### MENTALLY HEALTHY PEOPLE

Working to build individual's resilience and behaviours to support good mental health and wellbeing throughout the life course.



### MENTALLY HEALTHY FAMILIES

Strengthen family bonds, empower families to support each other, provide targeted support to those in needs and ensure families have resources to thrive.



### MENTALLY HEALTHY COMMUNITIES

Work with communities to ensure they actively involved in shaping service provision, create supportive and safe spaces and make mental health and wellbeing resources easier to access.



### MENTALLY HEALTHY PLACES

Work with partners to create greener, safer and more accessible physical environments and provide support for mental health and wellbeing in workplaces and educational settings.

# SUICIDE PREVENTION

Preventing suicide at a population level is essential. Suicide is not inevitable and everyone has a role to play. This strategy, developed with partners and those with lived experiences, identify priorities to make suicide prevention a reality.



### IMPROVING DATA & EVIDENCE

We will ensure effective, evidence-informed and timely interventions to be developed and adapted.



### PROVIDING SUPPORT TO PEOPLE WHO SELF-HARM

We will provide information and support to reduce the prevalence of self-harm.



### TAILORED, TARGETED SUPPORT TO PRIORITY GROUPS

We will deliver tailored, targeted support to key priority groups including those at higher risk. Ensuring bespoke actions and interventions that are effective and accessible for everyone.



### INCREASING TRAINING & SKILLS

We will increase training and skills opportunities so that more people can spot the signs of a suicide crisis and provide appropriate support.



### PROVIDING EFFECTIVE CRISIS SUPPORT

We will provide effective crisis support across sectors for those who reach crisis point.



### REDUCING ACCESS TO MEANS & METHODS OF SUICIDE

We will reduce access to means and methods of suicide where this is appropriate and necessary as an intervention to prevent suicides.



### PROVIDING EFFECTIVE BEREAVEMENT SUPPORT

We will provide effective bereavement support to those affected by suicide.



### MAKING SUICIDE EVERYONE'S BUSINESS

We will make suicide everyone's business, so that we can maximise our collective impact and support to prevent suicide.