

# INTRODUCTION

Mental health is important to our residence 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.



### 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.



### 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.

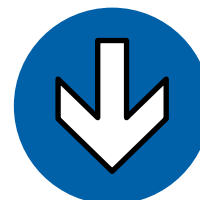
## OUTCOMES



Improve self-reported mental wellbeing: improve life satisfaction, worthwhileness, happiness and reduce anxiety.



Reduce hospital admissions for self-harm towards zero.



Reduce suicide rates towards zero.