Summary Nottinghamshire County Mental Health Promotion Action Plan 2022-2025

Our Purpose:

Mental health and preventing suicide and self-harm is everybody's business. We want to raise awareness by informing and influencing everyone in Nottinghamshire to respond to suicide, self-harm and mental ill health appropriately so that people get the right support at the right time

Summary plan

Theme	Actions
Governance Structures and processes	• Agree governance structures, processes, roles and responsibilities
Scoping and needs assessment	• Completed scoping and mapping of existing work programme and actions undertaken against the Prevention Concordat Domains for Adults and Children and Young People (CYP)
Mental Health promotion, communication and awareness	• Co-produce branding inc decision on adoption of national promotional materials • Potential alignment with Suicide Prevention communications • Targeted campaigns
Training competence and knowledge	• Training Needs Analysis (TNA) – part of Wave 4 TNA • Communicate identified needs to statutory services • Call off training from Framework for non-statutory services and communities • Actively promote and target training • Evaluate impact
Mental Health and Suicide Awareness Champions – phased approach	• HWB Board members • Embed Mental Health and Suicide Prevention (MH&SP) awareness within community champions models – MECC (Making Every Contact Count) approach • Evaluate impact
Community Friendly Nottinghamshire	• Scope/understand what can be offered in context of mental health promotion/awareness, framed on Five Ways to Wellbeing • Understand/evaluate Community Friendly Nottinghamshire Community Organising Approach impact on mental wellbeing in communities – ripple effect
Prevention Concordat for Better Mental Health	• Public Health delivery through Mental Health Promotion Action plan • Support/promote to others to sign-up e.g. Districts, Place Based Partnerships, Integrated Care System • Refresh MH Joint Strategic Needs Assessment
Parity of esteem - bringing physical and mental health together	• Promote access to planned and opportunistic health checks for people with Serious Mental Illness (SMI) • Explore Your Health Your Way provided by ABL, to provide health behaviour change interventions and support to people with common and severe mental health disorders. • Explore potential to work with Active Notts to explicitly promote the benefits of physical activity on mental wellbeing • Promote mental health in all policies across the system so that equal consideration of physical and mental health becomes the norm