



# DRAFT Southwark Joint Mental Health and Wellbeing Strategy

2017-2020

21 September Engagement Event

# **DRAFT Southwark Joint Mental Health and Wellbeing Strategy**

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&**

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**(Partnership Commissioning Team)**

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# Overview of the Strategy Vision

## We want to:

- Support everyone in Southwark to live healthy, happy and longer lives
  - Stop people from becoming unwell where possible
  - Support more people in the community and at home
  - Work together to share the money that is available across health and care
  - Give people the skills they need to stay well and support one another
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# Areas we will focus on

Based on what people in Southwark have told us, these are the ways that we will address issues relating to poor mental health and wellbeing in Southwark:

1. Prevention and promotion of wellbeing

2. Community based care and activating communities

3. Improving clinical and care services

4. Improving recovery

5. Improving quality and outcomes

# **1. Prevention and promotion of wellbeing**

People have told us that we need to prevent people from becoming ill by supporting them to be healthy and provide more information.

# **2. Community based care and activating communities**

People have told us that they want to access care in the community.

### 3. Improving clinical care and services

People have told us that we need to work with our GPs more and support people better when they are ill and in crisis.

*“Everyone who comes into contact with services should be made to feel like they are the best person in the world and not just another person to walk through the door.” (Female Service User aged 46)*

*“When in crisis don’t always know what I need, I need some level of guidance of what is available and what may help so I can make a decision.” (Female, 37)*

## **4. Improving recovery**

People have told us that they don't want to be in hospital when they don't need to be. People also want to be respected and treated well

## **5. Improving outcomes**

People have told us that they want more support to live healthily when they are ill, such as providing more support for healthy eating, diet and exercise

# What happens next?

- This engagement is start of a process that had identified key themes for us to deliver over the next 3 years
  - We will now work with the NHS, Council, police, ambulance services, hospitals, transport and the voluntary and community sector to deliver an action plan
  - Final version of strategy will go to CCG Governing Body and Cabinet in November and December for consideration
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# Enjoy the workshop session