

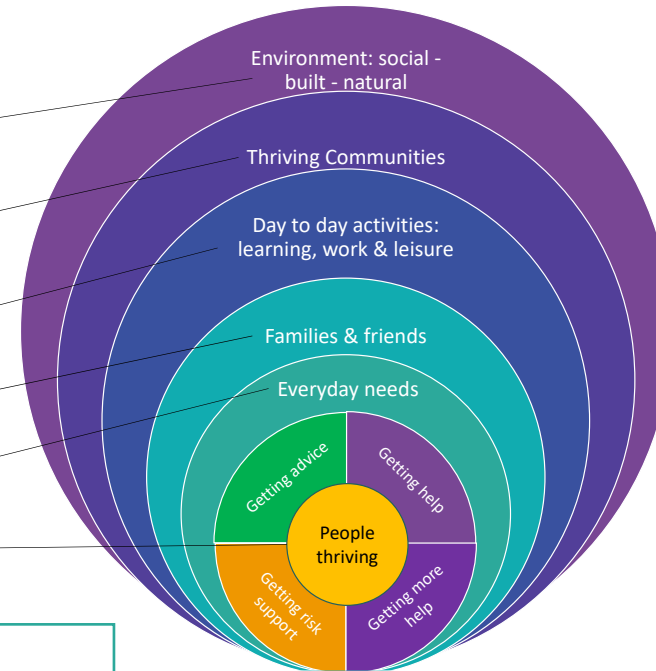
Draft Stockport All-age Mental Health & Wellbeing Strategy Framework 2022-2030: Summary

Our purpose: to improve mental health and wellbeing for people of all ages in Stockport. **We will:**

- Respond to the present challenges to mental health & wellbeing
- Enable people to look after their own and each other's mental health and wellbeing
- Use the Thrive framework to ensure the right support is there for people of all ages when they need it
- Reduce the inequalities in mental health and wellbeing, including in access to services
- Maintain and improve the health and wellbeing of people working in public services
- Reduce the consequences of poor mental health in employment, education, and pressure on services
- Enable more people in Stockport to grow and thrive, achieving their goals in life.

Creating the conditions for mental health and wellbeing

- Human friendly urban environments, greenspace, transport, climate action
- Belonging, connecting, volunteering, peer support, community action
- Learning, personal growth, good work, creative, social & physical activities
- Positive relationships: caring & being cared for
- Money, home, safety, physical health, healthy eating
- Mental health information and services: including self-care, early intervention and treatment



Our approach:

- 'No health without mental health' – its everyone's business
- Joint Strategic Needs Assessment to inform priorities
- Addressing inequities in mental health in all our policies
- Make information and support it easy to find
- Implement transformation plans for mental health services for all ages: Thrive model
- Continue investment in mental health services
- Continue investment in VCFSE activity to improve mental health & wellbeing
- Create the living conditions that nurture mental health and wellbeing

Our approach: guiding principles:

- Informed by evidence
- Addressing inequalities & valuing diversity
- Systems thinking – recognising complexity
- Inclusive dialogue: proactively engaging and co-producing
- Asset and strengths-based
- Person-centred: importance of relationships
- Actively learning – growth mindset
- Reflexive practice: understanding our own impacts on others

Our vision: In Stockport by 2030 we will see:

- Mental health and wellbeing promotion is embedded in public services and large business
- Strong and inclusive partnerships are helping to improve mental health and wellbeing
- More people accessing information and support for their mental health and wellbeing
- Individual and community wellbeing in Stockport is improving, and fastest in the most deprived areas
- Public sector workforce wellbeing is thriving
- Waiting times mental health services have reduced reducing, and outcomes continuing to improve, in line with national ambitions.
- Demand for crisis responses is reduced and declining for all age groups in Stockport.