

What do you think about the Draft Mental Health Strategy 2021-2031 Easy Read Summary



What is mental health

Your mental health is how you think and feel about things in your mind.

If your mental health is good you feel well and happy.

If you have mental health problems you might feel sad, angry or worried.



Our communities have lots of people with mental health problems.

They can find it hard to get the help they need, when they need it.



This mental health strategy is a plan for the work we want to do, over a long time.

It will try to make things better for people with mental health problems.



Mental Health in Northern Ireland right now.



Northern Ireland has more people with mental health problems than other parts of the United Kingdom.



People with less money may have more mental health problems.

People with mental health problems may have more money problems.



Northern Ireland has more mental health problems because of our history of fighting, called the 'troubles'.



Children and young people in Northern Ireland have more anxiety and depression than other parts of the United Kingdom.

Anxiety means feeling worried or nervous.

Depression means feeling full of sadness and having little confidence.



Many people are having mental health problems because of the spread of the COVID-19 virus.

What does our mental health strategy want to change?



It wants people with mental health problems to get the help they need as soon as they need it.



It wants mental health to be given the same respect and importance as the health of our bodies.



It wants everyone with mental health problems to get the right help, when they need it. It should not matter where you live.



It wants to support staff to do their jobs well. This means training staff and using their skills where they are most needed.



It wants to learn from people.

To do this we must listen to the views and ideas of

- people who use mental health services
- carers
- staff
- and other experts.



These changes have come from the co-production of this strategy.

Co-production is when people who use services are included in all decisions about the service.



What we want to see – our vision

We want to make Northern Ireland a place where

- everyone can talk about their mental health
- everyone can get help to have good mental health
- everyone can get the right help for them as an individual, when and where they need it
- everyone can be treated kindly and get the help that we know makes their quality of life better.



Things we think are very important.



Good co-production and co-design at every stage. This means people who use services are included in all decisions and plans about the service.



Person centred care and a whole life approach.

Person centred means putting the person at the centre of planning for their lives.

A **whole life approach** helps people make and live an interesting life full of their own hopes and dreams.



Knowing that people may have been through frightening things. Think carefully about how this may affect them, in the care we give.



Choice. A person will have choice about the treatment they need and want.



Getting people help early to stop problems happening or stop them getting worse. Always working towards getting people back to feeling well.



Looking at what is working and letting this help us make decisions.



Looking at what stops some groups of people getting the help they need. Doing something about this.



Themes and actions for change.

A **theme** is an idea.

An **action** is what you do to make something happen.



Our plan of work was made by thinking about

- what we want to see happen in Northern Ireland
- and things we think are very important.



We have 3 big ideas for change.

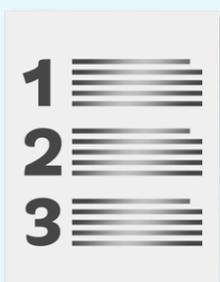


1. Help people before a problem starts, to keep them well. Help people quickly so they can get back to feeling well.



2. Give the right help at the right time.

3. New ways of working.



Each big idea has actions. These are things we want to do to change mental health services in Northern Ireland.

We have 29 actions.

Theme 1.

**Help people before a problem starts to keep them well.
Help people quickly so they can get back to feeling well.**



Action 1.

Make an action plan to help everyone.

Give more help to certain groups, that have more mental health problems.



Action 2.

More talking therapy for all people in Northern Ireland.

Talking therapy is when you talk to someone to help you deal with your feelings.



Action 3.

Help children and their families to have good mental health.



Action 4.

Provide better special mental health services for people with disabilities. Make sure it is easy to get help from services.

Help and support parents and families.

Theme 2 - Provide the right support at the right time.



Action 5.

More money for children and young people's mental health services.

Better care when they move to adult services.



Action 6.

Meet the needs of children and young people at most risk.



Action 7.

Clear emergency services for children and young people across all of Northern Ireland.



Action 8.

Adult mental health services will support all adults. Older adults, over 65 years old, should get the service they need.

Theme 2 - Provide the right support at the right time.



Action 9.

Change the way mental health services are organised so the person is in the centre. Work with all services.



Action 10.

More help for people to get better.



Action 11.

Community and voluntary services work together more.



Action 12.

More talking therapy from psychology.

Theme 2 - Provide the right support at the right time.



Action 13.

Use phones, computers and iPads more to deliver mental health services.



Action 14.

Keep checking people have a healthy body.



Action 15.

Check people have a healthy body when they are seen for mental health problems. Help people to live healthily.



Action 16.

Build good hospitals for when people need to go into hospital.

Think about other choices to get good care outside of hospitals.

Theme 2 - Provide the right support at the right time.



Action 17.

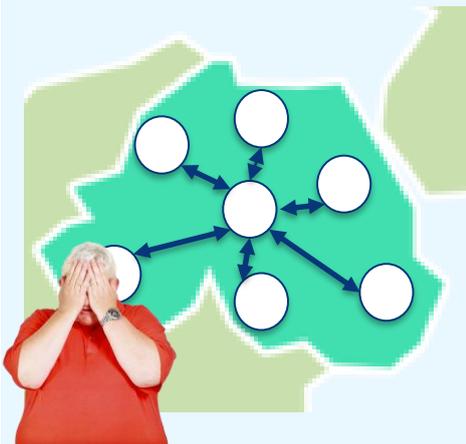
To help people get better they need more specialist community teams.

We need good places that people with mental health problems can stay in longer while they get better.



Action 18.

Make sure there are safe services for people getting treatment who might hurt themselves or others in Northern Ireland.



Action 19.

All services in Northern Ireland need to have one plan and talk to each other to help people who are having great difficulty with their mental health or are in danger.



Action 20.

Have experts to help people who have mental health problems and also problems with substances like drugs and alcohol.

Theme 2 - Provide the right support at the right time.



Action 21.

Continue to help mothers before they have babies and soon after.



Action 22.

Give the help that we know works to people who have their first experience of mental health problems who believe things that are not real. Make sure services talk to each other.



Action 23.

Make a service for people with personality disorder in Northern Ireland.

Personality disorder is a mental health problem that can affect how you deal with life, relationships, and your emotions.

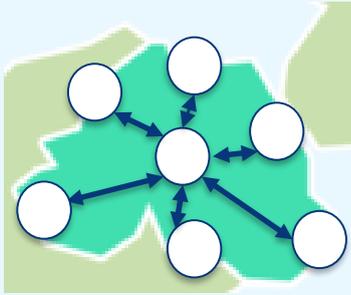


Action 24.

Make a service for people with eating disorders in Northern Ireland.

Eating disorder is a mental health problem that affects how you feel about food. Sometimes people do not eat and they become very sick.

Theme 3 – New ways of working.



Action 25.

Have a whole Northern Ireland Mental health service.



Action 26.

Look at the number of staff and the training they need for this mental health service.



Action 27.

Support people to talk about what they think. Help people to use their own experiences to help each other.



Action 28.

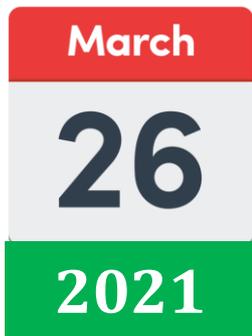
Work with people who uses services and staff to agree how to measure if the service is doing a good job.



Action 29.

Have a Centre for mental health research with money to pay for the research.

Research looks at problems very carefully to answer questions.



Please tell us what you think of this plan by the 26th March 2021

There are questions on the next 2 pages you can answer and post to

Department of Health
Adult Mental Health Unit
Room D4.26
Castle Buildings, Stormont
Belfast, BT4 3SQ



Or you can email
mentalhealthstrategy@health-ni.gov.uk



Or you can answer the questions online
<https://www.health-ni.gov.uk/mentalhealthstrategy>



name



email

Are you answering as part of a group? Yes

No

Name of group



Do you agree with what we want to see in Northern Ireland - our vision?



Yes

Not Sure

No



Do you agree with the things we say are very important?



Yes

Not Sure

No



Do you agree with theme 1, actions 1 – 4? Help people before a problem starts to keep them well. Help people quickly so they can get back to feeling well.



Yes

Not Sure

No



Do you agree with theme 2, actions 5-24? we should provide the right support at the right time.



Yes

Not Sure

No



Do you agree with theme 3, actions 25 - 29?
We need new ways of working.



Yes

Not Sure

No



Do you agree with Impact Assessment screening to make sure we treat everyone fairly?
You can read about this at <https://www.health-ni.gov.uk/mentalhealthstrategy>



Yes

Not Sure

No

Pick the 5 most important actions

1

2

3

4

5



Please write anything else you want to say.