

Healthy Minds – Adult Mental Health Improvement Framework, Greater Glasgow and Clyde

Respond Better to Distress

❖ Improve responses to people in distress, both from services and wider community, including action to prevent suicide and better support for people who self harm

Promote Wellbeing for People with Long Term Conditions

❖ Promote holistic health for people with long term conditions – “healthy body, healthy mind”, promote recovery approaches and social inclusion

Promote Wellbeing and Resilience with People & Communities

❖ Develop social connection, tackle isolation, build resilience, strengthen use of community assets - including social prescribing, strengthen self care and peer support

Promote Wellbeing and Resilience at Work

❖ Promote mental health, wellbeing and resilience at work; address employability issues, including those affected by mental ill health

Promote Positive Attitudes, Challenge Stigma and Discrimination

❖ Promote positive attitudes to mental health and to people with mental illness, raise awareness of mental health issues, reduce stigma and discrimination and promote inclusion, including better access to mainstream services

Tackle Underlying Determinants and Promote Equity

❖ Address underlying determinants of good mental health, including financial inclusion, nurturing early years, healthy environments, active citizenship and participation, and ensure focus on promoting wellbeing of diverse communities