

Title: The Time to Change Pledge-challenging stigma and discrimination around mental health

Wards Affected: All

To: Health and Wellbeing Board

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1 Purpose

1.1 **Time to Change** is a national organisation charged to tackle the stigma and discrimination around mental health. The **Time to Change pledge** as advised in the national guidance, 'No Health without Mental Health' is not just a 'tick box' action. It requires the development and implementation of an Action Plan which aims to:

- Reduce the stigma surrounding mental health problems in the workplace;
- Support the principle of the 'Five Ways to Wellbeing' in terms of all Torbay Council policies, processes and procedures;
- Support a positive model of mental health and wellbeing for Adult, Young People and Children's Services.

2 Recommendation

2.1 To recommend to the Health and Wellbeing Board that it signs up to the **Time to Change** pledge and oversees the development of an Action Plan which will become a core part of a revised Joint Torbay Health and Wellbeing Strategy and requires a change in culture.

2.2 For the Health and Wellbeing Board to support the current Mental Health Champion, to work with the Public Health Mental Health lead to develop a culture which challenges stigma and discrimination around

mental health, and to develop an action plan to ensure that this is embedded in good governance, practice and behaviours .

3 Supporting information

- 3.1 Ensuring good mental health amongst the population is a great deal more than the absence of mental ill-health. Mental health impacts not only on an individual, but on families, workplaces, and communities.
- 3.2 Stigma and discrimination has a profound impact on the lives of people with mental health problems. The overwhelming majority of people with mental health problems report being misunderstood by family members, shunned and ignored by friends, work colleagues and health and social professionals. Consequently, it is unsurprising that people who do have a mental health problem are often unwilling to disclose it or talk about it.
- 3.3 In 2011, the Government published its mental health strategy, '*No health without mental health*' which set out long-term ambitions for the transformation of mental health. Implicit in this is the link between positive mental health and physical health which are often treated separately rather than holistically.
- 3.4 NHS England is now launching a programme to ensure that, across the entire health system, mental health has equal priority with physical health.
- 3.5 Public Health England has embarked on work to improve the understanding of mental health issues within the public health workforce.
- 3.6 As a Pioneer site, South Devon and Torbay is committed to focussing on mental health, and is required to offer joined up mental and physical health care across the whole spectrum of services.
- 3.7 None of the above work can be undertaken effectively until the stigma surrounding mental health and mental health problems is tackled, requiring a programme of awareness raising, and active challenge and

discussion around the topics, and available support for people who are brave enough to be honest about their mental health status.

3.8 To support this, in 2008, the New Economics Foundation (**nef**) was commissioned by the Government's Foresight project on Mental Capital and Wellbeing to develop guidance on action that people could take to improve personal wellbeing. This was summarised as the '**5 ways to wellbeing**' and is a comparable message to the successful healthy eating '5 a day' campaign. Some of the advice may seem trite. It is not, however. It is about choices, and enabling people to see that anyone, anywhere, can take something from the message to benefit them. (Appendix 1).

4. Relationship to Joint Strategic Needs Assessment

4.1 Mental health and physical health underlie any health and social care needs assessment

5. Relationship to Joint Health and Wellbeing Strategy (JHWS)

5.1 This is core to the JHWS

6. Implications for future iterations of the Joint Strategic Needs Assessment and/or Joint Health and Wellbeing Strategy

6.1 Currently, an emphasis on the prevention of mental and physical ill-health is not obvious. This will change as actions rather than aspirations become the style of JHWS.

Appendix1 Five Ways to Wellbeing

Background Papers:

- 1 No Health without Mental Health: HM Government, 2011
- 2 Happiness: The Eternal Pursuit, 2012/13 Annual DPH report, Brighton and Hove City Council
- 3 Key Facts and Trends in Mental Health, NHS Confederation, January 2014
- 4 Closing the Gap,: Priorities for essential change in mental health. January 2014.

Appendix 1

FIVE WAYS TO WELLBEING

The suggestions for individual action, based on an extensive review of the evidence are:

1. Connect...

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the

cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

2. keep Learning...

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you enjoy achieving. Learning new things will make you more confident as well as being fun.

3. be Active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

4. take Notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

5. Give ...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, as linked to the wider community can be incredibly rewarding and creates connections with the people around you.

[1 www.neweconomics.org/publications/five-ways-well-being-evidence](http://www.neweconomics.org/publications/five-ways-well-being-evidence)