



**ONE**  
**STOCKPORT**

# Mental Health and Wellbeing Strategy

2023-2030



# Why we need this strategy

**Mental health is at the heart of our lives. We all aspire to wellbeing – a sense of happiness, of meaning or purpose in life. And the mental health and wellbeing of our population is a high priority for system partners. But right now we are seeing the number of Stockport residents suffering with mental health challenges, be that depression, anxiety or serious mental illness, increasing significantly. Recent survey data show 1 in 5 of our young people have low life satisfaction. This at the same time as inequalities in mental health are widening, largely because of the twin impacts of the Covid-19 pandemic and the rising cost of living.**

Investment in mental health and wellbeing has not kept pace with the increasing needs of our population and this has made it really difficult for our mental health services to meet the needs of people experiencing mental health challenges, and they and their carers don't always feel as engaged in their care and decision making as they would like to be.

All of this means that we need to do much more to promote mental health and wellbeing for everyone, prevent mental ill health developing in the first place, and reduce mental health inequalities. For those with existing mental health problems, we have to join up across health and social care to provide a more responsive and integrated service.

## Our vision

**Our vision is for Stockport in 2030 to be a place where people support each other in times of need, in communities where we find belonging and feel proud. We will have achieved real improvements in the health and wellbeing of communities with the poorest health, reducing the gap in healthy life expectancy between communities.**

People facing mental health challenges will feel valued and understood and receive the support they need when they need it. Our mental health support services will be adaptable, continuously learning from lived experiences and responding to our individual needs quickly and effectively, helping us to reach our goals.

Our services will work with individuals, families, communities, and other organisations, enabling us to build on our strengths and grow our support networks. This will enable us not just to survive but to thrive.

We are determined to make a real difference to mental health and wellbeing in Stockport. System partners share a clear set of ambitions, actions, and priorities. We have confidence in these, as they have been produced on the basis of input from a wide range of partners and residents, and they respond to the challenges we face, and make use of known, effective approaches and interventions.

## Our 5 ambitions

Our five ambitions represent the key programmes of change over the next seven years to achieve our vision. These ambitions take a public mental health approach, across all ages. This means our work spans the promotion of mental wellbeing for everyone, prevention of mental health problems, and improving the lives of people experiencing mental health problems, whilst addressing inequalities in mental health.

- 1 Putting lived experience at the heart of what we do**
- 2 Embedding mental health in everything we do**
- 3 Promoting awareness and understanding of mental health and wellbeing**
- 4 Working with communities and building the capacity of voluntary, community, faith and social enterprise organisations**
- 5 Improving our mental health support to enable people to live fulfilling lives**

# Mental health and wellbeing in Stockport



To inform this strategy we have updated our Joint Strategic Need Assessment (JSNA) for mental health in Stockport. Some of the key things it tells us are:

- In a 2021/22 survey of Stockport children in Years 8 and 10, 18% reported having low mental wellbeing
- The number of people diagnosed with anxiety has increased by 30% between 2016 and 2020, to 38,680
- The number of people with diagnosed depression has increased by 63% between 2016 and 2022, to 39,780
- The number of people diagnosed with serious mental illness has increased by 41% between 2005 and 2022, to 3,040
- The under-75 mortality rate for all causes is 4.3 times higher for people with a serious mental illness than the general population and this gap is widening

## What partners and Stockport residents

*have told us*

During 2022 we listened to the concerns, ideas and priorities about mental health of people living and working in Stockport. In response, we have jointly developed an ambitious strategy to address the big challenges together as One Stockport.

Services need to be easier to access and responsive to individual needs, aspirations, and circumstances, including those of carers

Bring people together around shared interests and experiences

Mental health and wellbeing training should be delivered across all sectors

Prioritise support for money problems

We need to work together to counter the myths and stigma around mental illness

## The overall outcomes we strive for are

- Improvement in mental health and wellbeing at all ages
- Increase in suitable employment and accommodation for people with mental illness
- Reduced inequality in premature mortality of people with serious mental illness
- Reduction in suicides

## How we will achieve this

Mental health and wellbeing are influenced by many parts of our lives, including family, community, work, school, and the wider environment. Therefore, we all have a part to play, including local communities, schools, workplaces, voluntary and faith groups, the Council, as well as the NHS. We will work as equal partners, guided by our shared understanding of the challenges and priorities, and by lived experience.

# Changes

## we will see in the short-term

### **Ambition 1** Putting lived experience at the heart of what we do

- People living in Stockport will have real influence over shaping the support available for mental health and wellbeing.
- We will be guided by what matters to people and their families, to ensure services understand and respond to people's needs.
- We will set up a Mental Health Board which will be co-chaired by someone with lived experience and which will ensure our action plan has lived experience at its heart.

### **Ambition 2** Embedding mental health in everything we do

- We will consider how our policies and activities impact our employees' mental health and wellbeing and the people and communities we serve, across key organisations including Council and NHS services, reducing the risks to mental health, and strengthening people's ability to cope.
- We will support and encourage schools, colleges and other workplaces in Stockport to take a 'whole organisation' approach to the mental health and wellbeing of their workers and the children and young people they serve. This means offering known effective preventive interventions, supporting people who need support, and changing how the organisation works, to create places that nurture mental health and wellbeing, and strengthen people's resilience.
- We will co-produce a delivery plan with partners across the system and collaborate as partners to develop a much more joined up model to support the mental health and wellbeing of everyone in Stockport.

### **Ambition 3** Promoting awareness and understanding of mental health and wellbeing

- We will provide training for public-facing workers and volunteers to equip them to understand and respond to the mental health and wellbeing needs of people they meet.
- We will promote public understanding of mental health by sharing trustworthy information, both online and printed. This will help people look after their own and their loved ones' wellbeing and find the right support for mental health concerns.

### **Ambition 4** Working with communities and building the capacity of voluntary, community, faith and social enterprise organisations

- We will work with and support local community and voluntary activities and volunteering opportunities, which provide social connection, friendship, meaning and purpose, complementing the medical and therapeutic support provided by services.
- Local voluntary and community organisations will work together as a 'network' to build their strengths, share knowledge and skills, and access funding sources.

### **Ambition 5** Improving our mental health support to enable people to live fulfilling lives

- We will ensure that people living with serious mental illness and their carers experience improved care, support, and wellbeing; they will feel part of their communities, with suitable accommodation and, if they feel it is appropriate for them, paid employment.
- We will reduce the waiting times and make it easier for children, young people, and families to access support when they need it.
- We will improve how services respond to the needs of families, by establishing new Family Support Hubs in local neighbourhoods, bringing together the support for families' wellbeing.
- People experiencing a mental health crisis (self-defined) will be able to access the right support when they need it.