

**HWBB priority area: Mental Health**

**1. What is your organisation currently doing to address Mental Health issues locally?**

Richmond fellowship- lifelines

- Identify where residents can access local provision
- X2 recovery workers attend and give out info based on a range of subjects
- mental health referral for additional support

BOW – mental health forum

- Meets quarterly – range of professional services
- Aiming to put on a multi-agency events to provide information to residents

Wigston Councillor confirmed there is an armed forces working group

- Veterans breakfast – mental health
- Housing officers looking to identify mental health issues locally

Mental health JSNA – Commissioned services such as Richmond fellowship

LSSP – Mental health awareness in primary schools is very good, however secondary schools in both Oadby and Wigston ( particularly the academies) do not engage.

- Look to put on school festivals that promote mental health. The festival will look to set up information stands that will be used to sign-post pupils to the most appropriate support group depending on their situation for example, “Turning Point” an organisation for drug and alcohol related issues, and “Worth-it” an evidence-based positive psychology, and coaching approaches that prevent mental health problems and improve the mental wellbeing of children and young people.
- Teachers being trained to be mental health 1<sup>st</sup> aid qualified

Budhhi – host lots of school assemblies and seminars on mindfulness, whilst also promoting important dates in the year, revolving around mental health.

National literacy trust – studies show that children engaging with more literacy tend to have significantly more positive mental wellbeing. With this knowledge, libraries are promoting more access to books that can give guidance to mental well-being. The main campaign for literacy is “Shelf Help” which is a national reading scheme to support mental health for young people.

**2. What are your plans to address Mental Health issues in 2019/2020?**

The plan to address mental health issues in 2019/2020 is to support ongoing projects instead of creating lots of new ones, which will invariably compete with current projects. To support ongoing projects we must bring more awareness to secondary schools as these pupils deal with lots of adversities at this age, yet secondary schools appear to be doing very little to support these issue, despite alarming stories of student being diagnosed with a form of mental illness or who have self-harmed. To support these projects we must create better relationships with schools and encourage them to gain access to mental health assistance.

**3. What are the challenges?**

- The lack of interaction with some schools in the area
- The difficulty in reaching the parents of youngsters with a mental health issue
- Better partnership working – to increase footfall at mental health sessions/events
- Improved exposure of the services available
- Confusion and varying messages portrayed in the media, thus making it harder for the general public to understand mental illness, or where to go if they have a problem.

**4. What support do you need from the HWBB?**

The help needed from the HWBB is primarily around general support, funding, backing and promotion - including raising awareness of ongoing local initiatives, in order to engage with more individuals.

The BOW Mental health group confirmed they would like to invite a representative from the Council to their next group meeting, to help with planning their next event.