

Chairman's Announcements

Subject:	Mental Health Awareness Raising
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The Public Health team at Wiltshire Council have developed some tools to help raise awareness of mental health both in the workplace and in communities.

We are able to offer (to Area Boards and other community groups) a session which is ideally about 90 minutes long (but can be tailored to provide a session of about 50 minutes if timings do not allow the full package to be delivered).

The session takes inspiration in its approach and ethos from the extremely successful Alzheimers' Society 'Dementia Friends' programme and is designed to deliver community awareness raising, increase understanding and reduce stigma and discrimination.

The session itself is interactive and suitable for both professionals and members of the public. It involves some group activities and video clips as well as information about mental health and how to keep yourself well. It focusses strongly on how to improve and maintain wellbeing and mental health and uses tools like the Five Ways to Wellbeing <http://www.neweconomics.org/projects/entry/five-ways-to-well-being>

Sessions held to date (including Health and Wellbeing Board, Health Select Committee and Westbury Area Board) have been extremely well received and have generated some healthy debate about promoting mental and emotional wellbeing.

The Public Health team is now in the process of rolling this session out more widely to include:

- Training key members of staff to deliver the sessions (e.g. Health Trainers, volunteers)
- Delivering the session within Wiltshire Council for staff members
- Publicising the sessions for wider dissemination
- Engaging with local voluntary and community sector organisations such as Mind to explore the option of offering the opportunity for their staff/volunteers to receive training and deliver the session
- Producing a toolkit to run alongside the training (or to stand alone) which will be available from September 2016.

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For further information about the awareness raising package, please contact karen.spence@wiltshire.gov.uk or telephone 01225 713094

Some local and national links to sources of help:

National

SANE Helpline http://www.sane.org.uk/what_we_do/support/helpline

Rethink <https://www.rethink.org/about-us/our-mental-health-advice/crisis-contacts>

Time to Change <http://www.time-to-change.org.uk/mental-health-and-stigma/help-and-support>

Depression UK http://www.depressionuk.org/national_links.shtml

Samaritans: telephone 116 123 or email jo@samaritans.org

Local

Your own GP (who can refer on to mental health providers where mental ill health requires treatment)

Wiltshire IAPT – wide variety of group and 1:1 sessions
<https://iapt-wilts.awp.nhs.uk/all-courses/browse-wiltshire-courses/>

Wiltshire MIND – counselling and group sessions plus other services
<http://www.wiltshiremind.co.uk/>

Wiltshire Health Trainers
<http://www.wiltshire.gov.uk/healthandsocialcare/publichealthwilts/healthtrainers.htm>

Other community based services

Revival (rape and sexual abuse support)

Soundwell (music therapy)

Richmond Fellowship (employment/vocational support)

Advocacy services

WSUN Service user engagement and support <http://wsun.co.uk/>