

Appendix 1. Nottinghamshire Mental Health Promotion Action Plan 2022-2025

| Theme | Actions |
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| Governance Structures and processes | <ul style="list-style-type: none"> • Agree governance structures, processes, roles, and responsibilities |
| Scoping and needs assessment | <ul style="list-style-type: none"> • Completed scoping and mapping of existing work programme and actions undertaken against the Prevention Concordat Domains for Adults and children and young people |
| Mental Health promotion, communication, and awareness | <ul style="list-style-type: none"> • Co-produce branding including decision on adoption of national promotional materials • Potential alignment with suicide prevention communications • Targeted campaigns |
| Training competence and knowledge | <ul style="list-style-type: none"> • Training Needs Analysis (TNA) • Communicate identified needs to statutory services • Call off training from Framework for non-statutory services and communities • Actively promote and target training • Evaluate impact |
| Mental Health and Suicide Awareness Champions – phased approach | <ul style="list-style-type: none"> • Health & Wellbeing Board members • Embed mental health and suicide prevention (H&SP) awareness within community champions models – Make Every Contact Count (MECC) approach • Evaluate impact |
| Community Friendly Nottinghamshire | <ul style="list-style-type: none"> • Scope/understand what can be offered in context of mental health promotion/awareness, framed on Five Ways to Wellbeing • Understand/evaluate Community Organising Approach impact on mental wellbeing in communities – ripple effect |
| Prevention Concordat for Better Mental Health | <ul style="list-style-type: none"> • Public Health delivery through Mental Health Promotion Action plan • Support/promote to others to sign-up e.g., Districts, Place Based Partnerships (PBPs), Nottingham and Nottinghamshire Integrated Care System/ • Refresh Mental Health Joint Strategic Needs Assessment (JSNA) |
| Parity of esteem - bringing physical and mental health together | <ul style="list-style-type: none"> • Promote access to planned and opportunistic health checks for people with Serious Mental Illness (SMI) • Explore Your Health Your Way (Service provided by ABL), to provide health behaviour change interventions and support to people with common and severe mental health disorders. • Explore potential to work with Active Notts to explicitly promote the benefits of physical activity on mental wellbeing • Promote mental health in all policies across the system so that equal consideration of physical and mental health becomes the norm. |