

**Report to: Area Partnerships**

**Report of: Steph MacKenzie, Joint Health Improvement Team, Public Health**

**Date: June 2022**

## **Consultation on the Scottish Borders Mental Health Improvement and Suicide Prevention Action Plan Development (2022-2025)**

### **Background**

The Scottish Borders Joint Health Improvement Team is working with a multi-agency steering group of statutory and third sector partners to create a new three year action plan aiming to improve adult mental health and prevent suicide. The new action plan is not about our mental health services; it is about the things that help to prevent mental ill health and that promote good mental wellbeing.

Our current work covers communications and awareness campaigns, development of support resources, training around mental health and suicide prevention, research to develop our understanding of the wellbeing needs and challenges of people in the Scottish Borders and supporting communities in their approach to mental health and suicide prevention.

The purpose of the consultation is to gather feedback from people to help develop the Action Plan for Adult Mental Health Improvement and Suicide Prevention in the Scottish Borders. Four programme areas have been identified by partners in our Mental Health Improvement and Suicide Prevention Steering Group and the consultation asks for feedback about some of the ideas under these themes:

1. Promoting mental health and wellbeing
2. Preventing suicide and self-harm
3. Reducing mental health inequalities
4. Improving the lives of people experiencing and recovering from mental ill health

### **Consultation**

Views of the Area Partnerships are welcomed about this important area of work and in addition to any feedback from the meeting there are two specific consultation mechanisms set up to capture wider engagement:

#### Online survey

Members are asked to respond to the online survey, which is live on Citizen Space, the Scottish Borders Council consultation site. It is open for individuals or groups to complete and will be open until 3<sup>rd</sup> July. We would welcome any help that Members can give in promoting the survey and encouraging local residents to respond. You can access the consultation at this link:

<https://scotborders.citizenspace.com/public-health/improving-mental-health-in-the-scottish-borders/>

#### Focus Groups

We also have focus groups which are being held by Borders Care Voice in June 2022, seeking specific engagement with people experiencing mental ill-health, People of Colour, LGBT people, carers and people bereaved by suicide. To join a focus group or find out more information please contact Borders Care Voice on 01896 757 290 or email [admin@borderscarevoice.org.uk](mailto:admin@borderscarevoice.org.uk)

**For further information or any queries please contact Steph MacKenzie, Health Improvement Specialist (Mental Health) at the Joint Health Improvement Team by emailing [steph.mackenzie@borders.scot.nhs.uk](mailto:steph.mackenzie@borders.scot.nhs.uk)**

Visit our online Wellbeing Point at [www.nhsborders.scot.nhs.uk/wellbeingpoint](http://www.nhsborders.scot.nhs.uk/wellbeingpoint) to access our local Mental Health Improvement and Suicide Prevention resources.