

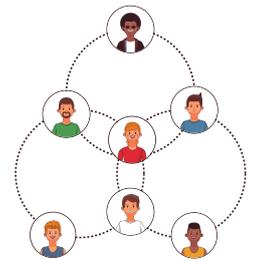
# Community Mental Health Transformation

## Improving the lives of people with mental illness

We know getting mental health care and support isn't always easy, but change is coming and you can be part of this. Over the next five years the Community Mental Health Transformation Programme aims to improve the lives of people with mental illness and the way people are supported in their local communities.

### Working together

Health and social care, local authorities, emergency services, voluntary sector organisations and people with experience of mental illness, and their families and carers, are working together to make change happen and meet people's needs locally.



Together, we're making things simpler, working closer with one another, and looking beyond traditional mental health care approaches.

### Support at the heart of local communities

We want people to get the help they need in their local communities.



We aim to bring people together from different organisations to work side-by-side, giving people a central point to go to for help and support. This will stop people having to go to lots of different places and speak to lots of different people.

We also want to improve knowledge of mental health illness and where people can get support, as well as understand how they can support others too.

We're running mental health training, so no matter where you are or who you speak to in your local community, support and advice is always close by.

### Supporting people's wider needs

Housing, employment, education, finances and their social circumstances can all affect how people feel mentally.



Local authorities and social care are working with health care services to make sure that people with mental illness have better access to social care, housing, drug and alcohol services and financial advice. This can help support people to lead better and healthier lives and reduce the impact on their mental wellbeing.

# Community Mental Health Transformation

## The voluntary community and enterprise sector (VCSE)

The voluntary community and social enterprise sector (VCSE) are important partners in the programme. The VCSE operate at the heart of local communities and includes a range of organisations from small local community groups, to larger charities.

The VCSE can offer a range of support that can make a big difference to people's day to day lives including:

- Volunteering
- Arts & craft groups
- Counselling
- Gardening
- Befriending
- Sports
- Healthy eating advice / cookery
- Employment support
- Group learning
- Support groups

These types of activities can help to improve mental wellbeing, as well as working alongside mainstream mental health services. This means people can benefit from additional support other than, or in addition to, traditional mental health care to help them feel better.

VCSE organisations can also help people to solve problems, understand processes and meet others to build relationships, all of which can reduce anxiety and help people to feel better and more supported.

**By working together we can help more people to access more activities and support.**

## Have your say and help us make a change

All this is being made possible by working together with people with experience of living with mental illness and their families and carers. People's experiences and views are so important in getting this right.



By listening to one another and coming up with solutions together we can change the way in which people living with mental illness can receive support in our local communities.

**If you have experience of mental illness and would like to find out more about how you can get involved in shaping the future of support for people locally please visit / contact [tewv.transformationnyy@nhs.net](mailto:tewv.transformationnyy@nhs.net)**