



Aberdeenshire
Health & Social Care
Partnership

Adult Mental Health and Wellbeing Strategy

2019 - 2024



Easy Read

Page

Introduction – About the Strategy

3

What we will do

6

What next?

17



The Mental Health and Wellbeing Strategy is for people in Aberdeenshire.

A **strategy** is a plan of work.



The plan is about what we need to do to make things better for adults with mental health problems in Aberdeenshire.



Mental health is what someone is feeling in their mind.



A mental health problem is a problem with someone's mind that makes it difficult for them to live a normal life.



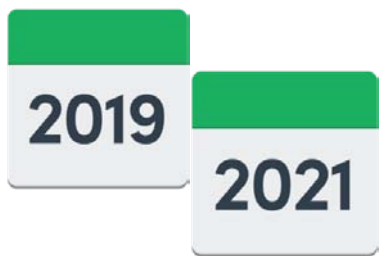
Good mental health is about feeling good about your life and being able to cope with problems.



Our plan was developed together with:



- People with mental health problems.
- Families/carers.
- Staff in health and social care.
- Organisations that work with people with mental health problems.



Our plan of work will be for 2 years, 2019-2021.



We want people with mental health problems in Aberdeenshire to have better care and support.

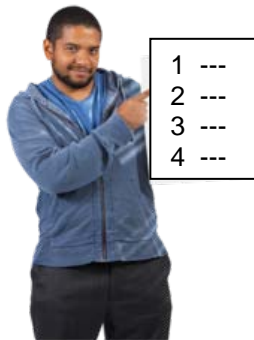


Make sure people with mental health problems get the same help as other people get when they are ill.



Make life better for people with mental health problems and their families.

What we will do:



To help people in Aberdeenshire who have mental health problems. We will focus on 4 things.



1. Support people to look after their own mental health problems better.



2. Make sure people with mental health problems have the right care and support at the right time.



3. Give people more choice and control with their care and treatment.



4. Make sure people are not treated differently just because they have mental health problems.



1. Support people to look after their own mental health problems better.

What we will do:



- Make sure mental health and wellbeing information is available in lots of places.



- Work to help people understand mental health better.



- We want people with mental health problems to have a plan of care and support.



This plan can help people to think ahead and make choices in managing their health and wellbeing.



2. Make sure people have the right care and support at the right time.

What we will do:



- Give people treatment, care and support at an early stage.



- Use digital technology to help make our services better.

This is things like online resources to get access to therapies better.



- Work together with the emergency services.



- Make sure services and staff know how to support and understand someone better with trauma.



3. Give people more choice and control in plans made about them.

What we will do:



- Make care and treatment better for:
 - Young people moving to adult services.
 - Older adults.
 - People with substance use problems.
 - Veterans.
 - Prisoners in HMP Grampian.





- Support people to have good mental health.



- Work together better with health and social care teams.



- Include people to tell us what they want and need in our service.



- Have better housing options for people with higher support needs.



- Make life better for people with mental health problems and their families.



4. Make sure people are not treated differently just because they have mental health problems.

What we will do:



- Help people with mental health problems to stay in employment.



- Talk to people about managing money.

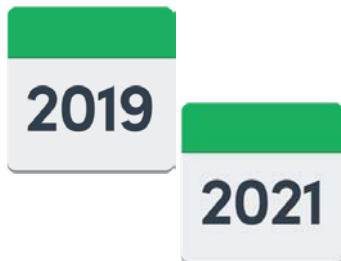


- Work together better with GP's
Aberdeenshire Sport and
Activity service, Aberdeenshire
Council services and NHS.



- Work with services to have
more community resources that
support wellbeing and
recovery.

What next?



We will do this work for the next 2 years.



We will review this work every year and report to the **Aberdeenshire Integration Joint Board**.



The **Aberdeenshire Integration Joint Board** are a group of people that work together to make sure we do these things.



We will let people know how things are going.



You can look at the full version of the Strategy at:

<https://www.aberdeenshire.gov.uk/social-care-and-health/community-care/living-independently/mental-health-wellbeing-services/>