

# Draft adult mental health strategy (2019-2024)



**We need your views**

Easy Read Version





Good mental health is just as important as good physical health.



There are lots of things that can affect mental health.



We can help stop people from becoming unwell and protect their mental health if services work together.



We need to know what is important to people. We have already listened to the views of local people to help us create this plan.



We want everyone in Cornwall and the Isles of Scilly to have good mental health.



We want people to feel supported and able to access care and treatment.



We want people to have choice in their support and care.



We want people to reach their recovery goals.



We want people to live longer and in good health.



We want people to feel good about the services they receive.



NHS England has a national plan to improve mental health care.



An easy read version of the NHS England plan is at this link -

<https://www.england.nhs.uk/mentalhealth/wp-content/uploads/sites/29/2015/08/mh-taskforce-easy-read.pdf>



Our plan shows what we will do to meet the needs of local people and these national priorities.



We know that people can sometimes find it hard to get the help and support they need.



We know that mental and physical health needs are often treated separately. There can be long waits to access care.



During the past two years around £6million has been invested to improve mental health services in Cornwall and the Isles of Scilly.

## Our plans for the future



We will support people to help themselves and each other so they stay independent and well in their communities.



There are 6 important areas we will work on.

## Prevention



We will work together to help people to make healthier life choices.



We will work together to encourage social connections and reduce loneliness.



We will work together to ensure people have access to housing that meets their needs.

## Easier access to treatment



We will improve the number of annual physical checks for people with serious mental health illness.



We will help people with a serious mental illness who are at risk of heart disease to get support with things like stopping smoking.



We will try to find specialist in-patient services in Cornwall so that people don't have to be treated far away.



We want to help people with lots of problems, including those who drink and use drugs.



We want people with a mental health illness who also have a learning disability or autism to be able to access services easily.



We want to improve access to talking therapies.



We want to support vulnerable young men by offering sports.



We want to go ahead with our suicide safer towns idea to provide support where it is needed.





We want to make sure that there is support available to loved ones when someone takes their own life.



We want crisis care support to be available at any time of the day or night.

## Personalised care and greater choice



We want people to have more choice and we will work with them to develop a personalised support plan.



We will provide people with the support they need to manage their own mental health and wellbeing or support family members or friends.



We will use Personal Health Budgets more to help people get the services they want.



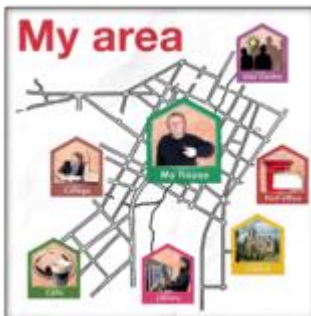
We want the best support for carers. It is important that carers can comment on the services they receive.

## Recovery



We want to give people in distress the best chance to recover.

## Integration



We want more people to receive care closer to home.



We want people with complex mental health issues to have the housing that they need.

## New Technology



We want to improve web based support for local people.



We want to use technology to deliver care locally and share care planning.



We want more people to be able to access online consultation.



We want to make it easier for people to order medicines online and get online treatment using Skype.

## Summary



This plan sets out our ideas which will help us work together to make sure that there are great services that meet the needs of everyone.

## Tell us what you think of our plan



We have a survey that you can answer by going to this link

<https://www.surveymonkey.co.uk/r/THY9VFB>



Or you can answer the questions on the next page.



The survey closes on 21 November 2019.

## Tell us what you think of our plan



Do you think that our ideas in this plan are easy to understand?






Yes

Not Sure

No



Do you think that the things we want to do are good ideas?






Yes

Not Sure

No



Do you think services would be better?






Yes

Not Sure

No



Do you have any ideas that would make this plan better?






Yes

Not Sure

No



Do you think this plan includes everything to make sure that mental health activities are available locally?






Yes

Not Sure

No



Let us have any other ideas or tell us what is missing from the plan here

Post your answers to us at



**FREEPOST RTES-UZ XK-SHBG**  
C/O Adult Mental Health Team  
NHS Kernow Clinical Commissioning Group  
Sedgemoor Centre  
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To get this information in another format email: [kccg.engagement@nhs.net](mailto:kccg.engagement@nhs.net) or call 01726 627897



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