

Tell us what you think:

The Challenges:

It can be difficult for the Government to make a plan if it is for local areas. The Government would need to support local areas to change.

Question 1: Do you think the Government could take action to help them make changes?

No

Yes-Tell us more about this

Funding made available for national training programmes

The Government has to improve services. There may be a gap in services and things may need to change

Question2: Do you think change is needed?

No

Yes-tell us more

NHS Staff need further training in discrimination and talking therapies need to be more readily available.

There are 14 outcomes that we want:

1. We will encourage people and communities to have good mental health which can help them prevent mental ill health.
2. Action will be taken in childhood and the early years of people's lives to prevent mental ill health.
3. To help people to understand their mental health. If they are not well they should be able to get help.
4. On first contact of mental health services will work well.
5. Suitable care and treatment will be available. This will be based on persons needs.
6. Care and treatment is focused on the individuals needs.
7. The role of the family and carer is understood and this will be supported by professionals.
8. The amount and type of services should be correct to meet people's needs.
9. All groups should be able to access services equally.
10. Mental health services will work well with other services.
11. Health and Social Care staff should have the skills to do all their duties.
12. We will check local and national results. This will show how the mental health system works.
13. We shall support the improvement of health and social care services.
14. We will ensure that people are supported and protected by law.

Question 3: Do you think there are other things we can do to reduce self harm and suicide rates?

Yes-Tell us more about this

Support programmes which reduce social isolation and enable service users to make friendships and meaningful relationships.

More local beds for mental health

Continue phone lines like breathing space and services such as Lifelink.

More out of hours services.

More campaigns talking openly about suicide.

More suicide prevention training like Assist & Safetalk.

Tackle stigma of staff towards self harm.

Question 4: Are there other things we can do to stop discrimination of people who have mental health issues.

Yes-Tell us more about this

Tackle media

Target employers

Educate that mentally unwell does not = criminal

More needs to be done to support people with mental illness into work. Also negative reporting and lazy journalism continues to create negative stereotypes about people with mental illness.

Question 5: Can we develop the good work of the "See Me" campaign in reducing discrimination? (This is the Scottish Government's campaign against discrimination on mental health)

Yes-Tell us more about this

Keep supporting "See me" give more funding and broaden out groups targeted and people portrayed.

QUESTION 6: Do you know of ways in which we can take action to promote good health and wellbeing?

Yes-Tell us more about this

Talk about mental health from nursery.

Train staff to recognise mental illness symptoms.

More support for families e.g. domestic abuse.

Talk more about emotional health at school etc.

Recognise 'not just being a teenager'.

Services targeted at men finding it difficult to open up/release emotion without being violent.

Awareness for general public/parents.

Question 7: Can we improve access to services for children with mental health problems?

Yes-Tell us more about this

Address lack of services for 16-18 year olds

Question 8: Does the National Health Service(NHS) need more support to improve children and young people's mental health services?

No

Yes- Tell us more about this

Wards across Scotland for young adults

Not enough CPN'S

GP training and encouraged to use more options than just medications

Question 9: Are there ways in which we can help people to help themselves, which will improve their own mental health and wellbeing?

No

Yes-Tell us more about this

Knowing how to recognise symptoms.

Knowing policies & practices in place to stop bullying.

Question 10: Do you think there are ways we can encourage people to get advice when they need it?

Yes-Tell us more about this

More info about what will happen if you seek advice e.g hospitalization not first line of treatment.

Question 11: Are there ways we can change services so they are quick to see if someone has mental ill health.

Yes-Tell us more about this

Need better training.

Make referrals when needed don't just hand out meds.

Make diagnoses after a proper assessment not over years of 5 min GP appointments.

Have enough psychiatrists/psychologists to see people quickly before health deteriorates further.

Question 12: Are there ways we can support the NHS and their partners to collect information that will help improve services?

No

Yes-Tell us more about this

Question 13: Do we need to do other things to support the NHS and their partners to develop care plans?

No

Yes-Tell us more about this

Question 14: Are there ways the Scottish Government could work with partners to continue to develop good services?

No

Yes-Tell us more about this

Question 15: Do you think we need to have things in place to develop partnerships with service users, families, carers and staff?

Yes-Tell us more about this

Question 16: Can more be done to a person-centred process in mental health settings?

Yes-Tell us more about this

Make more people understand terminology of diagnoses.

Make sure hospital release is based on being ready not bed shortage.

If the patient chooses to have family involvement then family members should be allowed to attend meetings with patients.

When released from hospital not put into homeless units.

Need to be treated for all issues e.g substance misuse and health problems to.

Don't label mental health patients as drug addicts until proven otherwise.

Question 17:

The Government has created a tool called the Scottish Recovery Indicator (SRI). This supports mental health services to focus on recovery. Do you think staff can and be encouraged to use this?

Yes-Tell us more about this

Looking at the SRI2 this seems a positive assessment tool

Question 18: The Scottish Recovery Network is a group to make people aware of recovery from mental health problems. Do you think we can encourage professionals to use more recovery based processes?

Yes-Tell us more about this

The Clubhouse model has shown over the last 50 years to be a successful recovery model used internationally.

Question 19:

Can we support families and carers to be involved in care and treatment?

Yes-Tell us more about this

Question 20: Families and carers want to be involved in their relative's Care. Can staff be supported to provide information for this to happen?

No

Yes-Tell us more about this

If the patient chooses to have family involvement then family members should be allowed to attend meetings with patients.

Question 21: Could the areas that have designed good services be a model to follow?

Yes-Tell us more about this

It is important to learn from good practice

Question 22: We want to know who is using services and if they are accessible. Do you think the Scottish Government can make sure that this information is recorded?

No

Yes-Tell us more about this

Question 23:

Is there a way that we can share information we learn about making services accessible?

No

Yes-Tell us more about this

Question 24: Do you think there are gaps in services?

No

Yes-Tell us more about this

Question 25: Do you think more support could be done to support the NHS and their partners to provide person centred care?

Yes-Tell us more about this

Training in anti stigma and therapies like CBT

Question 26: Do you think there are ways to help those with mental ill health issues in other settings, like prison?

No

Yes-Tell us more about this

Question 27: "Promoting Excellence" is an outline for staff who work with people with dementia and their families. Are there ways we can support staff to use this help those who need it?

No

Yes-Tell us more about this

Question 28: Could surveys be used to find out about staff experience?

No

Yes-Tell us more about this

Question 29: Do we need to support staff development?

No

Yes – Tell us more about this

Question 30: We want to find ways to maintain training for staff. This could increase access to services. Can we promote this training?

No

Yes- Tell us more about this

Question 31: Are there ways we can build on the information we gather to develop mental health services?

No

Yes – Tell us more about this

Question 32: We want all local care services to record information on care delivery the same way. Do you know how we can support this?

No

Yes- Tell us more about this

Question 33: Is there any other support needed to improve services?

No

Yes- Tell us more about this

Question 34: Do you think that we can bring together local and national work resulting in improved mental health services?

No

Yes – Tell us more about this

Question 35: Do we need to support staff so that care and treatment services follow the law?

No

Yes – Tell us more about this