Paul Southworth, Consultant in Public Health, NHS Grampian

paul.southworth@nhs.scot

Public Mental Health and Wellbeing

What is Public Health?

- Population-Level
- Prevention
- Positive Health and Wellbeing
- Communities
- Inequalities

What is Mental Health?

"*A dynamic state, in which the individual is able to develop their potential, work productively and creatively, build strong and positive relationships with others, and contribute to their community. It is enhanced when an individual is able to fulfil their personal and social goals and achieve a sense of purpose in society.*"

UK Government Office for Science. *Mental capital and wellbeing: making the most of ourselves in the 21st century.*

A Public Mental Health and Wellbeing Approach (in five easy steps)

1. Primary Prevention and Action on the Social Determinants of Health and Health Inequalities

- Focus on the **fundamental causes of inequalities** in mental health and recognise the mental health component of social and health inequalities. Work on the fundamental causes should evaluate their mental health impact.
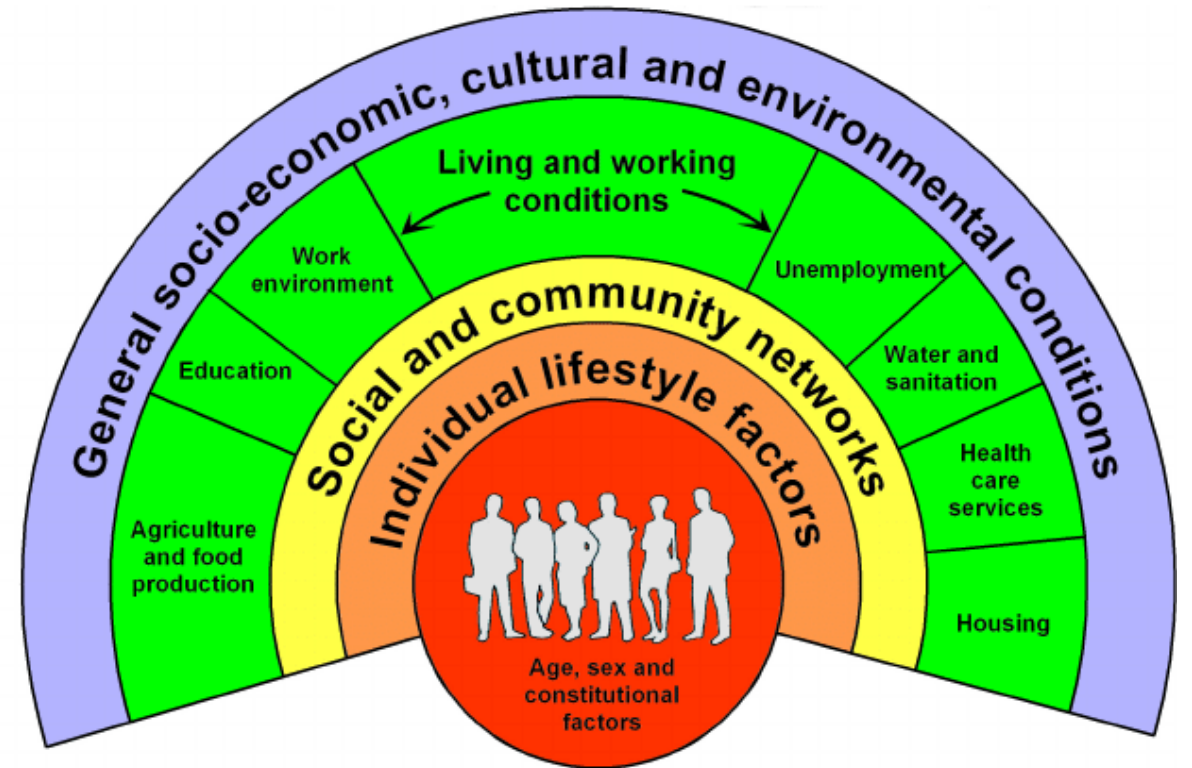
Source: Dahlgren and Whitehead, 1991

1. Primary Prevention and Action on the Social Determinants of Health and Health Inequalities

- Take action on the mental wellbeing of **children and young people**. Most mental health issues arise during this period of life.
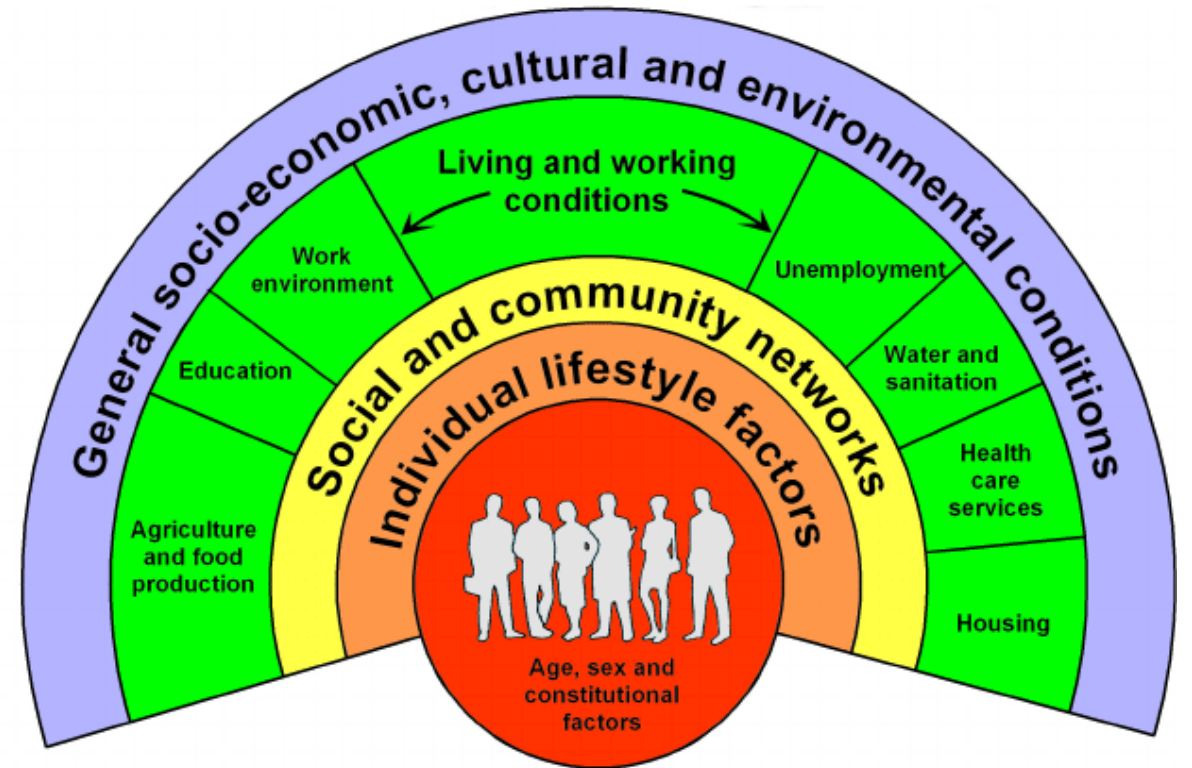
Source: Dahlgren and Whitehead, 1991

1. Primary Prevention and Action on the Social Determinants of Health and Health Inequalities

- Take a **life-course approach**, recognising the different challenges to mental health and wellbeing from pre-conception to end of life.
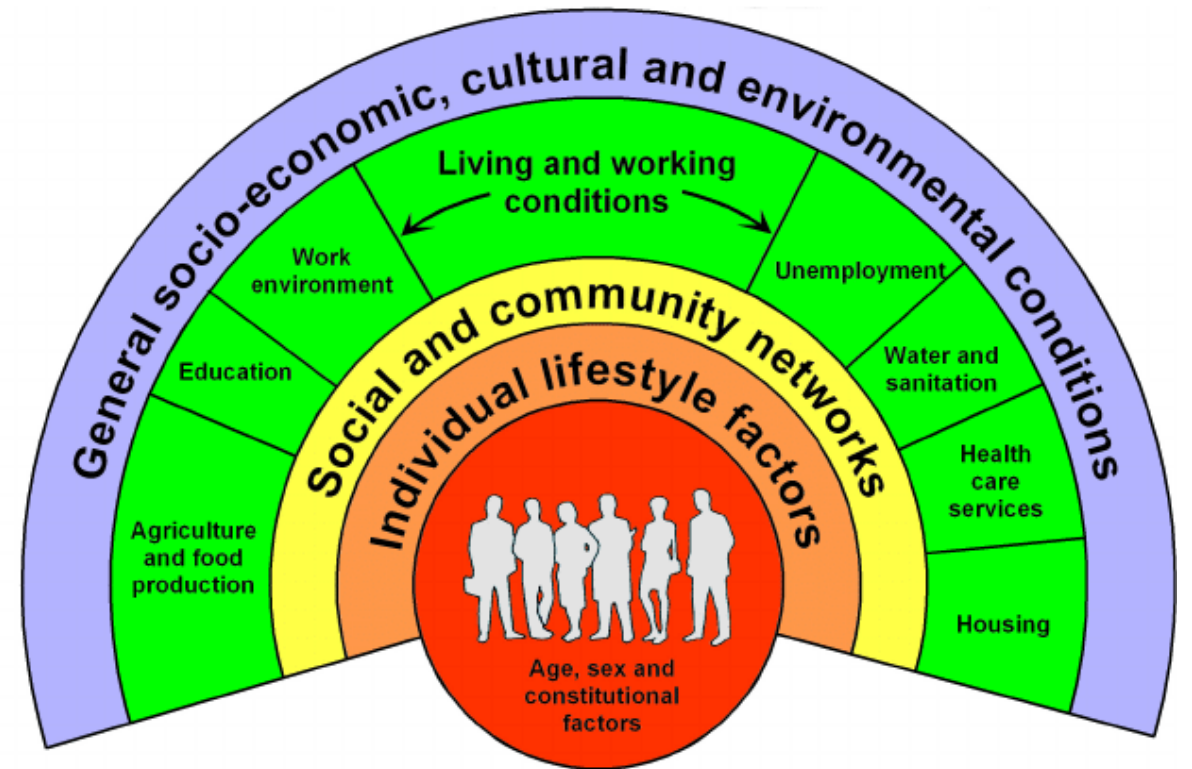
Source: Dahlgren and Whitehead, 1991

1. Primary Prevention and Action on the Social Determinants of Health and Health Inequalities

- Bring understanding of **inequalities in income, power and wealth** into our work. This will include work to tackle discrimination against protected characteristics.
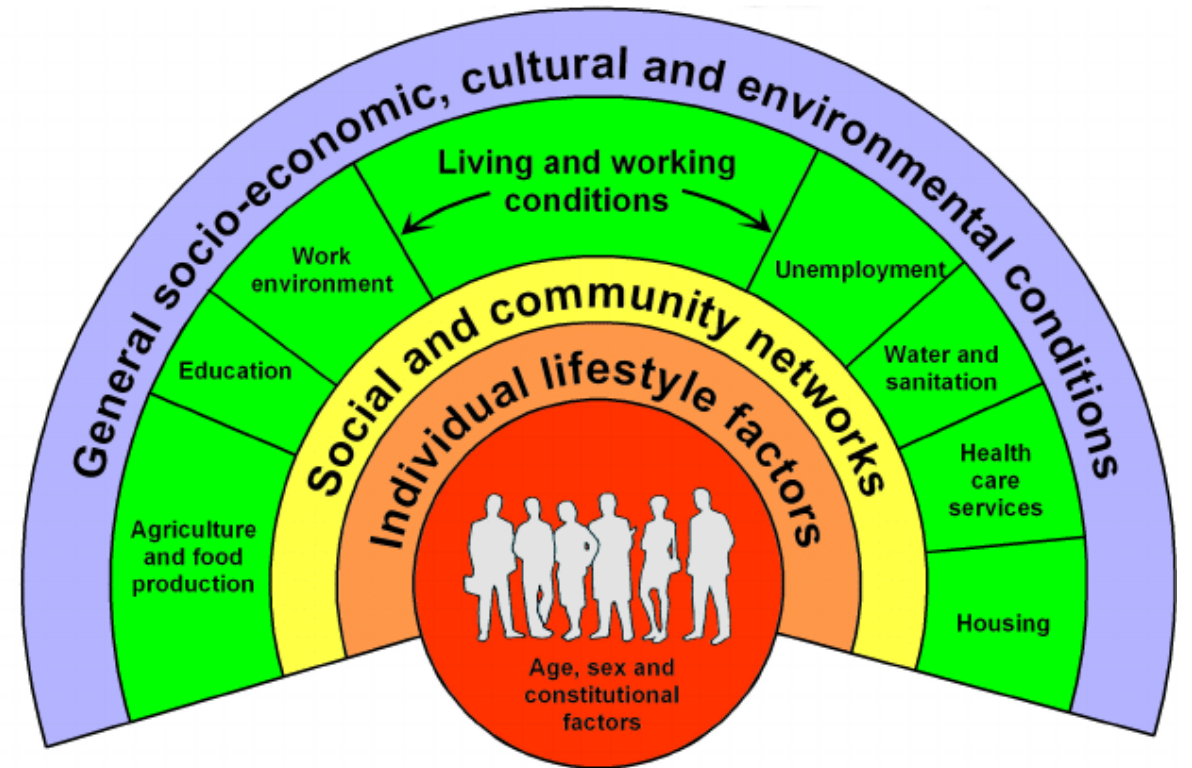
Source: Dahlgren and Whitehead, 1991

1. Primary Prevention and Action on the Social Determinants of Health and Health Inequalities

- Recognise the importance of **gender inequity** in determinants, experiences and outcomes in mental health and wellbeing.
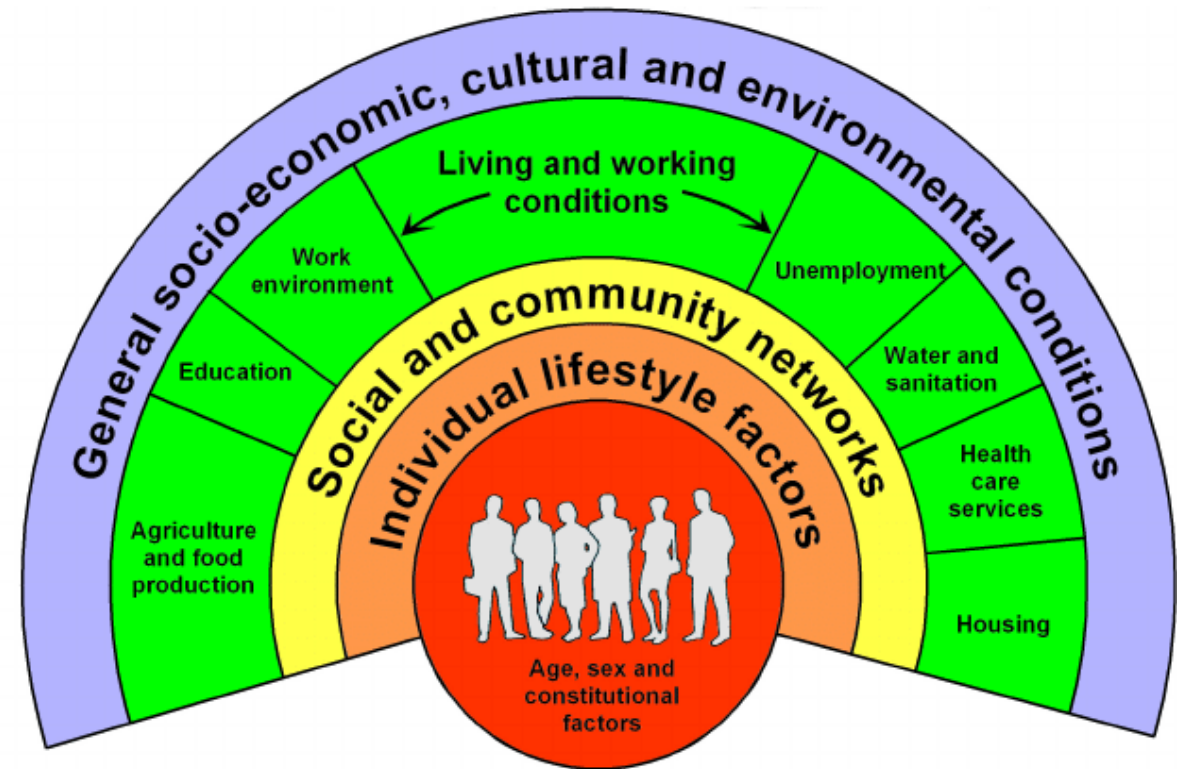
Source: Dahlgren and Whitehead, 1991

2. Focus on Positive Mental Health and Wellbeing

- **Move beyond** a focus on diagnosable mental ill health and clinical solutions

2. Focus on Positive Mental Health and Wellbeing

- Start from an understanding that we all have mental health and **we can all work to strengthen our own and support that of others**.

2. Focus on Positive Mental Health and Wellbeing

- **Tackle stigma** around mental health as part of broader stigma-reduction work

3. Mental Health in All Policies, Strategies and Services

- Policy and strategy development and review should **include an understanding of impacts on mental health and wellbeing.**

3. Mental Health in All Policies, Strategies and Services

- Make explicit consideration of **potential impacts of all services upon mental health and wellbeing.** Consider what changes could lead to more positive impacts.

3. Mental Health in All Policies, Strategies and Services

- Reinforce **understanding of mental health and wellbeing across our workforces**, encouraging conversation and tackling stigma.

4. Community Empowerment

Strong, cohesive and inclusive communities are vital to good mental health and wellbeing.

4. Community Empowerment

Empower communities, **enabling people to be heard, involved and to lead**, to gain a sense of control and self-esteem, improving their mental wellbeing.
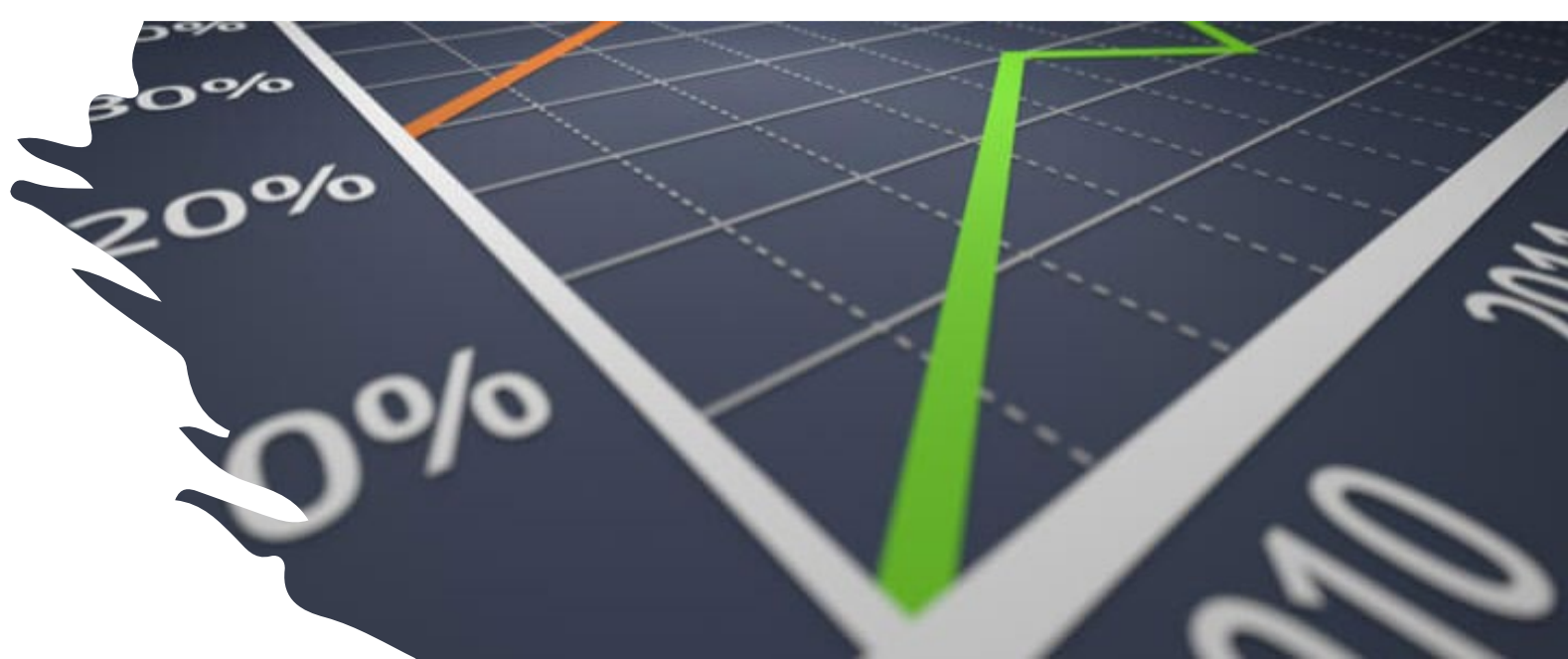

EMPOWERMENT

4. Community Empowerment

Empower communities to **take action to improve what matters to them**, including mental health and wellbeing.
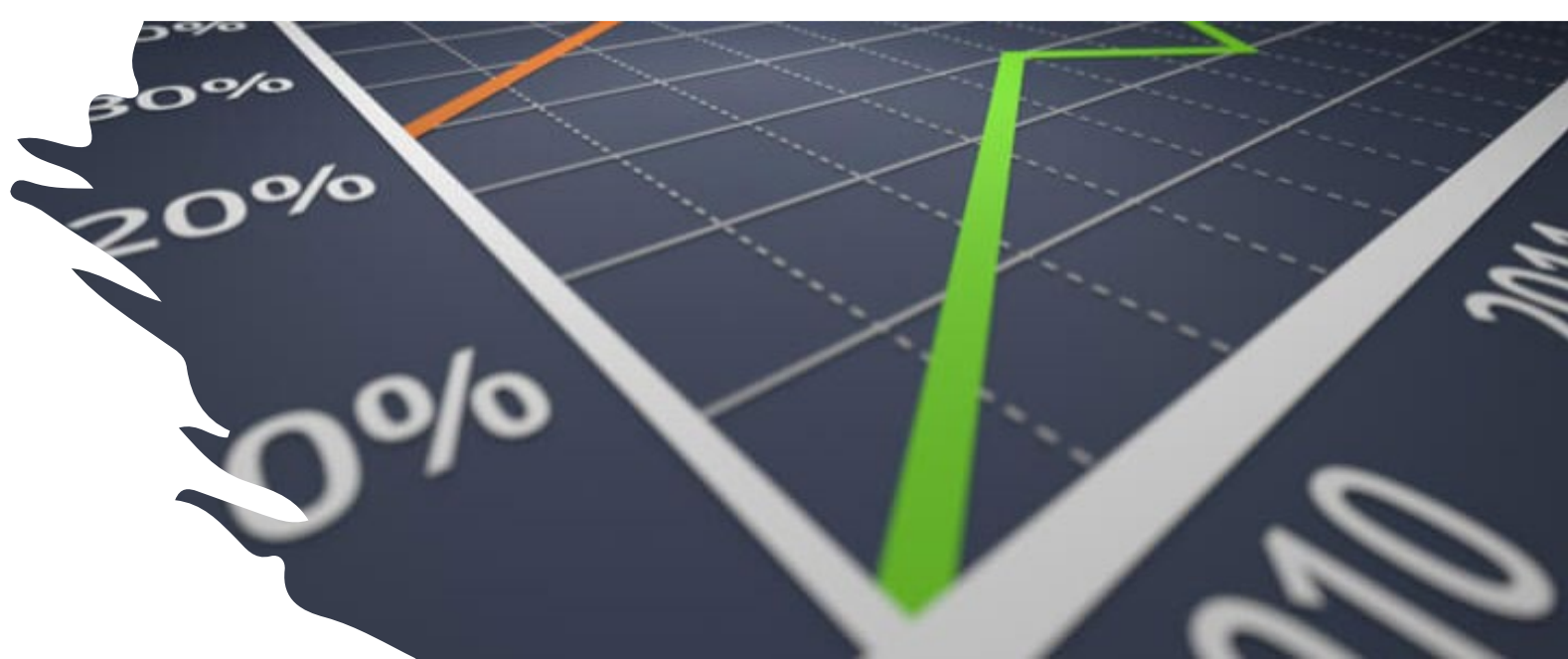
5. Measure What Matters and Track Progress

- Develop a suite of measures and approaches to understand mental health and wellbeing in our communities.

5. Measure What Matters and Track Progress

- Recognise the central role of qualitative data to this understanding.

5. Measure What Matters and Track Progress

- Make a concerted move towards more participatory approaches to data, intelligence and research, further empowering our communities.

Thank you!

Questions?