

**MENTAL HEALTH CHALLENGE** *(the Civic Mayor to refer to the Policy and Performance - Families and Wellbeing Committee)*

**Proposed** by Councillor Tom Anderson

**Seconded** by Councillor Lesley Rennie

Council notes that:

- (1) mental health is becoming an increasing concern, with one in five people having a mental health condition at any one time.
- (2) only a quarter of people with a mental health condition receive any treatment for it.
- (3) mental ill-health has economic and social cost of £105bn a year, accounting for 28% of the total burden of disease but only 13% of NHS spending.
- (4) mental health provision is not just about supporting those with the most severe conditions but providing an integrated and holistic support to the community.

Furthermore, Council notes the excellent initiative of several leading mental health charities in developing the “Mental Health Challenge” and the resources they are giving to local authorities.

Council therefore resolves to take on the mental health organisations challenge by:

- (a) Appoint an elected member as ‘mental health champion’ across the Council.
- (b) Identify a lead officer for mental health to link in with colleagues across the Council.
- (c) Follow the implementation framework for the mental health strategy where it is relevant to the Council’s work and local needs.
- (d) Work to reduce inequalities in mental health in our community.
- (e) Work with the NHS to integrate health and social care support.
- (f) Promote wellbeing and initiate and support action on public mental health for example through our joint health and wellbeing strategy.
- (g) Tackle discrimination on the grounds of mental health in our community.
- (h) Encourage positive mental health in our schools, colleges and workplaces.
- (i) Proactively engage and listen to people of all ages and backgrounds about what they need for better mental health.
- (j) Sign up to the Time to Change pledge.