

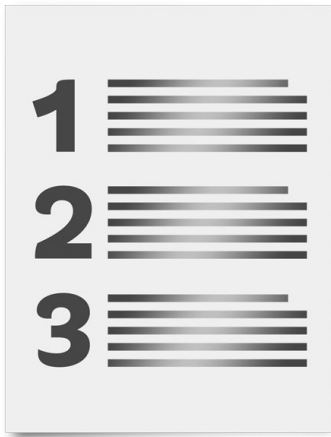


Mental Health and Wellbeing Strategy 2024 – 2028

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There may be some words you don't know in the document. When you see them for the first time they will be in **bold**.

There is a word list with the meanings of these new words at the end of the document



Mental health is the way that we think and feel.

Good mental health helps you be happy and enjoy life.

Good mental health means your mind is well. This is important at all ages of life.



Sometimes people have poor mental health.

They may feel sad or worried. They may find it hard to feel good or to cope with problems.

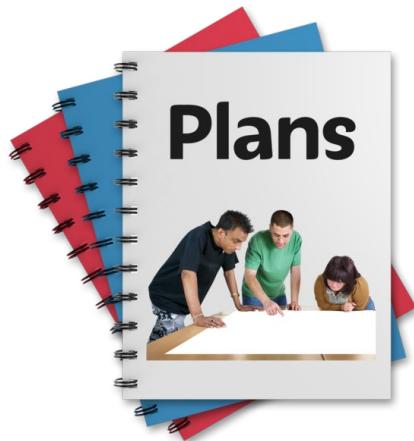


Wellbeing means being happy and healthy.



Fife Health and Social Care Partnership helps people with their mental health and wellbeing.

The Partnership provides services and support for people across Fife.



A **strategy** is a document that sets out the things that we want to do. It will take a few years to do all these things.

This strategy is for the years 2024 to 2028.



Some things can make it harder to be happy and feel well. This could be money worries or family problems.

Sometimes we don't know why people feel sad or upset.



The next pages include some of the things we plan to do. These things will help people feel better and have good mental health.



Priority 1.

We want to reduce the **stigma** and **discrimination** around mental health.



We will create a **culture** in Fife where people can talk openly about their mental health.

They can talk without fear or judgement.



People will feel supported to ask for help when they need it. They will be able to talk to someone they trust about mental health.

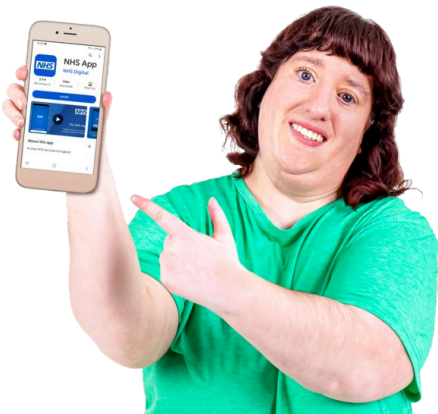


We will work with local people, partners and communities. We will create more places where people can talk openly about their mental health.



Priority 2

We want to stop mental health problems from starting, getting worse, or coming back.



We will support people to look after their own mental health.

This includes sharing information about how to live a happy and healthy life.



When someone does have a mental health problem we will provide extra support.

This might be specialist advice and support. Or tools to help them cope with life's challenges.



We will also employ extra staff who have had mental health problems. They will share the lessons they have learned and help people to stay well.



Priority 3

We want to make sure that people who are struggling with their mental health can get help quickly.



The help we want to give will be high quality and kind. It will help people feel better and recover.



We will work with other organisations to provide support for people at home.

This means that less people will need to go to hospital for support.



When people do need to go to hospital, we will support them to get better quickly. We will work with them to help fix the things that they are worried about.



Priority 4

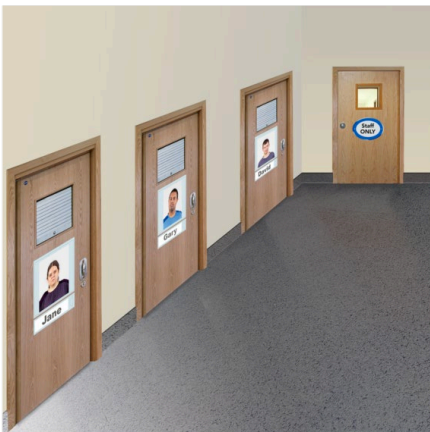
We will help people find the support and treatment that they need.

Where possible this will be at home or close to where they live.



People who care for those waiting for mental health services may need extra help. They may need information on:

- Their right to get support as a carer.
- How to look after their own wellbeing.
- What they can do to help the person they care for while waiting.



We want to improve the buildings, wards, and other places that provide mental health services.

This will let us give caring, high quality, safe care that focuses on the person.



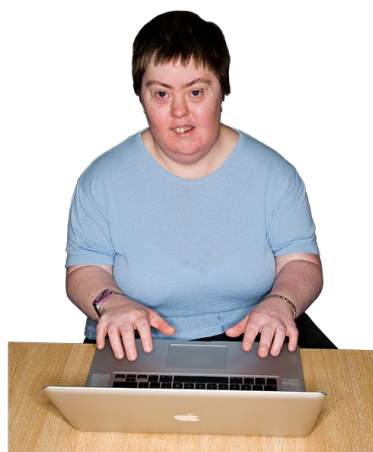
We will listen to our employees and respond to their concerns.

This will help us to support the wellbeing and happiness of our workers.



Priority 5

We will increase the number of **digital therapies** and resources that can be used across Fife.



Digital therapies are tools you can use online or on your phone.

They can help people with many mental health problems.

Digital therapies can help prevent mental health problems, manage them, or treat them.

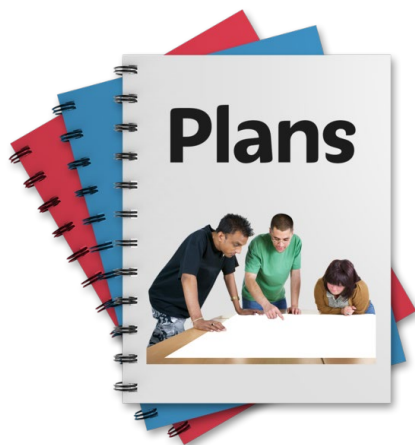


We will promote digital inclusion. This means making sure that people can access and use digital services.

It includes reducing any problems people have when trying to access digital mental health support.



Working with other Fife agencies we will improve access to digital patient records.



This Mental Health and Wellbeing Strategy is linked to work in other areas. We have strategies for carers, finance, **primary care** and other work.

Together these strategies help us to make things better for the people of Fife.



Fife Health and Social Care Partnership includes employees from lots of different organisations.

They work together to deliver services. This includes services and support for mental health and wellbeing.



The Partnership has a process in place to measure how we are doing. This helps us to stay on track.

We will provide an update every year so that you can see our progress.

**Fife Health
& Social Care
Partnership**



Supporting the people of Fife together

You can find out more on our website:
www.fifehealthandsocialcare.org

What the words mean.

Culture	Culture includes the ideas, values and traditions of a group of people.
Digital therapies	Digital means technology like computers or phones. Therapies means treatments that help people. So digital therapies are treatments that use technology to help people.
Discrimination	Discrimination is when someone treats you in a negative way because of your mental illness.
Health and Social Care Partnership	When the local council and local NHS work together to deliver services.
Mental health	Mental health is the way we think and feel. We all go through times when we feel worried, confused or down. Mental health problems are when difficulties get in the way of how we think and feel. This can mean that we find it hard to cope with family life, relationships, school or the wider world.
Primary care	Primary care involves caring for people, rather than specific diseases. Primary care includes services for: <ul style="list-style-type: none"> • Minor illnesses • Long-term conditions • Vaccinations • Screening programmes
Wellbeing	Wellbeing means being happy and healthy.
Strategy	The things that an organisation wants to do over a few years.
Stigma	Stigma is when someone sees you in a negative way because of your mental illness.
Vaccinations	Vaccines are types of medicine that protect people against harmful diseases.