

Design Principles – Developing a community approach to mental health and wellbeing

- A focus on supporting protective factors and preventing people entering mental health services.
- A commitment to a strengths-based approach – focusing and building on individuals’ and communities’ strengths.
- A commitment to challenge stigma and discrimination against people with mental health issues, and to promote and advocate for their human rights.
- When it is needed, the support for people with mental ill health will be:

<ul style="list-style-type: none"> • Easy to access 	<ul style="list-style-type: none"> • Single point of access • No wrong door • Available 7 days a week and out of hours • Local community settings
<ul style="list-style-type: none"> • Warm and welcoming 	<ul style="list-style-type: none"> • Friendly and supportive staff • Family and friends welcomed and involved
<ul style="list-style-type: none"> • Built on freedom and trust 	<ul style="list-style-type: none"> • No compulsory treatment • No locked doors • Taking risks for positive outcomes
<ul style="list-style-type: none"> • Tailored to your individual needs and wishes 	<ul style="list-style-type: none"> • You should feel listened to • You should feel you are seen as a whole person and not a set of symptoms or a diagnosis • Support will take account of all aspects of your life and support you to live as independent a life as you can • You should feel recognised as the expert in your own life • You should feel supported in pursuing the goals that are important to you • You should feel supported in connecting with your community – e.g. through education, volunteering, work, culture, sport etc.

<ul style="list-style-type: none">• Flexible and responsive	<ul style="list-style-type: none">• Support can be easily increased/reduced depending on how you are feeling
<ul style="list-style-type: none">• Consistent and well-co-ordinated	<ul style="list-style-type: none">• There will be continuity of care• There will be one collective plan

