

TRAFFORD COUNCIL

Report to: Health & Wellbeing Board
Date: 17 January 2025
Report for: Information/Decision
Report of: Claire Robson, Public Health Consultant, Public Health

Report Title

Strengthening and embedding mental health promotion and prevention in Trafford

Purpose

- To outline why mental health promotion and prevention are important elements of our whole system efforts to improve the mental health and wellbeing of Trafford's population
- To highlight the evidence base for effective practice across the lifecourse and share examples of work being taken forward in Trafford
- To outline opportunities for further developing and embedding mental health promotion and prevention
- To update on progress of establishing a whole systems approach to mental health and wellbeing in Trafford: All Age Mental Health, GM mental health and wellbeing strategy, Trafford mental health need assessment and delivery plan
- To invite the Board's views on the prioritisation of mental health promotion and prevention work

Recommendations

The following opportunities have been identified for strengthening our systems work on promotion/ prevention to improve mental health and wellbeing

- Building on neighbourhood networks as a way of bringing partners together, catalyst for improvement, embedding Living Well
- Valuing the contribution of the VCFSE sector – finding ways to sustain and develop the VCFSE mental health network
- Strengthening work to promote mental wellbeing of older adults and young people (addressing needs identified through mental health and wellbeing needs assessment)
- Addressing premature mortality of those living with Serious Mental Illness – Fairer Health for Trafford priority
- Addressing co-morbidities alcohol/substance misuse and mental health (highlighted in alcohol and substance misuse JSNA)
- Valuing contributions from across council directorates in addressing determinants/ building blocks of mental health - consideration of mental health in all policies approach (building further on established work in Place Directorate, Children and Adults Directorates)

Asks of the Health and Wellbeing Board:

1. Does the Board agree with our assessment of key opportunities for strengthening systems work on mental health promotion and prevention in Trafford?
2. Does the Board have views on which promotion and prevention opportunities they want to be prioritised?
3. How would the Board like to be kept apprised of progress of whole system efforts to strengthen mental health promotion and prevention?

Contact person for access to background papers and further information:

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