



# Bristol, North Somerset and South Gloucestershire Integrated Care System All Age Mental Health and Wellbeing Strategy 2024-2029

## Our vision

**Our vision is better mental health for all. People having the best mental health and wellbeing in supportive, inclusive, thriving communities. Our strategy describes what we will do to achieve this.**

The strategy is 'all age' meaning it covers mental health and wellbeing for our whole population from conception to end of life.

It covers the whole mental health spectrum regardless of whether people have had a formal mental health diagnosis. From people who have good wellbeing, to those who might need more intensive support.

It considers where people may have mental ill health alongside other needs such as learning disabilities, autism or neurodiversity.

It has been co-produced in collaboration with people who have mental ill-health, and staff in organisations who provide support and treatment, incorporating their valuable insight and experiences.

## Where are we now?

**Good progress has been made in improving mental health support and care in recent years.**

However, we know that there is still much more to do to make sure that everyone gets the support they need, when they need it. Our Integrated Care System gives us the opportunity to work even more closely to help make improvements for people.

## How will we get there?

We have chosen six priority areas to help us achieve our vision of 'better mental health for all'. In our full strategy document each of the six ambitions has a set of actions that will be taken to support the improvement of our system's mental health services.

## Six ambitions:

### 1 Holistic care

People of all ages will experience support and care which considers everything that might help them stay well.

### 4 Sustainable system

We will have an economically and environmentally sustainable mental health system that delivers maximum benefit to the community.

### 2 Prevention and early help

People of all ages, their families and carers will get the early support they need in the right place and in a timely way, as early as possible.

### 5 Advancing equalities

We will reduce health inequalities by improving equity of access, experience and outcomes throughout people's lives.

### 3 Quality treatment

High quality treatment is available to people of all ages as needed, closer to home, so they can stay well in their local communities.

### 6 Great place to work

We will have a happy, diverse, inclusive, trauma-informed and stable workforce within our system.

**Underpinning principle: Working together to create the wider social and economic conditions to support positive mental health and wellbeing, including investing in a healthy start in life.**

## How will we know we have been successful?

We have identified ways to measure impact for each action so we can know whether we are driving positive changes. As a system, we will develop an annual 'Joint Forward Plan' which will be aligned to the ambitions within our strategy and will include more detail on how we will deliver change.

**When all organisations in our system work together to deliver change, the impact can be transformational.**