



## Have your say Feedback form



# Draft Hertfordshire Mental Health Strategy (big plan) 2016-21



This paper is one way you have a chance to **have your say**.

There will be some events to have your say, please contact Adam Solomon or Helen Cavanagh on 01438 843614 Or email [mhstrategy@hertfordshire.gov.uk](mailto:mhstrategy@hertfordshire.gov.uk) for more information



- We want you to 'have your say' about it.
  - This will help us know if we have left anything out and need to make any changes.
- To make this **big plan** work we are going to have action plans.
  - We want your ideas to help us make good action plans together.

## What we mean by mental health



Mental health is how someone is feeling in their mind



1 in 4 people experience mental health problems



A mental health problem is a problem with someone's mind. Small problems and big problems, making it difficult to live a normal life

## What we have done so far



The government tell us what we should be doing to improve mental health



A number of meetings were held , people were able to talk about how to put the **big plan** together



Five big things came out of the meetings

Here are the big things people told us that is important to them



**Listening and responding to service users and carers**



People can help change services for the better



We want you to help us make services better



People can have more choice and control on how they receive care and support



Work with other people to make changes happen



Help carers ,who help service users and others

## Quick and fair access to treatment and support



Quicker treatment



New services and new ways of working:  
we want to make the right plans with you



Better use of the internet to help talk to  
people about  
what we are doing



Look at figures to make sure we can use  
them to make things better



Improve mental health services in the  
community to get people to work together  
and bring people together





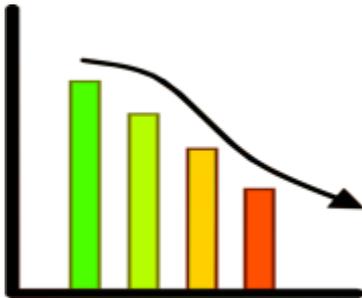
## Preventing and responding to **Crisis** mental health problems



Expand a service named ' Rapid Assessment interface Discharge (RAID) so everyone can use the service



Make an plan to stop suicide



Work with other people to reduce early death of those with big mental health problems



Everyone to have a support service in emergency departments and inpatient wards



supporting people to have / maintain good mental health by providing more therapy services for people with small mental health problems



## From Recovery to Independence

Special support to help people when having big and small mental health problems



Help people with mental health problems find or stay in work



Work with other services to make it easier help people with mental health problems



Help people with mental health problems become more able to cope alone





## Valuing Mental and Physical Health Equally



People with mental health problems will receive help to stop physical health problems occurring and/or support to live better with a physical health problem



People with big mental health problems will be helped to make their physical health better by given more help



Mental health inpatient services will be smoke free by 2018

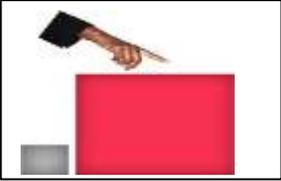


Help women who experience mental health problem when pregnant and when the baby is born

**We think these things are most important**

	<p>We want service users and carers to be listened to, to help ensure the services delivered are right for them</p>	<p><b>Do you agree? (please circle)</b></p> <p>😊 YES NO 😞</p> <p><b>Comments:</b></p>
	<p>We want service users and carers to have quick and fair access to services</p>	<p><b>Do you agree? (please circle)</b></p> <p>😊 YES NO 😞</p> <p><b>Comments:</b></p>
	<p>We want to prevent and respond to mental health <b>crisis</b> problems</p>	<p><b>Do you agree? (please circle)</b></p> <p>😊 YES NO 😞</p> <p><b>Comments:</b></p>
	<p>We want service users and carers to be supported so they become more able to help themselves</p>	<p><b>Do you agree? (please circle)</b></p> <p>😊 YES NO 😞</p> <p><b>Comments:</b></p>
	<p>We want to help your physical health as well as your mental health</p>	<p><b>Do you agree? (please circle)</b></p> <p>😊 YES NO 😞</p> <p><b>Comments:</b></p>

**Tell us about anything big that hasn't been included?**



Big

**Why is it important for this to go into the plan?**





You can send this form back to us by:

Email: [mhstrategy@hertfordshire.gov.uk](mailto:mhstrategy@hertfordshire.gov.uk)

**Or**

Write to us :

Integrated Health and Care Commissioning Team  
Hertfordshire County Council, Farnham House,  
Six Hills Way, Stevenage SG1 2FQ

If you want a reply, add your name and address

### **Definition**

- **Strategy (big plan)**: something we want to do
- **Crisis**: a time of trouble or danger