

**Easy
Read**

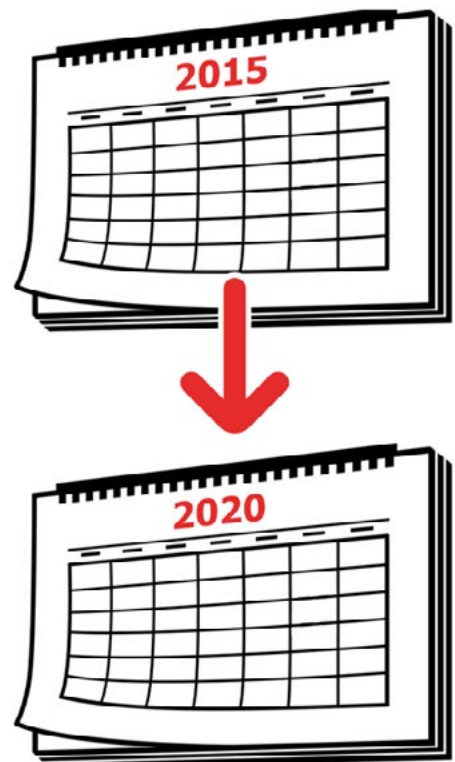
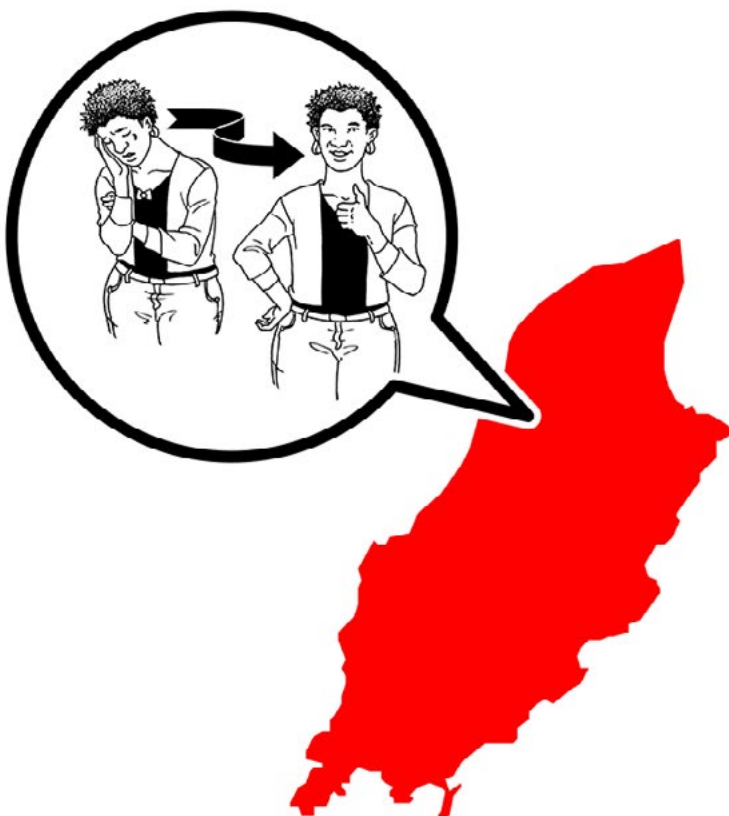


**Isle of Man
Government**

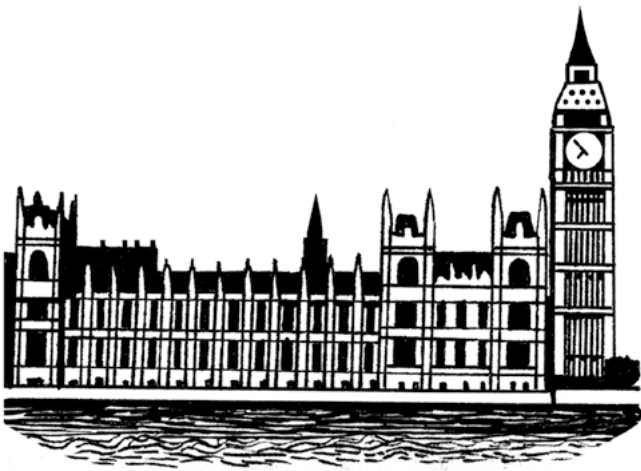
Reiltys Ellan Vannin

Strategic Plan for Mental Health and Wellbeing

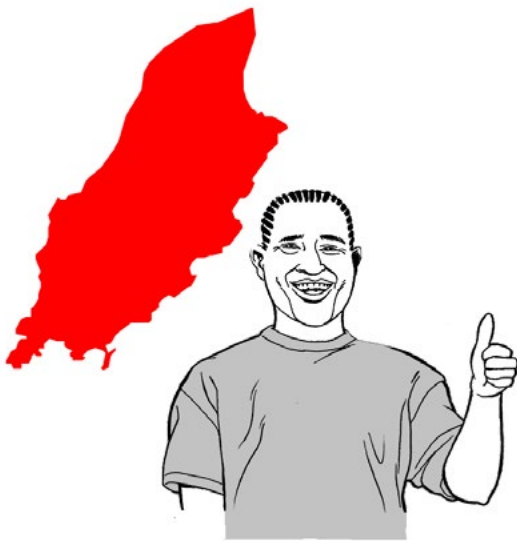
2015 – 2020



This document sets out our plans to make the Mental Health Service better for the people of the Isle of Man.



It will support the Government in protecting the people who need the most help.



We want to improve the lives of people in the Isle of Man.



We will make sure there are systems in place to help prevent mental illness.

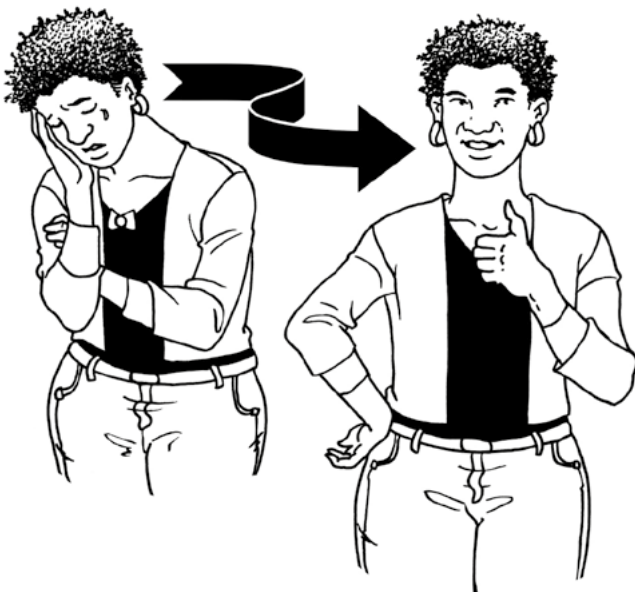


We will need to work together across all parts of the government, companies and charities.

Introduction

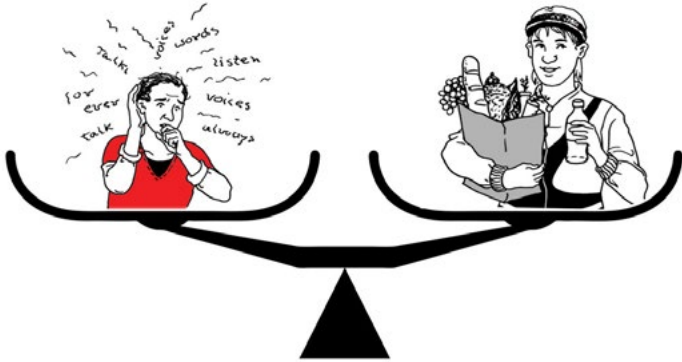


One out of four people will have mental health problems or illness at some point in their lives.



Improving mental health and wellbeing will support people to live healthy and fulfilling lives.

Why do we need a mental health and wellbeing plan?



To make sure things are fair by treating mental health equally with physical health.

What do we know about mental health and mental illness?



Mental health issues are more likely to shorten your life than heart disease or cancer.



Treating mental health problems early saves a lot of money, even in the short term.

Five key areas to wellbeing:



Connect



Be Active



Take Notice



Keep Learning



Give

These areas are very important for keeping families, communities and society healthy.

Where are we now?



Half of mental health problems throughout someone's life start by the age of 14.



Between half and a quarter of adult mental illness may be prevented if treated in children or teenagers

Drivers for change



The way services are run does not work in the long run.



There is a need to bring more help for people into communities.



There is a need to be responsible for helping ourselves and each other.

Where do we want to be over the next five years?

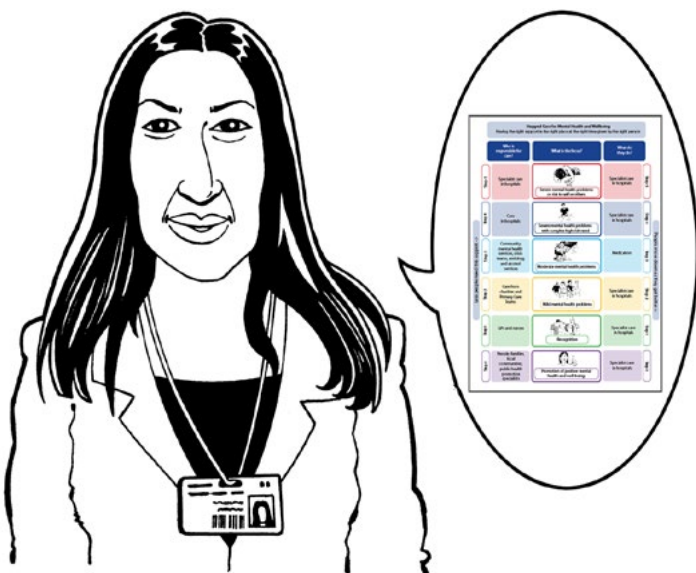


Over the next 5 years we will start developing changes in the way people with mental health problems get treated.



To achieve this the Government, companies and charities need to work together as partners.

What needs to be done?



The Stepped Care Model will be used to organise what services people get.



Having the right support in the right place at the right time given by the right person.



It will help people with mental health problems, their families, carers and healthcare professionals to choose the best help.



People will be able to step up or step down the pathway as their needs and response to treatment change.

Less people need

Step 3

Community mental health services, crisis teams, and drug and alcohol services



Medication, complex interventions and therapies

Step 3

Step 2

Care from charities and Primary Care Teams



Guided self-help, computer based CBT, exercise and short term psychological help

Step 2

Step 1

GPs and nurses



Assessment, screening and early detection.

Step 1

Step 0

People, families, local communities, public health promotion specialists



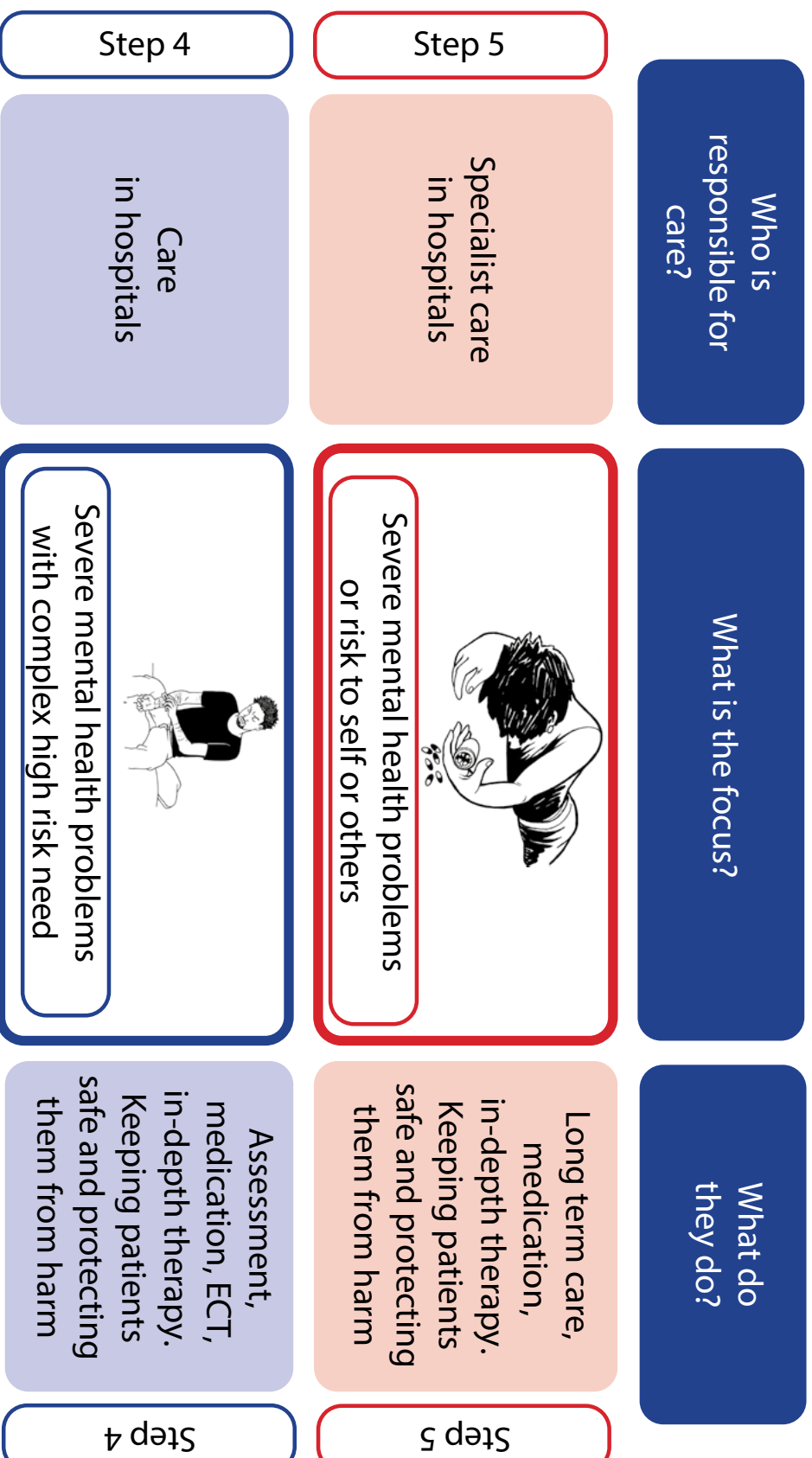
Providing support, information and education

Step 0

as they get better->

Stepped Care for Mental Health and Wellbeing

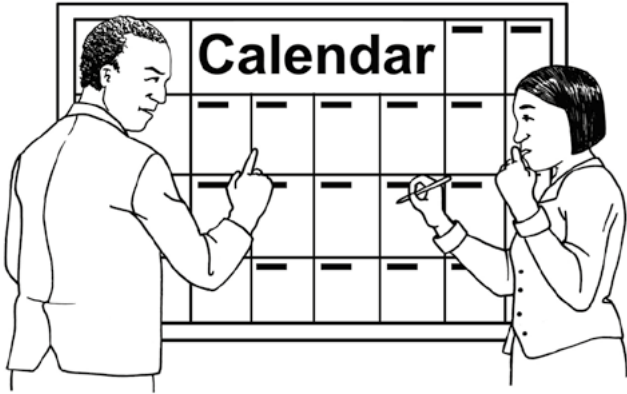
Having the right support in the right place at the right time given by the right person



this support ->

People move down

Next Steps



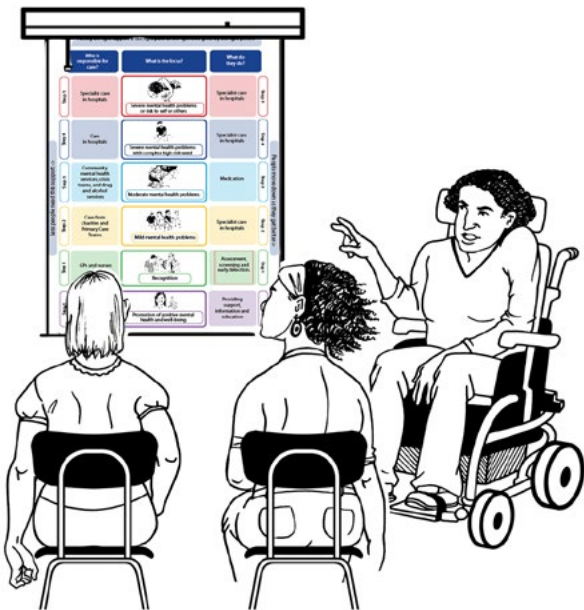
To make this plan happen we need to:



- Make sure everyone knows about mental health



- Promote better wellbeing and prevent mental illness



- Work to a 'Stepped Care Model'



- All sectors working together



- Record information to the right standards

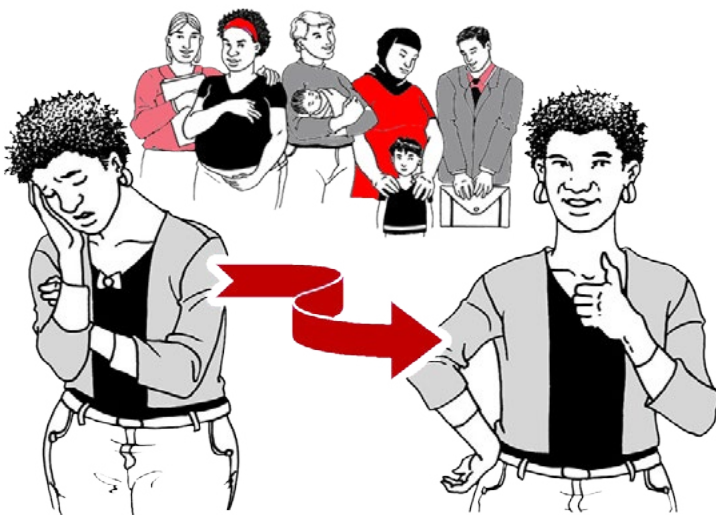
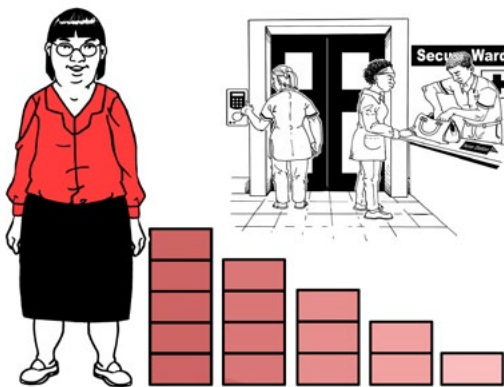
Conclusion

We will work on plans and bring groups together to work on these issues.

Step 1 and Step 2 will provide mental health care in the community and at doctor's surgeries and health centres.

This will mean less people will need services at Step 3 and Step 4 in the long term.

Providing a overall approach to mental health and wellbeing is the way forward to meeting everyone's needs and for us all to be more responsible for our own and other's mental health and wellbeing.



This easy read document was produced by CHANGE
www.changepeople.org





Isle of Man Government

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