



#BecauseWeCare  
Cheshire East Partnership

# Cheshire East Place Mental Health Plan 2024-2029

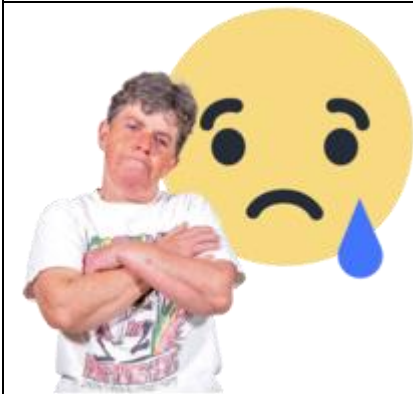
Easy Read Version  
Draft V2



## Introduction



Mental health is about our minds. It is about how we think and feel.



Mental ill health is when our minds are not well.  
A person may think or behave differently to how they normally would.






We want people in Cheshire East to have good mental health.



Mental health can be affected by things like

- Home
- Work
- Family
- Friends

	<p>Mental health affects everybody.</p>
	<p>We want to make our services better.</p>
	<p>We want to help people sooner.</p>
	<p>We want to prevent mental ill-health.</p>

	<p>We want to promote good health.</p>
<p><b>What did we do?</b></p>	
	<p>During 2022 we talked to lots of people face to face and online.</p>
	<p>We did a survey and had lots of replies.</p>
	<p>People want to have better access to services and local support.</p>

	<p>They want different options and not just medication.</p>
	<p>They want their family to be involved.</p>
	<p>They want services to talk to each other.</p>
	<p>They want to know who can help and when.</p>
 <p>Training Room</p>	<p>They want better information, so people are not afraid of mental health.</p>



They want training for carers about mental ill health and how to help.

### How we will make changes







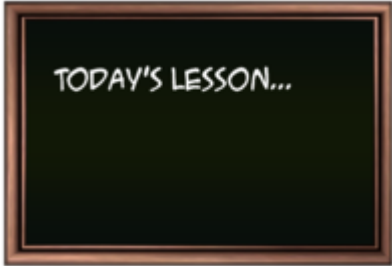
**How we will make changes for children and young people**








- We will keep services to a high standard.



- We will help services to talk to each other.






	<ul style="list-style-type: none"> <li>• We will offer better help and sooner.</li> </ul>
	<ul style="list-style-type: none"> <li>• We will help Family Hubs to be better at supporting mental health</li> </ul>
	<ul style="list-style-type: none"> <li>• We will listen to the needs of children, young people and parents</li> </ul>
	<ul style="list-style-type: none"> <li>• We will use special software to teach children about wellbeing.</li> </ul>
	<ul style="list-style-type: none"> <li>• We will help children to get to their school.</li> </ul>



	<ul style="list-style-type: none"> <li>• We will make decisions with young people and their parents or carers.</li> </ul>
	<p><b>How we will make changes in learning and work</b></p>
	<ul style="list-style-type: none"> <li>• We will create a network for staff to share ideas, skills and training.</li> </ul>
	<ul style="list-style-type: none"> <li>• We will improve online learning and mental health information in schools.</li> </ul>
	<ul style="list-style-type: none"> <li>• We will help schools to give information and training to keep children safe.</li> </ul>








	<ul style="list-style-type: none"> <li>• We will use services to help people to get a job</li> </ul>
	<ul style="list-style-type: none"> <li>• We will help employers to understand mental health</li> </ul>
	<p><b>How we will make changes to stop suicide</b></p>
	<ul style="list-style-type: none"> <li>• Suicide is when a person dies by their own actions.</li> </ul>
	<ul style="list-style-type: none"> <li>• We want to stop suicide by training teachers and teaching assistants.</li> </ul>




	<ul style="list-style-type: none"> <li>• We will write a local action plan to stop suicide</li> </ul>
	<ul style="list-style-type: none"> <li>• We will write a local action plan to help people to be more active</li> </ul>
	<ul style="list-style-type: none"> <li>• We will have local activity programmes</li> </ul>
	<ul style="list-style-type: none"> <li>• We will help people to support each other</li> </ul>
	<p><b>How we will make changes and make communities better</b></p>

	<ul style="list-style-type: none"> <li>• We will improve mental health support for carers.</li> </ul>
 <p>Training Room</p>	<ul style="list-style-type: none"> <li>• We will help more staff to have good quality training</li> </ul>
	<ul style="list-style-type: none"> <li>• We will help people to understand that mental ill health does not make you a bad person</li> </ul>
	<ul style="list-style-type: none"> <li>• We will improve the housing in our communities and have more green space</li> </ul>
	<ul style="list-style-type: none"> <li>• We will help health and housing groups to talk to each other.</li> </ul>

	<ul style="list-style-type: none"> <li>• We will have a big team of people to help services to talk to each other.</li> </ul>
	<p><b>How we will make change by changing mental health services:</b></p>
	<ul style="list-style-type: none"> <li>• We will help people who move from hospital to the community.</li> </ul>
	<ul style="list-style-type: none"> <li>• We will help people to improve their communities.</li> </ul>

	<ul style="list-style-type: none"> <li>• We will have quicker access to services with shorter waiting time.</li> </ul>
	<ul style="list-style-type: none"> <li>• We have a mental health plan to help make changes to improve mental health</li> </ul>
	<p><b>How we will make changes to emergency support</b></p>
	<ul style="list-style-type: none"> <li>• We will create safe places for children and young people and support them at home.</li> </ul>
	<ul style="list-style-type: none"> <li>• We will look at the number of crisis care beds and what they are used for.</li> </ul>



	<ul style="list-style-type: none"> <li>• We will make sure that children get the right care when they leave hospital.</li> </ul>
	<ul style="list-style-type: none"> <li>• We will provide crisis cafes in Macclesfield and Crewe.</li> </ul>
	<ul style="list-style-type: none"> <li>• We will tell people about the All-Age Crisis telephone line.</li> </ul>
	<ul style="list-style-type: none"> <li>• We will tell people about crisis support so it is available to everyone</li> </ul>