



#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>



We want to promote good health.

What did we do?



During 2022 we talked to lots of people face to face and online.



We did a survey and had lots of replies.



People want to have better access to services and local support.



They want different options and not just medication.



They want their family to be involved.



They want services to talk to each other.



They want to know who can help and when.



They want better information, so people are not afraid of mental health.



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

How we will make changes



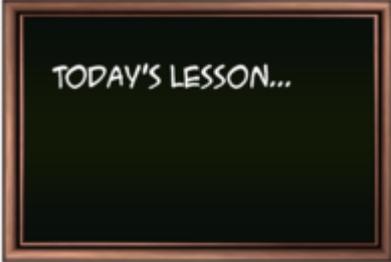
How we will make changes for children and young people



- We will keep services to a high standard.



- We will help services to talk to each other.

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



- We will make decisions with young people and their parents or carers.



How we will make changes in learning and work



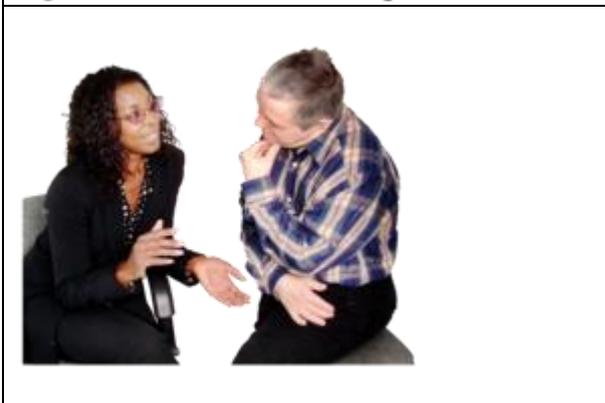
- We will create a network for staff to share ideas, skills and training.



- We will improve online learning and mental health information in schools.



- We will help schools to give information and training to keep children safe.

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

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



- We will improve mental health support for carers.



- We will help more staff to have good quality training



- We will help people to understand that mental ill health does not make you a bad person



- We will improve the housing in our communities and have more green space



- We will help health and housing groups to talk to each other.

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



- We will have quicker access to services with shorter waiting time.



- We have a mental health plan to help make changes to improve mental health



How we will make changes to emergency support



- We will create safe places for children and young people and support them at home.



- We will look at the number of crisis care beds and what they are used for.

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