



Better, together

Public Mental Health in Suffolk

Recommendations

- 1** Suffolk Health and Wellbeing Board should prioritise and take strategic leadership for public mental health on behalf of the wider system.
- 2** All organisations, public and private, should focus on improving public mental health through a 'mental health in all policies' approach and consider how they can use all their levers to the maximise protective factors which support emotional wellbeing in communities/staff and residents.
- 3** A cross-system group focused on public mental health – reporting into the Health and Wellbeing Board should be developed to build a clear plan over the short, medium and longer-term.
- 4** A dedicated Suffolk Public Mental Health Fund should be created to support and enable the protective factors for good public mental health in all our communities – acting as catalyst for action.
- 5** The Suffolk system should agree a shared approach to remembering and honouring both the losses, and the many acts of kindness, support, and courage, which have occurred in Suffolk during the pandemic. The Board should also support communities across Suffolk to remember and honour events at local level, as part of our collective response to the trauma brought by Covid-19.
- 6** A robust approach to the measurement and evaluation of public mental health in Suffolk should be developed, building on the excellent local work already done, to enable the evaluation of the interventions and approaches taken.