

## A Vision for Mental Wellbeing in Greater Manchester

We believe Greater Manchester can become a place where the mental wellbeing of all of us is a central consideration. Actions, activity and activism at an individual, community, service provision and strategic level will combine to create a social movement designed to enable us all to better understand our own and others mental wellbeing and to take everyday actions to promote and maintain it.

### What is mental wellbeing?

Mental wellbeing describes how we are feeling and how well we cope with everyday life. All of us have mental wellbeing. If we have good mental wellbeing we:

- Feel relatively confident in ourselves
- Can build and maintain positive relationships with other people and enjoy making a contribution to our communities
- Cope with everyday stresses and manage life's ups and downs

### Why is mental wellbeing important?

Mental ill-health is costing the UK more than £94bn every year<sup>1</sup>, nearly half of this figure relates to indirect costs relating to lower employment and productivity. Improving mental wellbeing will help to dent this. For GM this translates to more than £5bn each year – with a particular impact as the biggest reason for staff sickness/ absence and inefficiencies through '*presenteeism*'

People with high levels of mental wellbeing are more likely to recover and survive from illness than those with low levels of mental wellbeing<sup>i</sup>. Higher levels of mental wellbeing are associated with a lower likelihood of having engaged in health risk behaviours, such as smoking, risky sexual behaviour or drug use,<sup>ii</sup>. Good mental wellbeing is associated with an increased life expectancy<sup>iii</sup>.

### How can we improve and maintain mental wellbeing?

1. **On an Individual level:** Everyone should feel enthused, equipped and empowered to promote and maintain our own and others mental wellbeing. We achieve this by:
  - a. -supporting each other to know what helps or hinders our mental wellbeing;
  - b. -increasing our knowledge of and confidence in improving and maintaining our mental wellbeing;
  - c. -ensuring we know when we need help and where to get it.
2. **On a Community level (Place and Identity):** We will work with communities (place and identity) to develop, grow and mobilise assets to improve mental wellbeing.
3. **On a Service provision level:** We will ensure mental wellbeing is fully integrated into all service design and delivery; that staff across all levels of health and social care (including the VCSE and primary care sectors) are able to have mental wellbeing conversations and know when and where to get specialist help; that we deliver interventions that specifically improve/maintain mental wellbeing
4. **On a Strategic/policy level:** We will place mental wellbeing at the very heart of everything we do, say and think in Greater Manchester

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<sup>1</sup> <https://www.theguardian.com/society/2018/nov/22/mental-illness-costs-uk-94bn-a-year-oecd-report-says-employment-economy-productivity>

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Key Population Outcomes that will confirm how we are improving and maintaining positive mental wellbeing

## Individuals will:

- Know what helps or hinders their mental wellbeing
- Know how to improve and maintain their mental wellbeing
- Know when they need help and where to get it.

## Communities will: (Place and Identity)

- Develop, grow and mobilise its assets to improve mental wellbeing

## Services will:

- Fully integrate mental wellbeing into service delivery
- Train staff to have mental wellbeing conversations and know when and where to get specialist help
- Deliver interventions that improve/maintain mental wellbeing

## System Leaders will:

- Place mental wellbeing at the heart of what they do

<sup>i</sup> Lamers, S.M., Bolier, L., Westerhof, G.J., Smit, F., and Bohlmeijer, E.T. 'The impact of emotional well-being on long-term recovery and survival in physical illness: a meta-analysis', 2012. <https://www.ncbi.nlm.nih.gov/pubmed/21918889>

<sup>ii</sup> World Health Organization. 'Social determinants of health and well-being among young people', 2012. [http://www.euro.who.int/\\_data/assets/pdf\\_file/0003/163857/Social-determinants-of-health-and-well-being-among-young-people.pdf](http://www.euro.who.int/_data/assets/pdf_file/0003/163857/Social-determinants-of-health-and-well-being-among-young-people.pdf).

<sup>iii</sup> Chida, Y. and Steptoe, A. 'Positive psychological well-being and mortality: A quantitative review of prospective observational studies', 2008. <http://discovery.ucl.ac.uk/176573/>