

## Appendix 1

### The ten actions a council can take to support the Mental Health Challenge

- Identify an elected member as a mental health champion across the council
- Identify a lead officer for mental health to link in with colleagues across the council
- Follow the implementation framework for the mental health strategy where it is relevant to the councils work and needs
- Work to reduce inequalities in mental health in our community
- Work with the NHS to integrate health and social care support
- Promote wellbeing and initiate and support action on public mental health for example through joint health and wellbeing strategies
- Tackle discrimination on the grounds of mental health in the community
- Encourage positive mental health in schools, colleges and workplaces
- Proactively engage and listen to people of all ages and backgrounds about what they need for better mental health
- Sign up to the Time to Change pledge