

# A Chance for Change



## What you said you want from the refreshed Scottish Government Mental Health and Wellbeing Strategy

### Engagement summary

Participants at our conversation cafés were clear that the refreshed mental health strategy should be ambitious and be clear about the need for change.

They believe that the strategy should cover mental health and wellbeing for the whole population, whether this is about prevention, early intervention or support for those living with mental health problems. The strategy needs to be based on our knowledge and understanding of the economic, social and other determinants of mental health. It should consider the impact of health inequalities on individual, community and population mental health.

To do this effectively the strategy needs to take a whole system approach. It needs to equally value and provide access to a wide range of services and support across sectors. People felt that at the heart of the strategy should be the knowledge, skills and experiences of people with lived experience of mental health challenges. Lived experience should not be seen as an add on but fully integrated in the development of policy and service design, delivery and review on an ongoing basis.

A participant at one of our conversation cafés said they wanted:

**“A recognition of the value of lived experience. Services shaped by people in a significant influential way.**

The café discussions and feedback gathered identified a number of outcomes that people want to see from a refreshed Mental Health and Wellbeing Strategy.

## Outcomes

- People expect recovery and are supported at all stages of their recovery journey
- All parts of the mental health system are equally valued
- People can access the type of support that works for them and their life when and where they need it
- Scotland is a mentally healthy society where needs related to mental health and wellbeing are acknowledged and supported
- Lived experience is genuinely valued, integrated into all parts of our system and co-production is the way of working
- Peer support and peer worker roles are a mainstream part of the mental health system

Read the full [A Chance for Change](#) report

## Get in touch

If you have any questions or need this information in a different format please contact us:

- Call us on **0300 323 9956** | British Sign Language (BSL) users can contact us directly using [contactScotlandBSL](#)
- Email us: [info@scottishrecovery.net](mailto:info@scottishrecovery.net)
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