

The Gloucestershire Commitment



Positive actions for
better mental wellbeing

Signed-up organisations are committed to promoting good mental health and wellbeing and preventing mental illness. This means:

- 1** We agree that mental health and wellbeing is everyone's business, and all organisations have a role to play in promoting a prevention-focussed approach towards improving the public's mental health.
- 2** We understand that in order to make the biggest impact on the public's mental health, we must commit to considering all factors that influence wellbeing, for all individuals, including influences that may not traditionally be thought of under the lens of mental health.
- 3** We recognise the need for a shift towards prevention-focussed leadership and action throughout the system to promote better mental health. The use of more upstream interventions will ensure that wellbeing is promoted and protected earlier, preventing the development of mental ill health.
- 4** We agree that an increased focus on the prevention of mental health problems and the promotion of wellbeing for all should draw on the expertise of people with lived experience of mental health problems, and the wider community, to identify solutions.
- 5** We will work collaboratively across organisational boundaries, disciplines and sectors, to continue to build and harness the assets of local communities which impact positively on mental health. This will ensure that place-based initiatives and activities that already exist, as well as newly developed interventions, are sustainable and continue to benefit local communities' mental wellbeing.
- 6** We will build a workforce that understands the wider determinants of mental health and what influences wellbeing. Our workforce will also understand the impact that we, as employees as well as residents and members of our own local communities, can have on promoting good mental wellbeing. We will build capacity and capability to ensure that the workforce demonstrates awareness of promoting wellbeing at every opportunity through everyday working practices.
- 7** We are committed to supporting each other to adopt this concordat and its approach.