



**A NEW VISION  
FOR MENTAL HEALTH**

**Presentation Mid Ulster Council Development Committee  
Tuesday 29<sup>th</sup> September**

# Mission and Beliefs



## Our Mission:

*Transforming lives and developing new visions for mental health by challenging stigma and discrimination, and providing quality services and support*

## Our Beliefs:

*Dignity and Respect*

*Recovery*

*Partnership*

*Fair Treatment*

*Valuing Everyone*

# MindWise in Mid-Ulster



**Community Care and Support**

**New Style Furniture, Magherafelt**

**Carers Support Service**

**Northern Ireland Appropriate Adult Scheme (NIAAS)**

**Family Wellness Project**

**MindWise Volunteers**

**Together For You Project**

# Mental Health



- 1 in 4 people will experience some kind of mental health problem in the course of a year
- Depression affects 1 in 5 older people
- Approximately 10% of children have a mental health problem at any one time

# STIGMA

- In a survey in 2007, 87% reported the negative impact of stigma and discrimination on their lives
- Misconceptions and misunderstandings
- Media

# RECOVERY

“Recovery is defined as the ability to live well in the presence or absence of one’s mental health issue”

*MindWise Definition*

# #TakeControl

MindWise's **You Can Take Control** campaign aims to start a public discussion about **recovery** from mental health issues and illness.

Videos posted on [www.youtube.com/MindWisenv](http://www.youtube.com/MindWisenv)

Tweet using #TakeControl



# Mental Health Champions



We are asking each Council to appoint a Mental Health Champion to:

- Promote mental health and wellbeing
- Ensure mental health is considered in all debates and discussions
- Tackle stigma and discrimination in local communities



# Community Development



- Planning for new mental health services
- We ask that funded community projects incorporate mental health
- Parity of esteem for mental and physical health
- Addressing mental health stigma through education, awareness and information

# Contact Details



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