

Mental Health Strategy



Last updated	November 2022
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Definitions

Company	AAA Caring Caretaker
Responsible Person	Alison Stephenson & Kim Maskill

1. Purpose of the Strategy

- 1.1 Our Mental Health Strategy has been written to be in-line with the “No Health without Mental Health - A cross-government mental health outcomes strategy for people of all ages”.
- 1.2 A copy of the Governments strategy can be found at: [No health without mental health \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/101234/no-health-without-mental-health.pdf).
- 1.3 The Strategy goal is to align the commitment made by AAA Caring Caretaker Ltd. as part of our Disability Leader Status.

2. Main points of the Governments Strategy.

- 2.1 “Mental health is everyone’s business – individuals, families, employers, educators and communities all need to play their part. Good mental health and resilience are fundamental to our physical health, our relationships, our education, our training, our work and to achieving our potential.”
- 2.2 “The Prime Minister and the Deputy Prime Minister have made it clear that success for the Coalition Government will be assessed not just on bringing about a healthy economy but also on the wellbeing of the whole population.”
- 2.3 This mental health outcomes strategy looks to communities, as well as the state, to promote independence and choice, reflecting the recent vision for adult social care.
- 2.4 It sets out how the Government, working with all sectors of the community and taking a life course approach, will:

2.4.1 Improve the mental health and wellbeing of the population and keep people well;

2.4.2 Improve outcomes for people with mental health problems through high-quality services that are equally accessible to all.

3. Designated Mental Health Contacts.

3.1 Alison Stephenson will be the Lead Mental Health Manager.

3.2 Kim Maskill is to be named the Mental Health First Aider.

4. Mental Health Strategy

4.1 AAA Caring Caretaker has drawn up a 6-month plan which is to be reviewed on a 6 monthly basis.

4.2 A copy of the strategy is attached in Appendix A. Please note this appendix will be amended on a 6 monthly basis.