

# LIVING WELL COMMUNITY

Where people support one another

Support in everyday places is often what keeps us well - and the Living Well community makes sure family, friends, employers, local community groups, and other places such as hairdressers and pubs and others have the confidence and resources they need to respond to suffering and distress. Preventative support is vital, as are opportunities to connect services to where people are.

Living Well Communities reframe our perspective on how we deal with mental health and distress. People are supported to develop their understanding of their own mental health, that of others, and given practical skills and tools to build mental wellbeing across local communities.

## Structures and spaces

### Community membership model

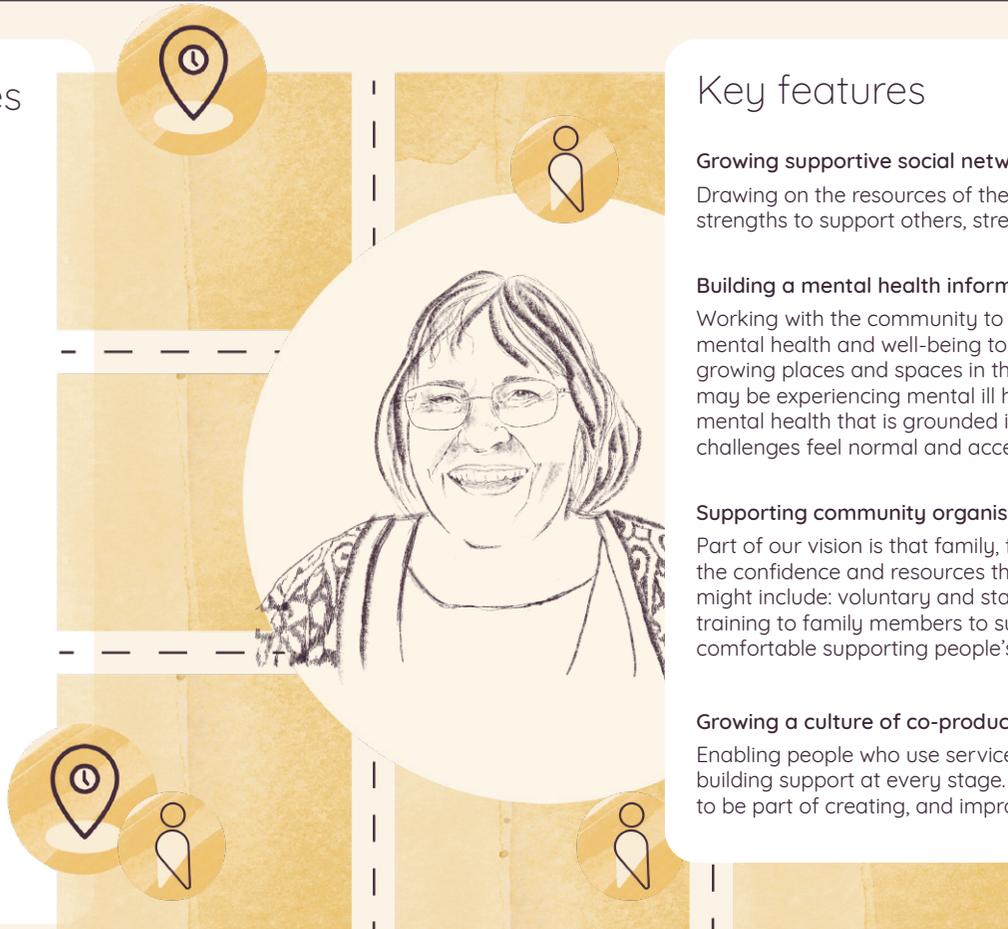
In Tameside, organisations and businesses that sign up to be part of the Living Well community receive a badge to signal that they are mental health friendly. Community organisations and people are able to access Mental Health first aid training and coaching training.

### Listening Lounges

Salford offers 'listening lounges', where people can drop in and have a conversation over a coffee to talk about their mental health challenges, get advice and connect to the support they need.

### Dedicated roles to support community organisations

In Derbyshire, one of the functions of Living Well Teams is to support community organisations who would like more help to deal with risk. These functions will be written into dedicated roles and job descriptions backed with resources and clear objectives.



## Key features

### Growing supportive social networks

Drawing on the resources of the self and the community by empowering people to deploy their strengths to support others, strengthen their relationships and grow new networks of support.

### Building a mental health informed community

Working with the community to create a shared understanding of what it means to have poor mental health and well-being to create safe spaces that people can belong to. This includes growing places and spaces in the community that are welcoming and friendly to people who may be experiencing mental ill health. It also includes a new and shared way of talking about mental health that is grounded in hope and uses stories and conversations to help mental health challenges feel normal and accepted.

### Supporting community organisations

Part of our vision is that family, friends, employers, local community groups and others have the confidence and resources they need to respond to suffering, distress and mental illness. This might include: voluntary and statutory organisations sharing skills and offering training; providing training to family members to support their loved ones better; or helping organisations to feel comfortable supporting people's mental health challenges outside of services.

### Growing a culture of co-production

Enabling people who use services, and their local communities, to get involved in shaping and building support at every stage. When people seek help from services, professionals invite them to be part of creating, and improving how things are done, and what is available.