


Centre for
Mental Health



Equality in mental health

Strategy 2021-2025



**No health
without justice,
no quality
without equality**



Centre for Mental Health is an independent, not for profit thinktank. We are dedicated to eradicating mental health inequalities and fighting injustice by changing policy and practice.

Our purpose

We exist because too many people still don't receive the mental health support they need.

Our people

We are a dedicated group of international experts from backgrounds including lived experience, academia, services and policy.

Our approach

We work side by side with people, services and decision makers using economic analysis, research and policy influence.

Impact

Our work drives change to make life better for people with mental illness, and creates the conditions for better mental health for all.

Values & Beliefs

- We work across political, health and social boundaries, organisations and constructs
- We are values led, inspired by difference and diversity, and will work every day to be an anti-racist organisation
- We know that even in the most established status quo change is possible if we make the best case.

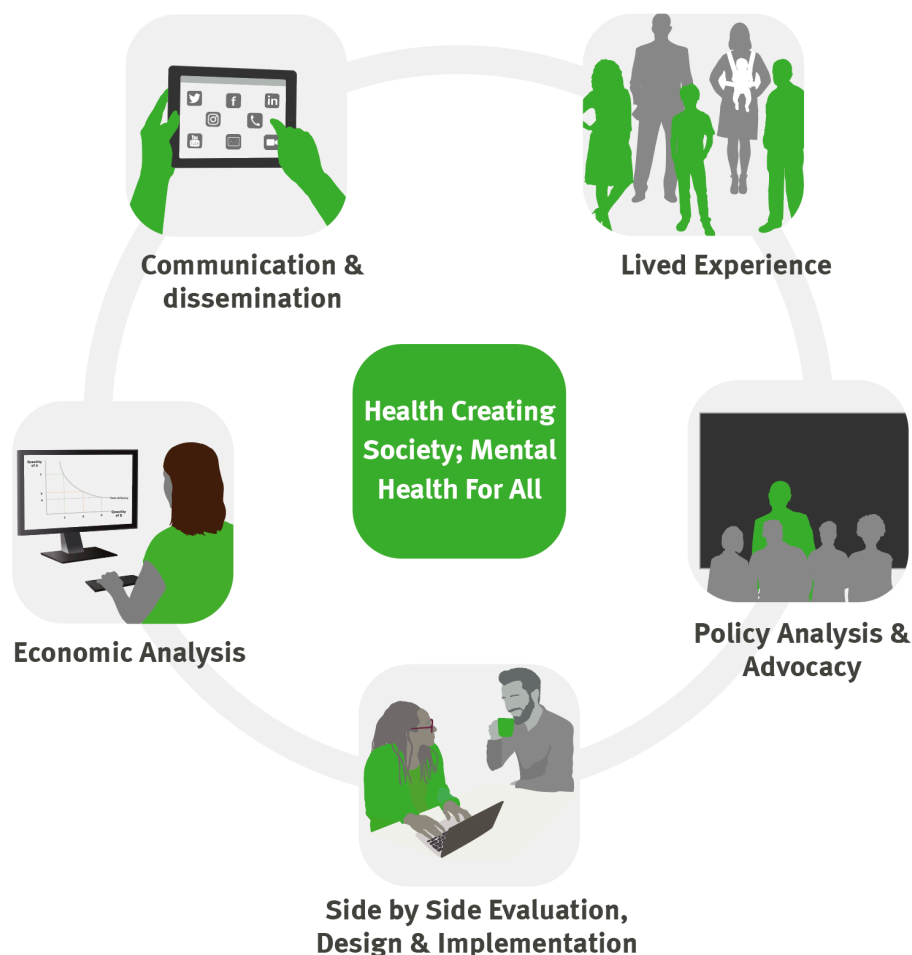
Who we are

The Centre is a leading and highly regarded not for profit mental health thinktank. Much of our work is focused across the UK, mostly in England; however, the organisation is increasingly part of the UK-wide and international mental health and criminal justice community.

We have been at the heart of some of the most important changes in policy and practice including government investment in the NHS (through the Five Year Forward View and Long Term Plan), widespread adoption of mental health support in workplaces, maternal mental health provision, liaison and diversion services, planned reform of the Mental Health Act, and importantly in the pursuit of mental health equality.

The Centre is clear about its unique value within the sector. Our approach has three key principles:

- **We are independent, not party political and without vested interests**
- **We use the best available evidence to help formulate our ideas**
- **We take a five-pronged approach to our work:**



We are now in a new era, as mental health evolves within the public consciousness. But as we recover from a global pandemic, our challenge is increasingly about how we can move the debate from awareness to fundamental change. Our research has found that we are likely to see a significant surge in need; we forecast this to represent 10 million people who will need help with their mental health as a result of the pandemic.

There is no health without justice; no quality without equality

Our work increasingly points to the intersections between mental health and social justice. The concept of social justice extends and deepens our focus on equality.

The language of equality describes the outcome we want; social justice is the mechanism we use to achieve it. There is no health without justice; no quality without equality.

Throughout the Covid-19 pandemic, we have seen a great deal about how inequality harms communities who have been largely excluded or misunderstood. We will not let those voices and experiences go unheard.



Our vision



Mental health is made in communities

The Centre exists to highlight ‘real world’ solutions in the pursuit of better mental health and social justice, throughout people’s lives.

All the work that we do contributes to a health-creating society

We explore ways of protecting and promoting the public’s mental health, from infancy to later life. We do this nationally and locally, working at each level of government, public services and civil society to take every opportunity to support better mental health.

We believe that everyone has a right to good mental health

We find ways to put this right into practice: in communities, in workplaces, in education, online and in health and care services.

We want to ensure no one is disadvantaged because of their mental health

We work across systems so that people are treated fairly, including in education, employment, housing and the justice system.

We know that a mentally healthy society must respond better to neurodiversity

This is a new area of focus for Centre for Mental Health. We want to explore ways to meet the mental health needs of neurodiverse communities.

Impact



We have five high level goals:

1

To secure a **whole government strategy for mental health and neurodiversity** including housing, social security, health, business, justice, defence and the environment. This strategy will also future proof against global crises that have a direct impact on society's mental health.

2

To enable national, local and regional government to **deal with the things we know make people ill**, including poverty, racism, discrimination, exclusion, poor housing, and punitive welfare systems.

3

To ensure that **every child has a fair chance in life**, and secure an increase in investment into early years support.

4

To ensure that people with mental health difficulties and neurodiversity get **quality and values-driven health and social care services**, including physical health, work, housing and other basic needs.

5

To work within the **criminal justice system** to develop the best evidence for prevention, safe and secure prisons and resettlement to ensure people entering into the pathway have their mental and physical health needs met.



Making change happen

The vehicles for 2021–2025 will include:

Strategic

- We will develop a Strategic Counsel of Advisors from all walks of life with lived experience of mental illness, neurodiversity and social exclusion.
- We will work towards becoming an anti-racist organisation.
- We will undertake campaigns and programmes of work in pursuit of our mission, including Equally Well.

Organisational

- We will preserve financial security that will support the mission using the highest quality planning and governance.
- We will recruit the best people for our roles ensuring diversity and inclusion are at the heart of what we do.
- We will scale our trading and event activities in order to disseminate our findings and best practice.

Research & thought leadership

- We will work with partners to pilot and evaluate innovation, with a focus on quality.
- The Centre will use innovative digital solutions for research, engagement and communication.
- We will continue to develop our Peer Research portfolio.
- We will develop innovative ways of translation and communication, for example by enhancing and expanding our Writer in Residence model.

Networks

- We will develop a Health and Justice Policy Group with partners.
- We will develop a global network to ensure we can convene the best thinkers and innovators in mental health and social justice and bring vital learning back to the UK.
- We will develop a Public Health Directors Network.

Pandemic recovery

- The Centre will lead the field in understanding and responding to the mental health impact of the Covid pandemic.
- We will maintain surveillance on the economic impact on mental health.
- We will support the development of digital and other technology that will future-proof mental health services.

Centre for
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We're fighting for equality in mental health.
But we can't do this without your support.

Support us today:

www.centreformentalhealth.org.uk

Follow us on social media: @CentreforMH