

**GOOD**  
**MENTAL**  
**HEALTH**  
**FOR ALL**





**We're Centre for Mental Health.** Our current five-year strategy was published in 2021, and as we reach half way through it, we have reviewed the progress we've made and the wider environment around us. As a result, we have produced this update to our strategy that will guide our work over the next two years. We are more determined than ever to eradicate mental health inequalities. And with this updated strategy, we will continue to pursue equality in mental health in the years to come.

**Andy Bell**  
Chief executive

**Dame Professor Sue Bailey**  
Chair of Trustees



# WHO WE ARE

We're Centre for Mental Health.

We take the lead in challenging policies, systems and society, so that everyone can have better mental health.

We do this by building research evidence to create fairer mental health policy.

Poverty, injustice and discrimination put some people at a much higher risk of poor mental health – but less likely to receive the right support.

By developing mental health research, economic analysis and policy ideas, we're equipping services and decision makers to meet people's needs and reduce mental health inequalities.

Our work is driving forward sustainable policy change, to pursue equality, social justice and good mental health for all.



# OUR VALUES

We promote equity

We champion the voices of people experiencing mental health difficulties and inequality

We call out and tackle inequalities in mental health

We work with others with respect and openness

We build broad relationships

We translate our values into action

We build and communicate evidence for change.



**EQUALITY,  
SOCIAL JUSTICE  
AND GOOD  
MENTAL HEALTH  
FOR ALL**



**CELEBRATING  
SOLUTIONS  
NOT PROBLEMS**

**BRAVE**



**STAND UP FOR  
WHAT WE BELIEVE IN**

# OUR AMBITIONS

To secure a whole government long-term approach to protecting and promoting mental health for all, including housing, social security, health, business, justice, defence and the environment.

To address the unequal social and economic determinants of mental health, including poverty, racism, discrimination and exclusion, fostering action locally and nationally, including from statutory bodies, civil society and businesses.

To enable every child and young person to have a mentally healthy start in life through large-scale system change and investment.

To ensure that people of all ages with mental health difficulties get equitable, effective and timely health and social care services, including physical health, work, and housing.

To stimulate action to address inequalities in mental health across every dimension: working alongside communities and services to find sustainable, effective solutions. We will focus especially on addressing mental health inequalities facing neurodiverse communities, LGBTQ+ communities, racialised communities, refugee and asylum-seeking communities, older people, and people with 'complex' needs.

# ACTIONS



## **STRATEGIC**

- ⊙ We will work in partnership and coproduction with people and communities. This includes partnering with community and user-led organisations as well as working with people who bring lived experience expertise to our work and projects
- ⊙ We will work towards becoming an anti-racist organisation and adopt anti-oppressive practices
- ⊙ We will undertake campaigns with a focus on key areas of concern, including Equally Well, Fund the Hubs and Young Changemakers.

## **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, and learning more about how to make our recruitment and other HR policies and practices as equitable as they can be
- ⊙ We will continue to develop our training offer to ensure it provides the highest quality learning opportunities on IPS and other areas of interest
- ⊙ We will build our programme of events to contribute towards a wider movement for mental health equality.

## **RESEARCH & THOUGHT LEADERSHIP**

- ⊙ We will work with partners to evaluate promising approaches to boost mental health equality in communities and localities
- ⊙ We will use our communication channels to foster innovation, creativity and active debate about how to challenge inequality and injustice in mental health
- ⊙ We will work side by side with peer and community researchers to explore authentic ways to understand and communicate people's experiences and perspectives
- ⊙ We will develop innovative ways of translation and communication, providing a platform for groups of people whose views have been sidelined or ignored.

## **NETWORKS**

- ⊙ We will continue to develop our Mentally Healthier Councils Network for local authority elected members and staff
- ⊙ We will broaden our international networks to foster learning across boundaries, including non-Western countries and regions
- ⊙ We will build a network for mental health leaders in and around Integrated Care Systems in England.

## **RESPONDING TO MAJOR CHALLENGES**

- ⊙ We will continue to survey the longer term impacts of the Covid pandemic on mental health and support learning for the future
- ⊙ We will monitor the impacts of the cost-of-living crisis on mental health, and especially groups facing the biggest risks
- ⊙ We will explore the links between the climate crisis and mental health inequality, working towards sustainable and effective solutions locally, nationally and globally.

# CENTRE FOR MENTAL HEALTH



## CENTRE FOR MENTAL HEALTH STRATEGY 2021-2025

Published November 2023

© Centre for Mental Health, 2023

Centre for Mental Health is an independent charity driving forward sustainable policy change so that everyone can have better mental health. But we can't do it without your help.

Please support our work: [www.centreformentalhealth.org.uk](http://www.centreformentalhealth.org.uk)

Charity registration no. 1091156. A company limited by guarantee registered in England and Wales no. 4373019