

# FRAMEWORK FOR A MENTALLY HEALTHIER COUNCIL

A 10-point checklist 

MENTALLY HEALTHIER  
COUNCILS NETWORK



## STRENGTHEN ACCOUNTABILITY AND PRIORITISE MENTAL HEALTH IN ALL POLICIES

- 1. **Embed a mental health in all policies approach** and apply a bespoke mental health policy test. Designate a named mental health champion – either an elected member or a public health officer – to drive implementation, champion prevention, and ensure accountability at all levels.
- 2. **Publish a recent mental health needs assessment and strategy** coproduced with communities within the past five years and informed by lived experience and current priorities.

## TACKLE POVERTY

- 3. **Adopt the Living Wage Foundation accreditation** to ensure fair pay and a decent standard of living for all, including council staff and contractors. Become an accredited Living Wage Employer.
- 4. **Develop and implement an anti-poverty strategy** that includes: social value procurement; free, accessible financial, benefits and employment advice; and targeted support for communities at greatest risk of poor mental health.

## IMPROVE THE ENVIRONMENT

- 5. **Ensure planning policies actively promote safe and affordable housing** that is secure and accessible.
- 6. **Adopt planning policies that expand green, play and community spaces** while driving sustainable inclusive town centres that reduce isolation and enhance wellbeing.

## SUPPORT PREVENTION AND EARLY INTERVENTION

- 7. **Provide high-quality, free parenting support** through Best Start Family Hubs and related programmes, giving every child the best start in life.
- 8. **Ensure sustained investment in early support mental health hubs** for children and young people, enabling timely access to care and support, reducing escalation to crisis services.
- 9. **Champion a whole school and college approach** to mental health and wellbeing, supporting integrated strategies across education settings.

## EMBED EQUITY AND INCLUSION

- 10. **Adopt a prevention-focused approach to reducing mental health inequalities** by signing up to The Prevention Concordat for Better Mental Health.

Find out more: [www.centreformentalhealth.org.uk/framework-mentally-healthier-council/](http://www.centreformentalhealth.org.uk/framework-mentally-healthier-council/)

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