

CAPS INDEPENDENT ADVOCACY



EAST LOTHIAN

EQUALITY OUTCOMES CONSULTATION

The Equality Act 2010 requires all public bodies to publish equality outcomes at least every four years.

CAPS are holding a Zoom session for people who live in East Lothian with mental health issues to contribute to East Lothian's consultation on their current outcomes.

There are 7 themes to the consultation:

1. Accessibility
2. Housing
3. Inclusive education
4. Eradicate racism
5. Safer communities and gender based violence
6. Workplaces
7. Mental health awareness, support and management

Come along on:

16th December 2020 – 3pm – 4.30pm

<https://us02web.zoom.us/j/81675977808?pwd=RIV6UTRMUHZnNXUwTW1VWIBEYmJKUT09>

Meeting ID: 816 7597 7808

Passcode: **ELEO161220**

If you would like to join us and contribute to this consultation please contact Ele at ele@capsadvocacy.org or 07948 740 156 to register a place.

Below is the information provided in the consultation on the theme surrounding mental health for your consideration before coming to the meeting, there will be a chance to look at all the sections however this will be the focus of our discussion:

Equality theme 7 - Mental health awareness, support and management

Why does it matter?

- Mental health is a large and growing issue in society.
- 'Mental ill health' or 'mental health problems' covers a very wide spectrum of issues and illnesses.
- 1 in 4 people experience common mental health problems – harmful levels of stress, anxiety, depression.
- Evidence suggests that Covid-19 has negatively and substantially affected mental well-being among some communities and people with specific characteristics.

Draft outcome

- People are better equipped to manage their own mental health with appropriate and accessible information and support available.

What actions will we take?

- This will be achieved by looking at a number of measures including creating and empowering staff networks that have power to effect change. Actions may include:
- Work in partnership with communities and partners to develop joint actions and solutions.
- Ensure specific barriers to access for communities are addressed.
- Provide mental health information, support and services which are accessible, safe and culturally responsive.