**Mental Health Servicer User & Carer Forum
5/10/2015
2pm to 4pm The Beehive**

**Attendees:** Sharon Goddard (Mind), D Hill (Mind), J Lambert (Mind), G Ndlom (Together), K Gill (Mind), H Kang (Mind), W Aston (CARIADS), B Martin (Mind), G Carey (Adult Safeguarding), J Webster (Thurrock Mind), Alison Pettit (Together), Michelle Dawson (Thurrock Coalition), Ian Evans (Thurrock Coalition)

1. **Welcome & Introductions**

Ian Evans welcomed everybody and everyone introduced themselves.

1. **Minutes & Matters arising from the previous Forum Meeting on Suicide Prevention (July 2015)**

Lynne Evans (Thurrock Mind) has a meeting with Roger Harris (Social Care) on Tuesday.

Update from Graham Carey.

* Suicide prevention strategy – Health and Well-Being Board have agreed one is required
* Audit being carried out of GPs in the area – local suicides
* Broadening Mental Health strategy
* No performance indicators
* No timescales
* Idea for Essex wide strategy / workshop – Essex, Thurrock, Southend
* Cluster areas, transport network
* Holding Public Health to account
* Catherine Wilson attends a Pan Essex Mental Health working group – British Transport Police etc. already attend also
* GPs, Police
* Successful and attempted suicides
* Basildon and Thurrock University Hospital data extraction issues, coding issues with the Police also
* Need better information sharing

Nothing else arising from the last meetings minutes.

1. **Introduction to World Mental Health Day and background to the Human Rights Act 1998 from a Mental Health perspective**
Covering articles 1 to 16
See attached presentation
2. **What can be done to ensure that people with mental health conditions can continue to live with dignity – to think about the importance of human rights oriented policies and legal protection, training of health professionals, respect for informed consent to treatment, inclusion in decision-making processes, and public information campaigns**
* Access to treatment
* Access to support (funded)
* Access to correct medication
* Information (shared)
* Respect for choice / preferences
* Reduce prejudice and stigma
* More public awareness
* Access to information
* Support for family / carers
* Create a better understanding of the different forms of advocacy required in different contexts
* Training of local police, fire staff etc.
* Solicitors with specialist knowledge and experience / pro-bono solicitors
* Drive to recognise what a carer is to empower them and carer’s

Assessment

* Independent advice on medication for the individual and family. Dosset boxes to facilitate administration of
* Giving more power to the family / closest person to
* Appropriate adults. What constitutes one?
* Being well enough to understand what is being administered when it comes to medication
* Funding – increase to maintain wellbeing by being able to access services drop in / groups
* Educate general public on mental health issues. Help to reduce stigma of mental health. It can happen to anyone. Even the priminster. Local publicity campaigns, local papers
* To be offered counselling when diagnosed with mental health initially

**7. AOB – including future meeting dates -** Early December – next meetingPHB update and year review, Ian Wake – public health director, Phychotropic drug prescribing. Christine Ludlow (WOW) introduced the new mental health worker as part of World of Work in Thurrock Centre for Independent Living (TCIL).