



Mental Health and Wellbeing Charter

People working together to support mental wellbeing

**My Support,
My Way**

**Supportive
Communities**

**Supportive
staff**

**Advice and
Information**

**Feeling safe
& supported**

**Insight in my
wellbeing**

1. I understand the different support available to me. It is clear where and how I can access it.
2. I have the opportunity to plan my unique care and support. This support changes as my needs change.
3. I am supported to access a range of support networks within my community which help me to lead the best life possible.
4. I am empowered to stay connected with my chosen community if I become unwell.
5. At different stages of my journey my unique needs are supported by competent, compassionate and considerate staff.
6. Staff have the knowledge, values and ability to support me in developing an insight into my wellbeing.
7. To support me in leading a fulfilling life I am offered clear and practical advice and information.
8. In order to support my wellbeing my health information can be shared, with my permission, between services in my community.
9. I have a supportive team of people who understand my needs and who can enable me to get help at an early stage to avoid a crisis.
10. I have a centralised plan in place that supports me both when I am well and if I become unwell.
11. I am consistently empowered to gain insight into my mental health and explore what supports and what hinders my journey to wellbeing.
12. I am supported to view my life as a whole, of which my mental health is a component.

This Charter was created by people who have and are receiving support for their mental health.

For more information on the Charter and how to get involved, please go to The [Mental Health and Wellbeing Charter](http://www.newhopebanes.org) at www.newhopebanes.org