

B&NES Health and Wellbeing Board Development Session

Emotional Wellbeing and Mental Health - Summary of outputs from workshop discussions

Bath & North East
Somerset Council

Purpose: The Board held two focused discussions on strengthening mental health and emotional wellbeing support for residents:

- 1) **Improving adult discharge pathways** from acute mental health services into the community.
- 2) **Supporting children and young people's emotional health and wellbeing**.

1. Adults – Improving Mental Health Discharge Pathways

Challenges identified

Acute beds at full capacity; reliance on out-of-area placements.
Housing and benefits gaps and issues delaying discharge.
Limited integration of families, carers, universities, and VCSE in planning.
Data fragmented and not reflective of lived experience.

Next steps

Short-term (0–6 months): Map housing provision, embed housing/university staff in discharge meetings, standardise discharge checklists, improve family/carers signposting.

Medium-term (6–18 months): Pilot integrated discharge teams (NHS, LA, VCSE), develop shared dashboards, expand crisis alternatives, provide carer training.

Long-term (18+ months): Achieve zero out-of-area placements (2026 target), embed parity of esteem with physical health pathways, scale successful pilots.

2. Children & Young People – Emotional Health & Wellbeing

Challenges identified

High rates of self-harm and ED attendances.
Variation in access to early support and prevention.
Families unsure how to navigate pathways.
Need for stronger links between education, NHS and VCSE.
Young people's voices not consistently embedded in design.

Next steps

Strengthen early intervention in schools and neighbourhoods.
Simplify access and navigation for CYP and families.
Develop integrated models with education, NHS and VCSE partners.
Prioritise work on self-harm reduction and resilience.
Embed youth voice and lived experience in monitoring and improvement.

3. Shared Commitment

Both strands highlight the importance of:
Whole-system partnerships (NHS, LA, housing, education, VCSE, universities, families).
Community-based models that prevent crisis and reduce reliance on acute beds.
Shared data and accountability to drive improvement.
Co-production with service users to ensure pathways meet real needs.