



Department
of Health &
Social Care

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To All MPs in England

Dear Colleague,

Discussion Paper for new Mental Health and Wellbeing Plan

I would like to take the opportunity to draw your attention to the publication of a [discussion paper and call for evidence](#) which the Department of Health and Social Care has launched. This marks the launch of a wide-ranging engagement process to support development of a new cross-government 10 Year Plan for Mental Health and Wellbeing.

We want to ensure our new plan responds to the public's priorities and sets out what we can all do as a whole society to change things for the better. That's why we are launching a call for evidence to support development of the new plan. The call for evidence will run for 12 weeks and will close on the 5th of July.

The purpose of the call for evidence is to support us to:

- build consensus on the priority actions we need to take collectively as a society to boost wellbeing and reduce the number of people who go on to develop mental illness;
- develop plans to make sure that people at risk of developing a mental illness receive help at an earlier stage, and that people who are unwell are treated with compassion and get the support they need;
- gain insight into how to fully harness the potential of technology and data to support better mental health and learn about the best innovation and practice this is taking place across the country so that we can all benefit from it;
- inform the development of a separate National Suicide Prevention Plan, which will ensure this extremely important issue has specific and targeted focus at national level.

We are therefore asking the public for their views on a wide range of questions, from prevention through to acute mental health care. We are particularly keen to hear from people who have struggled with their mental health, cared for people living with mental

health difficulties, or work in services supporting people, as well as relevant academics and experts. Written responses will be supplemented by direct engagement with people with personal experience of mental ill-health, roundtables, and workshops with stakeholders.

I would very much welcome your help in sharing this discussion paper widely and encouraging your constituents to engage with and respond. We want this new plan to tackle the disparities in the experience of mental health and wellbeing that our society faces. Therefore, we want to listen to and gather as varied a range of responses as possible.

We know that the last couple of years have been challenging, and a national conversation on mental health is important now more than ever. Therefore, I also encourage you to ask your constituents to reach out for support if they are affected by any of the issues covered by the call for evidence, and direct them to the following sources of support:

- Advice and tips to help you look after your mental health and wellbeing are available on the Better Health: Every Mind Matters website.
- Information on how to access NHS mental health services is on the NHS website.
- Support from the voluntary and community sector can be found by searching the Hub of Hope.
- If someone is experiencing a mental health crisis, details of local, 24-hour urgent mental health helplines are on the NHS website. You can also contact Samaritans for 24-hour support via phone or email.

This engagement process is our opportunity to make significant and far-reaching change in the nation's mental health and wellbeing - an ambition which is all the more urgent in the aftermath of the pandemic. I urge you to engage and encourage others to do so too, so that we can build the mentally healthy society we want to see in ten years' time.

Yours ever,



RT HON SAJID JAVID MP



GILLIAN KEEGAN MP