

## **Full Council, 30 January 2018**

### **Opposition Motion in the name of Cllr Phil Cohen**

#### **Working with Thrive LDN to improve mental health in Barnet**

Council acknowledges that two million Londoners experience poor mental health, which equates to 62,500 people in each borough, and that London's suicide rate increased by 33 per cent from 552 to 735 incidents between 2014 and 2015 – the highest figure recorded by the Office for National Statistics since records began.

Council understands that employment for Londoners with a mental health problem is 31 per cent lower than the UK average and that the financial cost of mental ill-health is approximately £700million for each London borough.

Council notes that overall rates of individual mental health problems are higher in Barnet than London and England, and the rate of detention for a mental health condition is significantly higher than the London or England averages.

Council reaffirms its commitment to approach mental health and wellbeing as a key priority and to work collaboratively with partners within and outside the borough to address and tackle mental ill-health across our communities.

Council therefore commits to support and work with Thrive LDN to:

- Create a citywide movement for all Londoners that empowers individuals and communities in our borough to lead change, address inequalities that lead to poor mental health and create their own ways to improve mental health.
- Following on from the examples set by Harrow Thrive and Black Thrive in Lambeth, look in to localising Thrive LDN to Barnet by exploring the practicalities of establishing a local Thrive hub that responds to local needs
- Examine new methods to support more people in Barnet to access a range of activities that help them to maintain good mental health and wellbeing.
- Work closely with partners across Barnet to end mental health stigma and discrimination.
- Build on the great work happening across London to engage children and young people in mental health by helping Thrive LDN to develop training and resources for youth organisations, schools and student societies.
- Support employers to make mental health and wellbeing central to the workplace.
- Work with partners to explore new ways to access services and support, and consider the use of digital technologies to promote mental health and improve information about accessing support.
- Work with partners and build on the excellent work being done across the borough to reduce suicides in Barnet. We will build on existing suicide reduction and prevention initiatives by establishing a zero suicide ambition for Barnet.