

Community resilience for mental wellbeing: A place based approach

Northern Health and Social Care Trust

Background

Post-Covid we saw that more of our citizens than ever were experiencing poor mental health in the Northern Trust locality. Many of these people are being supported by a diverse range of community and voluntary organisations, as well as Northern Health and Social Care Trust and local councils. However, with the added pressure caused by the cost of living crisis these organisations were struggling to deliver the services needed by a growing number of people in our community. Resilience was low, and those delivering services were at risk of burn-out.



Attendees of one of the Peer Network Launch events

“It is so important for me to have a network where I can feel supported, voice issues, and focus on my own self-care”

Member of Peer Support Network

253

of Social Prescribing Referrals made

Our Response

Thanks to NHS Charities Together funding and partnerships with local councils, the community and voluntary sector, 3 workstreams have been established to develop the resilience of our citizens:

- Social prescribing Service: to ensure citizens receive local person-centred support
- Launch of online support directory: to facilitate support seeking
- Upskilling of community leaders through development of Peer Networks