

MENTAL HEALTH



Partnership for a
Healthy Durham



Overall Goal

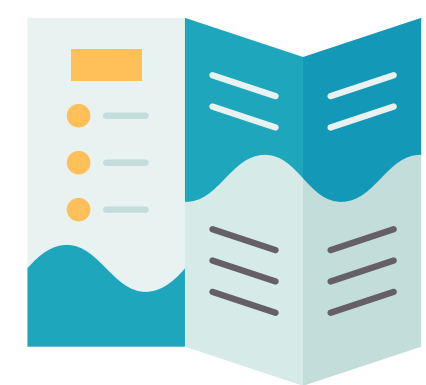
All people in Durham County have access to quality, culturally affirming and affordable mental health services and social emotional support

Increase access points for mental health supports and social-emotional supports

Map the existing mental health resources in Durham County.



Update the brochure with a definition of mental health and disseminate in the community



Increase trainings like Applied Suicide Intervention Skills Training (ASSIST), Community Resiliency Model (CRM), Mental Health First Aid offered throughout Durham



Collaborate with organizations to build a network (connection) of trained community members who provide mental health supports



Engage those who are already trusted in communities to connect those who need/want mental health support



Reduce the stigma that exists around behavioral health

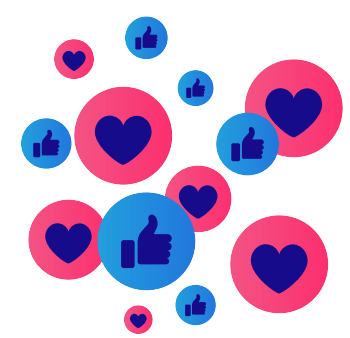
Create a resource bank of self-care tools for individuals and supporters.



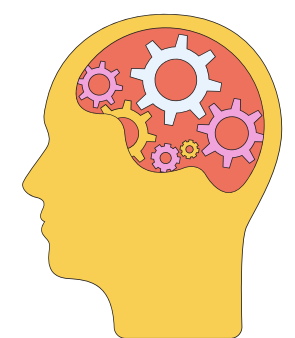
Increase awareness of “8 minutes movement” and other tools.



Connect with Communications committee for a mental health social media campaign



Assess community knowledge and create our own definition of mental health and awareness



Advocate for healthcare system to make mental health a part of standard healthcare in messaging



Use mental health first aid trainings to reduce stigma



Advocate for policy changes and create tools for navigating the current mental health system

Research policies related to mental health. Identify an advocacy plan based on identified needs of the community



Create navigation tools for providers and patients (focus on support system)



Link patients/stakeholders to opportunities for advocacy. Compile a list of the spaces or positions available and share them often



Find out what barriers exist to navigating the mental health system.

