

TH wants to achieve

Action TH will take

Fewer people to experience mental health stigma and discrimination

- Have a dedicated campaign to tackle stigma and raise awareness, working with those with experience of mental health problems to do this

People to have a good understanding of what mental health is and how to promote it

- Provide information to staff and residents on mental health and self-care
- Target information to the groups that are at a greater risk of developing mental health problems
- Participate in the 'Thrive London' programme to improve the health and wellbeing of all Londoners

Local employers understand and commit to promoting the mental health and wellbeing of their workforce

- A campaign to tackle stigma and raise awareness, working with those with experience of mental health problems to do this

The wider determinants of mental health – deprivation, employment, environment, housing, crime, cohesion, loneliness and education – are addressed

- Influence the strategies, boards and programmes of work linked to wider determinants
- Work to improve air quality and biodiversity as this is linked to wellbeing
- Review street lighting coverage to improve people's sense of safety, enabling people to get out and about more
- Encourage landlords to sign-up to our licensing scheme, improving wellbeing and security in private rented tenancies
- Make use of open spaces, community activities, outdoor gyms, community greening and growing projects to foster community cohesion and improve health and wellbeing

Tower Hamlets is a safe and welcoming place when it comes to mental health

- A campaign to tackle stigma and raise awareness, working with those with experience of mental health problems to do this