

**Mental Health and Wellbeing Charter**

**The 10 Guiding Principles followed in**

**Bath & North East Somerset**

**To support mental health and wellbeing**

**My Support,**

**My Way**

**Feeling safe**

**and supported**

**Insight into my mental health**

**Supportive staff and organisations**

**Advice and Information**

* I understand the different support available to me. It is clear where and how I can access it.
* I have the opportunity to plan my unique care and support. This support changes as my needs change.
* I have supportive people around me, who understand my needs and who can enable me to get help early to avoid a crisis.
* I have one agreed plan that supports my wellbeing and helps keep me safe if I become unwell.
* I am empowered to gain insight into my mental and physical health and explore what either supports or hinders my wellbeing.
* I am supported to view my life as a whole, with my mental and physical health as components.
* I can access organisations which support their staff using a clear set of principles, training and procedures.
* I am supported by competent, compassionate and respectful staff who understand my unique needs at every stage of my journey.
* I can speak to people who have the knowledge and expertise to advise and help me to get the support I need.
* I have access to clear and practical information that supports my wellbeing and ability to be independent.

**This Charter was created by people who have received support for their mental health**

**For more information on the Charter and the ‘In Practice’ document please visit** [**www.newhopebanes.org**](http://www.newhopebanes.org)