

New Routes Home



Consultation Response: A New Mental Health and Wellbeing Strategy



New Routes Home is a group of people who campaign for the rights of autistic people and people with learning disabilities. We believe that everyone should have a home of their own, with the support they need.



We met to discuss the new Mental Health and Wellbeing Strategy. The Scottish Government wants to hear from people living and working in Scotland, to find out their opinions on the strategy. This is called a consultation.



The Scottish Government suggested that their vision for the strategy should be: 'better mental health and wellbeing for all'. We agree that this is a good vision. But we want them to make sure that 'all' really means everyone.



The Scottish Government has written some outcomes for their strategy. These are the changes they want to happen. We think that the outcomes they suggested are good, but would like to make some changes.

We think there should be more time and effort put into helping people earlier ('early interventions').

And we think that when support is put in place it should be designed in partnership with the person receiving it.

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The Scottish Government named some ways that people can take care of their mental health and wellbeing. These include things like sleep, exercise, and being around family and friends. We wanted to add some more to the list. These include things like having routines, having hope for the future, and support that is flexible to the person.



We also told the Scottish Government some things that stopped us having good mental health and wellbeing. This included being away from family and friends, and feeling like you are not in control of your life.



We spoke about how some people are very worried about money. If someone is taken into hospital far away from home this can mean that their families need to work less, or spend lots of money on travel to visit.



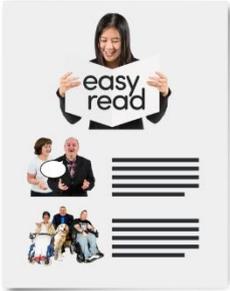
The Scottish Government asked about our ideas for ways that services could be better. These are some of our ideas.

Getting support earlier, before things go wrong.



Having support in the community, rather than in hospitals.

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Making sure that information is easy to find and understand.



Being able to speak to an advocate. An advocate is someone who can help people have their voice heard.



Having someone that is responsible for planning when someone leaves hospital. This can sometimes feel messy without this.



Having support providers that are ready and able to provide support. We also think that support staff should be paid more so that they feel valued.



People need to work together to help people come home from hospitals. This includes hospital staff, social workers, support providers and housing.