

Developing a Mental Health and Wellbeing Action Plan for Veterans in Scotland



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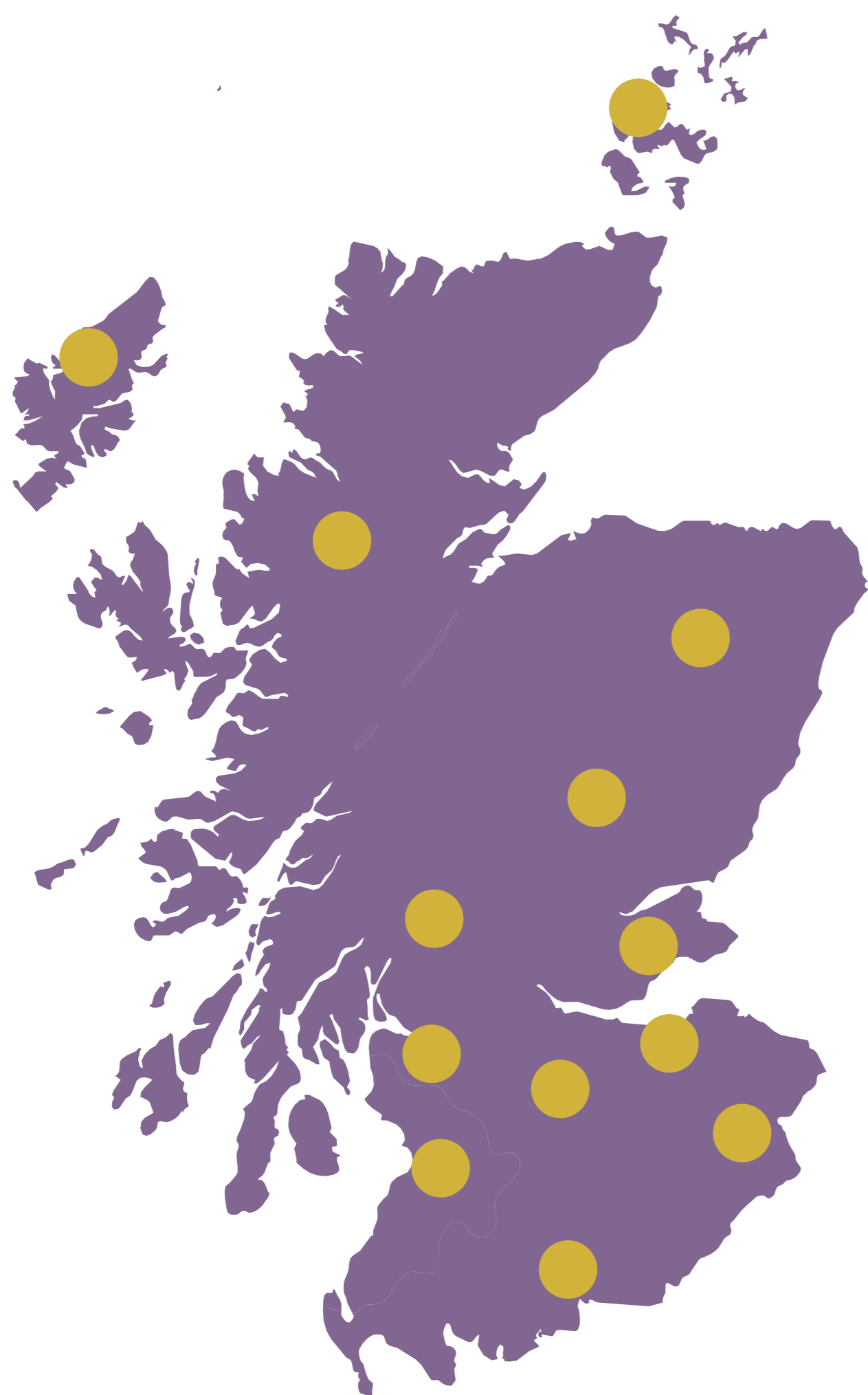
Introduction

The Scottish Veterans Commissioner, in his Veterans' Health & Wellbeing Report (2018), recommended the development of a plan to address the long-term delivery of mental health and wellbeing services for veterans.

Developing a Mental Health and Wellbeing Action Plan was tasked to the Scottish Veterans Care Network.

A National Approach

Each NHS Board area, in collaboration with the relevant Health and Social Care Partnerships, the Third Sector and Local Authorities, will have a dedicated, community based Veteran Mental Health and Wellbeing Service.



Scoping the Action Plan

The Network created **five questionnaires** to gather quantitative data on current service provision in Scotland with a **total of 46 responses** from a combination of stakeholders across Scotland such as NHS Boards, Integration Joint Boards (IJB's), Ministry of Defence and the Third Sector.

Furthermore, the Network also worked with over **80 veterans and members of the veterans' community**, to ask them what they wanted to see in the action plan, based upon their experiences. From this, **38 recommendations** were submitted to Scottish Government, providing the basis of the Mental Health and Wellbeing Action Plan.

Principles of the Action Plan

The recommendations within the Mental Health and Wellbeing Action Plan revolve around the following **three key principles**:

- 1 Veterans across Scotland will have access to tailored mental health and wellbeing services to support them to lead a healthy, positive life and reach their full potential.
- 2 Veterans should be able to access the right help at the right time.
- 3 Services that support the veterans community should be appropriately supported to meet the needs of veterans.

What happens next?

Fully implementing these recommendations through collaboration with stakeholders will be a main focus for the Network during the next 3-5 years.

The Network is funded by the Scottish Government Health and Social Care Directorate.

