



A close-up portrait of a Black man with short hair and a light beard, looking directly at the camera with a slight smile. He is wearing a purple t-shirt under a dark jacket. The background is a soft, out-of-focus grey.

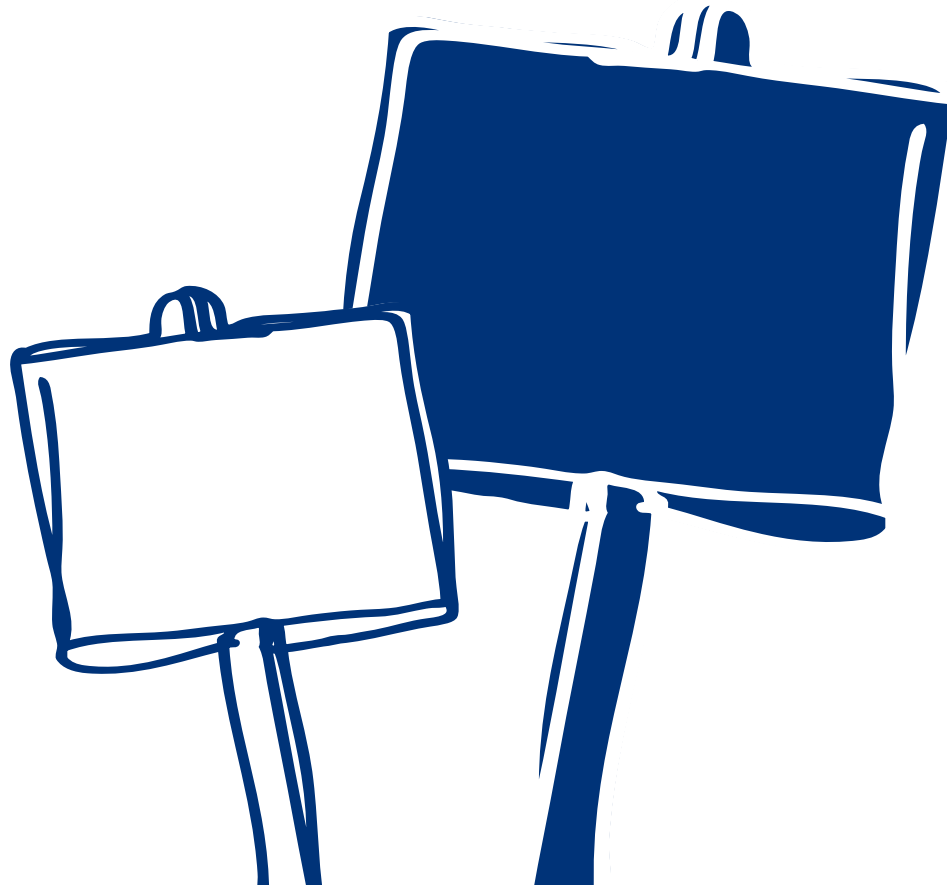
What is Stand For Me?

The coronavirus pandemic has accelerated our mental health emergency – especially for those of us already struggling.

Next year's election is a crucial opportunity to influence mental health policy and support in Wales for the next five years. It provides us with a chance to make society kinder, fairer and safer.

We can make sure that mental health stays at the top of the political agenda through building relationships with candidates, speaking to them about mental health and getting them to commit their support.

What is Stand For Me?



Those in power must understand the reality for those of us with mental health problems. They must understand how they can play their part by fighting for increased funding, better legislation and ensuring promises are acted on.

That is why from 22 September we are encouraging everyone to call on political parties and candidates and ask them to stand for mental health in the next election.

#StandForMe demands action from current and future members of the Senedd. It is clear and direct with one outcome, for candidates and political parties to stand for mental health. This is our chance to make sure that the next Welsh Government stands for us, our experiences and for better mental health.

Campaigners: How to get involved



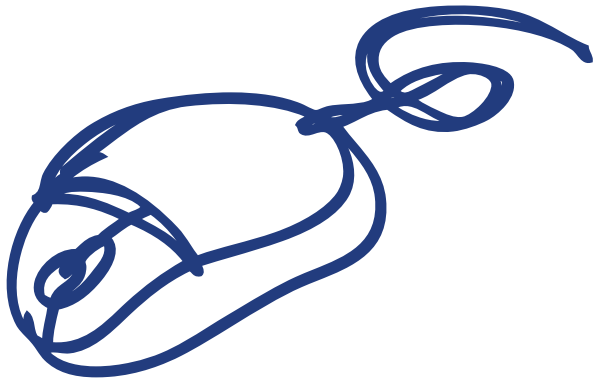
It is time to take a stand.

From 22 September onwards, we're calling on candidates and political parties to stand for you, stand for us and stand for everyone in need of improved mental health support.

Join forces on social media. Ask candidates to stand for you, your family, your friends, and the needs of the nation.

- Email the Mind Cymru manifesto to your candidate.
- Share the facts and resources on social media so your friends, family and peers know our vision for better mental health in Wales.
- Share your story and your experiences of mental health on social media with **#StandForMe**.
- Get in touch to become a media volunteer or blogger for our media outreach and for our manifesto.
- Tag your candidate and demand that they stand for you, for mental health and for improved support by hash tagging **#StandForMe** on social media.
- Visit Mind.org.uk/StandForMe for information and resources.

Stakeholders: How to get involved



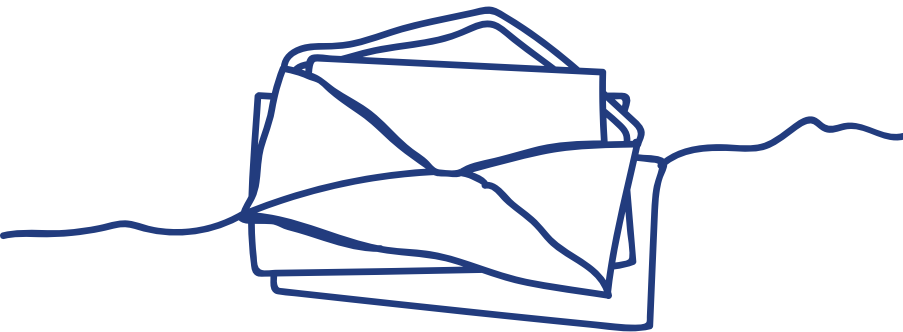
We need you to rally the troops, engage your audience and support the **#StandForMe** movement.

From 22 September onwards, the people of Wales will be calling on candidates and political parties to recognise the need for improved mental health support in Wales.

The voices of real people and our experiences of mental health problems, will encourage the next Senedd to stand.

- Share information about the movement with your audience through social media and internal communication and encourage your members, employees etc. to participate in the **#StandForMe** movement.
- Show your support as an organisation by sharing assets and **#StandForMe** on social media.

Senedd candidates: How to get involved



The pandemic has escalated the mental health emergency. Now is the time to show your commitment to improved support in Wales.

From the 22 September onwards, the people of Wales will be calling on the candidates and political parties to recognise the need for improved mental health services in Wales.

Pay attention to the people and their stories. Stand for them.

- Show that you will stand for mental health and share on social using [#StandForMe](#).
- Commit to our [manifesto](#), to make sure everyone in Wales gets the mental health support and respect they deserve.

Assets



Stand for me (blue)



Stand for me (white)



Stand for me (blue and white)



Stand for me (blue, yellow and white)



Stand for me (white and blue)



Sefwch drosaf i (blue)



Sefwch drosaf i (white)



Sefwch drosaf i (blue and white)



Sefwch drosaf i (blue, yellow and white)

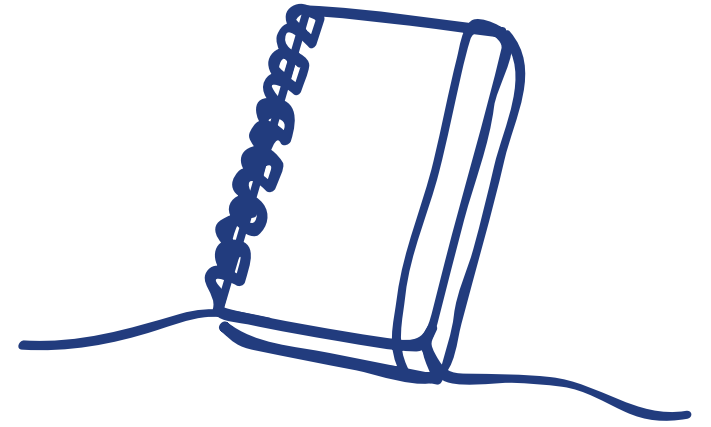
We have created a bank of assets that you can use to show your support and encourage others to get involved. We will share assets and stories on social media on 22 September should you wish to share to your own feeds or download them from Mind.org.uk/StandForMe.

Follow Mind Cymru
Twitter [@mindcymru](https://twitter.com/mindcymru)
Instagram [@mindcharity](https://www.instagram.com/mindcharity)
Facebook
[@mindforbettermentalhealth](https://www.facebook.com/mindforbettermentalhealth)
[#StandForMe](https://www.facebook.com/StandForMe)

Key facts

40% of all GP appointments in Wales are for issues relating to mental health.

(MIND Cymru survey of GPs)



For those with existing mental health problems, during the coronavirus pandemic:

(Mind coronavirus survey)

Almost two thirds of people said their mental health was worse (60% adults and 74% young people).

More than three quarters of people felt that loneliness had made their mental health worse.

Nearly one in three (31%) young people reported self-harming to cope.

One in three adults and one in four young people did not access services because they did not think that they deserved support.

For the population in general:

(Public Health Wales 'How Are You Doing' survey)

Over half (51%) of people have worried about their mental health and wellbeing.

12% of people aren't seeking help such as visiting a GP when they normally would have done.

Some people have been impacted more by coronavirus than others. Such as people from BAME communities, women and people living in poverty.

Mental health support we need



Make mental health a cross cutting priority for its programme for government:

- Publish a new Mental Health Strategy following Together for Mental Health, that cuts across the responsibilities of Government, building resilience to prevent poor mental health as well as support for those with more acute and enduring mental illness;
- Ensure everyone is able to access mental health support appropriately and quickly, in particular those in Black, Asian and Minority Ethnic Communities and those living in poverty
- Review the legislative framework around mental health in Wales, taking into account Mental Health Act Review and duty to review recommendations around the Mental Health (Wales) Measure;

Address the growing crisis in young people's mental health by meeting the wide and varied demand for support:

- Make improving access and outcomes for children and young people experiencing mental health problems a national priority with resources to meet demand
- New curriculum to include mental health as a cross cutting area, including delivery of anti-stigma and discrimination education
- All children and young people experiencing mental health problems to access appropriate and timely services as close to their home as practical

Mental health support we need



Commit to ensuring everybody has safe and speedy access to quality care when they need it, including crisis care 24 hours a day, seven days a week:

- Resourced delivery of the multi-agency Crisis Care Concordat, including regular reporting on outcomes and progress
- Improved access to 24/7 crisis care support including Crisis Resolution and Home Treatment teams and voluntary sector alternative places of safety
- Mother and baby unit provision must include not only the establishment of the planned mother and baby unit in the south of Wales, but also address the need to procure beds accessible to women in the north of Wales;

Provide greater focus, planning and investment into mental health in primary care and talking therapies to ensure timely access to a range of support:

- Timely access to early support services, including a fast track for people with mild to moderate conditions through to voluntary sector services that work in partnership with and provide support to statutory sector services

- All providers and commissioners of services should ensure that 'parity of esteem' between mental and physical health are emphasised within their plans
- A commitment to reduce the 26-week waiting time target for specialist psychological therapies over the course of the next three years with a clear and detailed timeline that sets out how this reduction will take place

Tackle stigma in communities and drive improved employment practices to make workplaces more accessible and inclusive for those experiencing mental health problems:

- Time to Change Wales to continue to be fully supported and funded in its programme of work beyond 2021 in order to continue to develop the social movement to reduce the stigma and discrimination associated with mental health across communities and workplaces
- Welsh Government to adopt recommendations of Thriving at Work report to improve mental health in the workplace

Advocacy resources



For more information on the Mind Cymru manifesto and for additional resources and reading, please visit the below.

Policy and research

<https://www.mind.org.uk/about-us/our-policy-work/reports-and-guides/>

What we're doing in Wales

<https://www.mind.org.uk/about-us/mind-cymru/>

Our campaigns

<https://www.mind.org.uk/news-campaigns/mind-cymru-campaigns/>

Mind Cymru manifesto

[Mind.org.uk/StandForMe](https://www.mind.org.uk/stand-for-me/)

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Disclaimer information

As a charity it's important that we remain impartial and work with all political parties. This is especially important in the lead up to an election as there are specific restrictions on charities and how we campaign. Please keep this in mind when supporting our campaigning work. Of course, it's absolutely fine for you to have your own political views and to talk to whichever candidates you like and to use our materials in doing so, but as a charity Mind will always be politically neutral.

Health decisions are made by Members of the Senedd, not MPs. The next Senedd Election in Wales is scheduled for 06 May 2021. We will present the Mind Cymru Manifesto to the Senedd before the election.



Thank You



For more information email
action@mind.org.uk
[#StandForMe](https://www.mind.org.uk/campaigns/stand-for-me)