

Response ID ANON-M4RT-Z2B6-B

Submitted to **Mental Health in Scotland – a 10 year vision**

Submitted on **2016-08-20 10:43:27**

About You

1 What is your name?

Name:

Ben Lawrie

2 What is your email address?

Email:

benlawrie133@gmail.com

3 Are you responding as an individual or an organisation?

Individual

4 What is your organisation?

Organisation:

5 The Scottish Government would like your permission to publish your consultation response. Please indicate your publishing preference:

Publish response with name

6 We will share your response internally with other Scottish Government policy teams who may be addressing the issues you discuss. They may wish to contact you again in the future, but we require your permission to do so. Are you content for Scottish Government to contact you again in relation to this exercise?

Yes

Questions

1 Our framework sets out 8 priorities for a new Mental Health Strategy that we think will transform mental health in Scotland over 10 years. Are these the most important priorities?

Yes

If no, what priorities do you think will deliver this transformation?:

2 The table in Annex A sets out a number of early actions that we think will support improvements for mental health.

Are there any other actions that you think we need to take to improve mental health in Scotland?:

Cutting waiting times should be an absolute priority with more emphasis put on therapies as opposed to medication being a first resort.

More variety of therapies must be available as well. Whilst cognitive behavioural therapy has its merits, it's currently used as a 'one-size fits all' therapy when other forms of therapy could be of much more benefit.

3 The table in Annex A sets out some of the results we expect to see.

What do you want mental health services in Scotland to look like in 10 years' time?:

A larger variety of therapies available to meet the individual needs of patients.

Much more accessible therapy with dramatically lower waiting times.

Less of an emphasis on medication where other avenues could have been tried first.

Evaluation

7 Please help us improve our engagement by answering the questions below. (Responses to the evaluation will not be published.)

Matrix 1 - How satisfied were you with this engagement?:

Very satisfied

Please enter comments here.:

Clear and concise.

Matrix 1 - How would you rate your satisfaction with using this platform (Citizen Space) to respond to this engagement exercise?:

Very satisfied

Please enter comments here.:

Simple and easy to engage with.