

Mental Well-being Impact Assessment



National Mental Health
Development Unit

www.nmhd.org.uk

Mental Well-being Impact Assessment (MWIA) enables local service commissioners and community organisations to assess and measure the impact of their interventions on their population's mental health and wellbeing. The project involves the development of a toolkit, which distils the evidence-base, draws from "tried and tested" local practice and focuses on outcomes; as well as a series of capacity-building programmes (held on a regional basis).



The National Mental Health Development Unit (NMHDU) has commissioned a partnership of organisations to provide national development and co-ordination of this work to help support the promotion and application of MWIA.

The NMHDU has commissioned the Inukshuk SLaM Partnership (ISP) to develop this work. The partnership has considerable expertise in this field and will work with key stakeholders to embed the evidence around what is most effective in improving mental wellbeing into existing Health Impact Assessment and to provide robust well-being improvement tools.

The project team will be reaching out to regions and national bodies to explore and discuss how MWIA can best be embedded locally and ensure measurable outcomes in improving the health and wellbeing of individuals, families and communities.

For further information on the project or to get involved contact **Anthea Cooke** from the IS Partnership (email anthea.cooke@inukshukconsultancy.com)

Further details on NMHDU's work can be found at www.nmhd.org.uk

The National Mental Health Development Unit (NMHDU) is the agency charged with supporting the implementation of mental health policy in England by the Department of Health in collaboration with the NHS, Local Authorities and other major stakeholders.

Mental Well-being Impact Assessment (MWIA) Toolkit



What is MWIA?

MWIA is similar to Health Impact Assessment (HIA) and has a specific focus on mental well-being. The aim of MWIA is to maximise positive and minimise negative impacts on mental health and well-being.

Like HIA, MWIA focuses on population groups who may experience health inequalities and social injustice with a particular emphasis on those most at risk of poorer well-being. It also focuses on enhancing control, resilience, assets, participation and inclusion. These dimensions of well-being are essential to achieving a wide range of social and economic outcomes.

MWIA has a role to play in:

- Re-focusing efforts to create better services to improve mental well-being;
- Developing shared, coherent understandings of mental well-being with a range of stakeholders;
- Ensuring policies, services, programmes or projects have a positive impact on mental well-being;
- Actively engaging all partners in service development and fostering co-production of mental well-being;
- Supporting community needs assessment and the development of relevant and meaningful local indicators.

Application of MWIA

MWIA is an innovative and effective tool to ensure proposals improve people's mental well-being as much as possible. The toolkit can be used by anyone with an interest in the potential mental well-being impact of policies, services, programmes or projects in a wide range of settings and across all sectors.

Where to get a copy

A copy can be downloaded from www.hiagateway.org.uk

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