

I am a GP in North Berwick and am replying re the discussion document that was sent to me re The Future of Mental Health in Scotland.

Promotion of Mental Health

- a) Schools need to play a big role through educating children in the areas of drugs , alcohol, sexual health, smoking, obesity, exercise, citizen responsibility and so forth.
- b) Adult education using media advertising , utilising 1Y care facilities, AA, CDPS other voluntary agencies and so forth.
- c) Healthy lifestyle choices for all promoted by public health organisations through legislation addressing alcohol, smoking, exercise , diet and so forth. In particular alcohol is a major cause for concern which needs urgent attention a start would be significant price increases and zero alcohol levels for driving.

Prevention

- a) Similar to the above but in addition using government legislation to address the problems of cheap alcohol and much stricter controls of licensing for pubs and so forth.
- b) Provide opportunity and incentives to young people to make healthy life choices by addressing poverty issues , cost of first time buy housing , reintroduce apprentice schemes as this is all related to social/financial problems in all areas of living . Mobilise unemployed to do voluntary work in the areas where they live, to give back a sense of pride, self respect and ownership.

Support

- a) Provide more sheltered type accommodation and support workers for people with existing mental health problems, along the lines of the old part 4 homes which are now becoming more like nursing homes.
- b) Maintaining local services for Mental health and **not centralising this aspect of care.**
This is vital.

All of these areas are interrelated in many ways and a coordinated approach to linking them all in together is the best way forward.

Thank you.