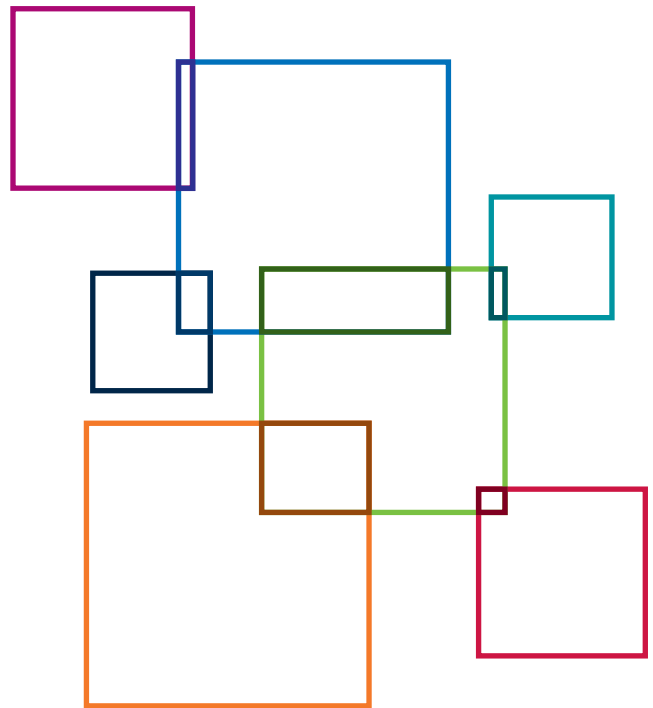
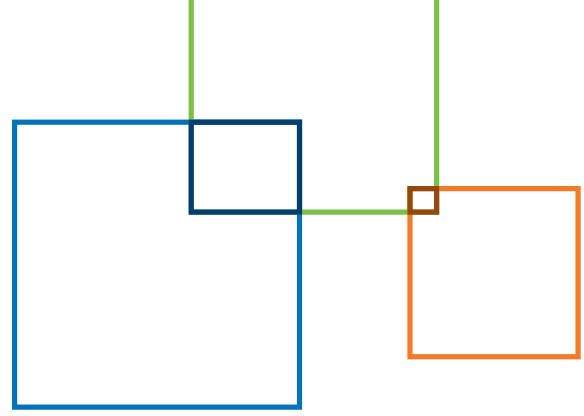


Principles to practice

The worker's guide to implementing
the common core principles to
support good mental health and
wellbeing in adult social care



Introduction



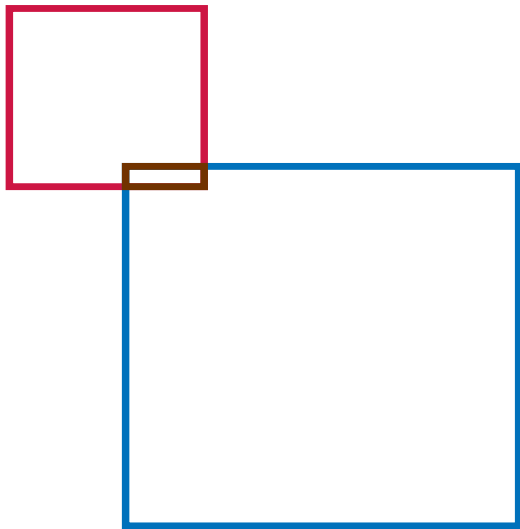
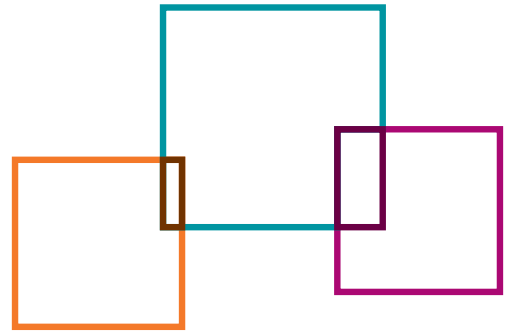
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Who this guide is for

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Acknowledgements

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Principle 1

Know the key signs of  and  and be able to respond appropriately.

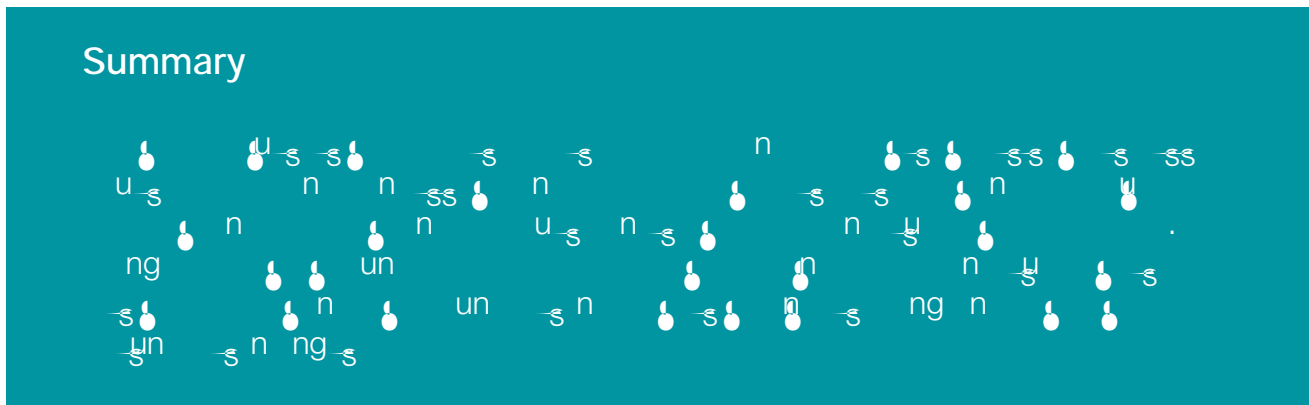
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(Brent MIND)











“       ”















(Rethink)














Summary
















Situation

Principle 2

Understand the importance of good mental health and wellbeing and have good knowledge of how to promote these with people who need care and support



Situation

U - y ng n u ng n s s s s s n s u
qu - s . T n s, s s u n s n ng u
s n n n ss n n g u n n s s s u
n n s n s ss u n s s ng s u
ng.

ng s n s ng s s n ng s n s

Dilemma

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n - 1 n y n n n n n n n ss
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u un s n s s gu ng s un s nu s () n
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ss s ng s s
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W n ng n



! , . . . ? / .



(Brent MIND)

Situation

Y
ä, - ä, ä, ä, ä, .
n ng -s wing n g, u -s -s -s u
wing n n -s ng n -ss un .T u
wing n -s -s wing n -ss -s , u n .
ng wing n u ng n u ng , u n .

Principle 5

Maintain safety and safeguarding responsibilities by appropriately assessing risks and supporting where necessary

“We have a duty of care to our patients and staff, and we will do everything we can to ensure they are safe and supported. We will continue to work with our partners to ensure we are doing the right thing for our patients and staff.”

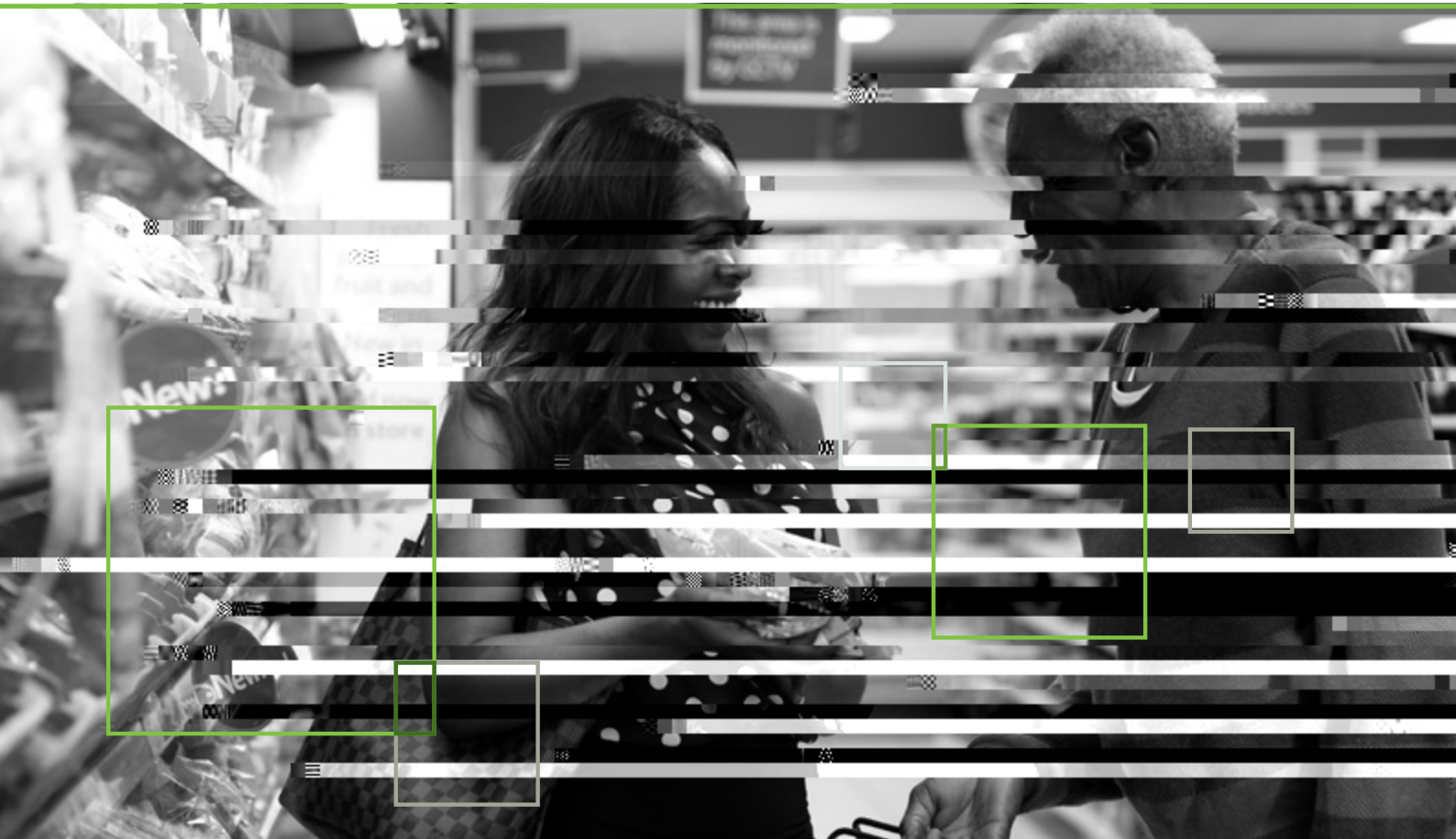
(Tees, Esk and Wear Valleys NHS Foundation Trust)

“We have a duty of care to our patients and staff, and we will do everything we can to ensure they are safe and supported. We will continue to work with our partners to ensure we are doing the right thing for our patients and staff.”

(Rethink)

Summary

Summary



Dilemma

W n ng n s n n n n
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n n s n u s s
u s n u n un n n n
un n' s n n s s ng u

A , ,
A A , A A A
A A A .
(Rethink)



Principle 9

Promote creative activities that are meaningful to the individual to enable the best possible quality of life and fulfilment

“...the importance of creative activities in promoting the quality of life and fulfilment of people with learning disabilities.”
(Satash Community Care)

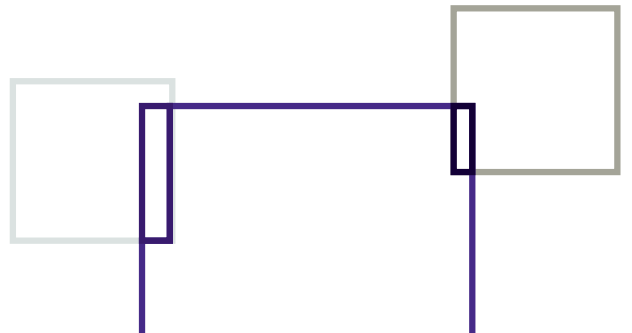
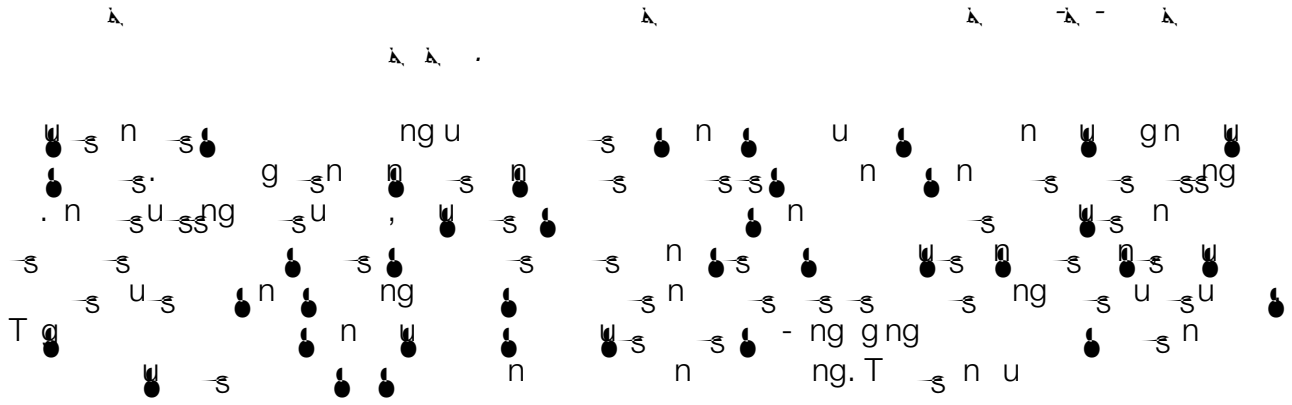
“...the importance of creative activities in promoting the quality of life and fulfilment of people with learning disabilities.”
(Tees, Esk and Wear Valley NHS Foundation Trust)

Summary

Summary text consisting of various characters and symbols, including letters, numbers, and punctuation, arranged in a grid-like pattern.



Situation



Principle 10

Enable capacity and confidence building in people who need care and support to maintain their independence and control by supporting them in managing risk-taking activities, lifestyle decisions and setting goals

“ *B... ..* ”
(Rethink)

“ *b'... ..* ”
(Satash Community Care)

Summary

n u g n g n u ng n nu s u s s, n n
n ng. T s s ng u s n
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Situation

a. a. a. a. ,

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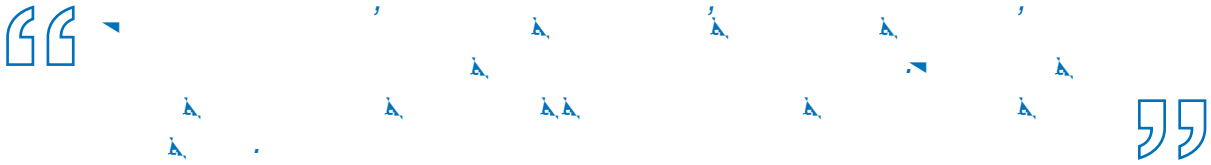
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n , n u n n g n s s

Dilemma

u s ng n u s n u s n u s n un n n
n s u n s s u n s n ng s ng n n
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Key area 2

All staff should demonstrate key personal qualities relevant to social care



(Tees, Esk & Wear Valley NHS Foundation Trust)



(Rethink)

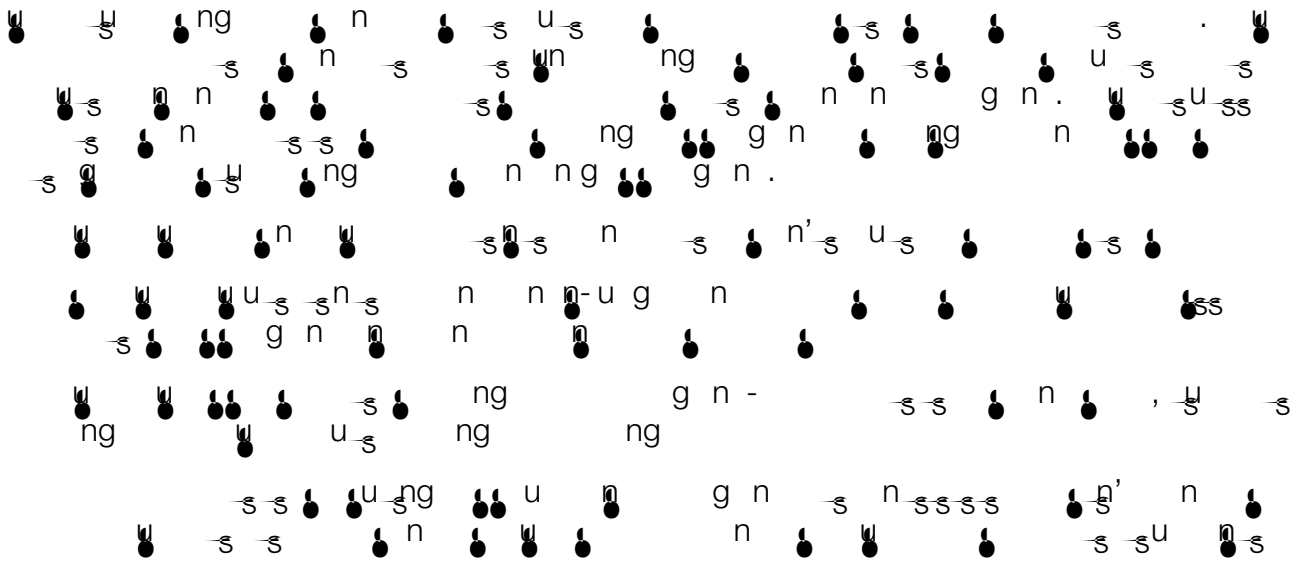
Summary

A blue rectangular box containing a collection of white icons. The icons include small human figures, speech bubbles, and various symbols, arranged in a pattern that suggests a summary or key points.

Situation

A large graphic area containing a complex arrangement of small icons. The icons include human figures, speech bubbles, and various symbols, arranged in a way that suggests a detailed situation or scenario.

Dilemma



(Tees, Esk and Wear Valleys NHS Foundation Trust)

