



for better mental health  
o blaid gwell iechyd meddwl

Monmouthshire  
Sir Fynwy

# Building on Change Strategy 2018-2021

## Our Vision

To support and respect anyone living with a mental health problem in Monmouthshire

## Our Mission

To empower and support anyone living with a mental health problem, deliver excellent services and promote understanding

## Our Values

Open, Strong, Responsive, Independent, Unstoppable,  
Innovative, Ethical

## 1. Services & Support

### Aims:

- Ensure the whole of Monmouthshire is covered by our services.
- Diversify income in order to be sustainable
- Increase knowledge and awareness of different groups of people

## 2. Empowering Choice

### Aims:

- Build on previous goal to provide information to 10,000 people
- Everyone in Monmouthshire will know of Mind Monmouthshire and our work

## 3. Social Participation

### Aims:

- Encourage and help people with experience of mental health problems get involved with the local community
- Anyone who has an identified goal will leave Mind Monmouthshire's service having achieved their goal.
- We will understand Monmouthshire and Monmouthshire will understand us.

## 4. Staying Well

### Aims:

- To create and maintain an environment conducive to good mental health for our staff and service users
- Raise awareness of mental health and wellbeing in Monmouthshire

## 5. Removing Inequality

### Aims:

- Minimise barriers and maximise opportunities for all