



**Healthy London  
Partnership**

# **Thrive LDN: Towards happier, healthier lives**

Supported by and delivering for:



Public Health  
England



SUPPORTED BY  
**MAYOR OF LONDON**



**Healthy London  
Partnership**

Thrive LDN is a citywide movement to improve the mental health and wellbeing of all Londoners.

It is supported by the Mayor of London and led by London Health Board partners.

Supported by and delivering for:



Public Health  
England

**NHS**

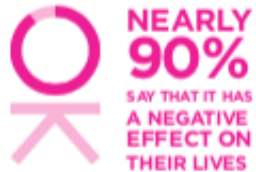
**LONDON  
COUNCILS**

SUPPORTED BY  
**MAYOR OF LONDON**

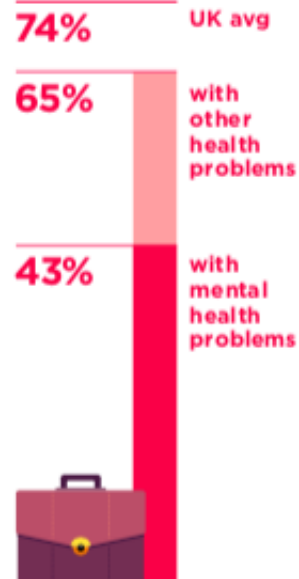
# Thrive LDN launch - background

## Mental health and wellbeing in London

### Stigma & discrimination 1



### Employment rate 2



### Prevalence of poor mental health in London 3

2 MILLION LONDONERS



### Children and young people 4

ALMOST 10% 5-16 YRS EXPERIENCE SOME FORM OF MENTAL HEALTH ISSUE

### Treatment received 5



### Reported wellbeing & life satisfaction 6



### Suicide 7

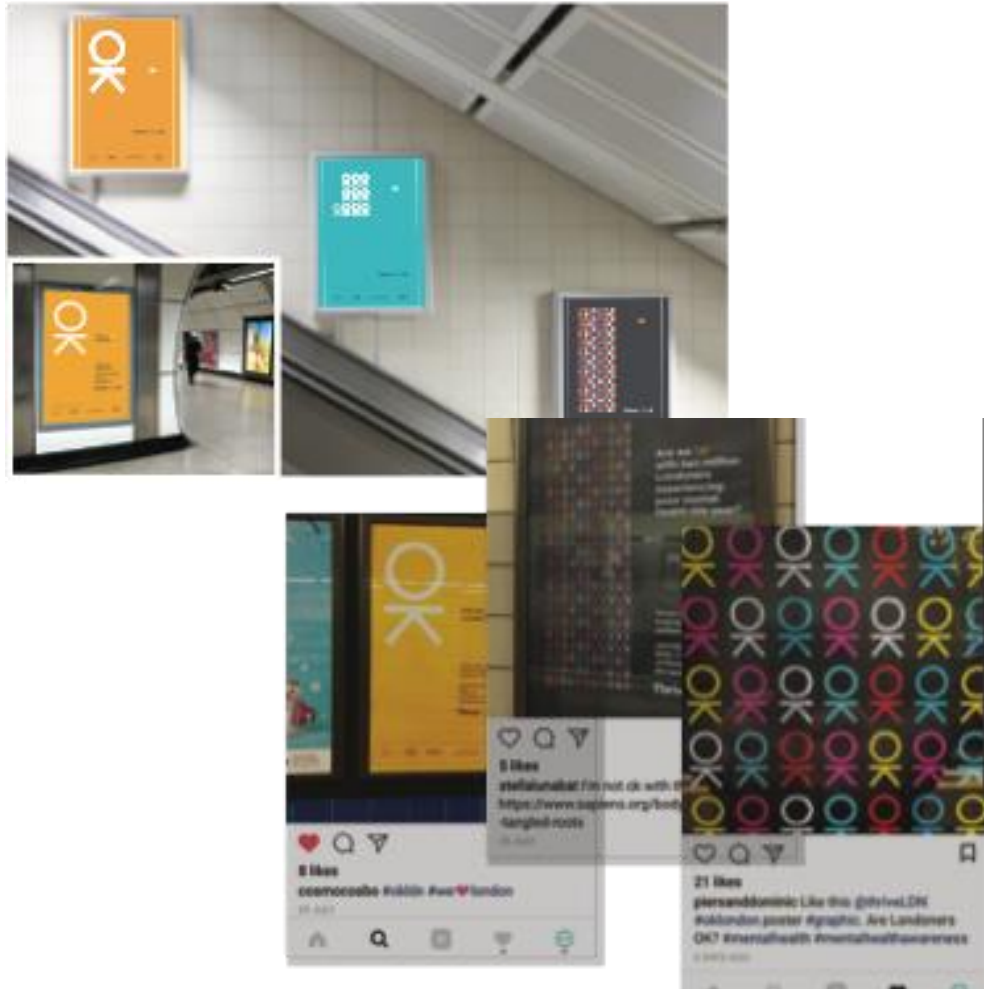


# Firm foundations for the year ahead

In July 2017, we launched the [Are we OK London? campaign](#) to begin a conversation with Londoners about mental health and wellbeing.



# Thrive LDN – Are we OK London? 2017 campaign





# Thrive LDN – Are we OK London? 2017 campaign



# Projects and activities currently underway

## Projects currently underway

Thrive LDN have over 40 different projects across three levels:

1. Thriving City
2. Thriving Communities
3. Thriving Lives





# Community Work - Example

We work closely with community groups, one example is our work with Jami; the mental health service for the Jewish community.

Jami hold a Mental Health Shabbat every year as part of their 'Head on' awareness campaign for the Jewish community.

This year, Thrive LDN worked with Jami to learn their best practice and share this with other faith and community groups across London.

We look forward to continue working with Jami going forward.



# Thriving Lives

We think all Londoners, regardless of who they are, should have an equal opportunity for good mental health, to make the most of their life and thrive.

Projects include:

- Young London Inspired - Thrive LDN Grants
- Thrive Together
- Right to Thrive



# 2018 Campaign



**Are we  
OK with**

discrimination  
meaning certain  
communities are at  
greater risk of poor  
mental health?

Every Londoner  
deserves to thrive.

**Let's make  
a stand.**



**Are we  
OK with**

young Londoners from  
poorer backgrounds  
being 3x more likely to  
experience poor  
mental health?

Every Londoner  
deserves to thrive.

**Let's make  
a stand.**

# Right to Thrive

Although mental health affects everyone it does not do so equally, and we want this to change.

The Right to Thrive project will help us better understand how the discrimination people face due to their identity affects their mental health and wellbeing.



# Right to Thrive - Timeline

Londoners share  
their stories



We identify the key  
issues



We will work with  
community groups  
and Londoners to  
address issues raised

# Right to Thrive –How to get involved

We want to hear from you.

You can share you story securely and confidentially.

You can share your story in a number of ways:

- On our portal (through [www.thriveldn.co.uk](http://www.thriveldn.co.uk) )
- In today's discussions
- After the meeting



# Thank you

Get involved, let us know how you would like to thrive:

[@ThriveLDN](#)

[#OKLDN](#)

[www.thriveldn.co.uk](http://www.thriveldn.co.uk)

[@HealthyLDN](#)

