



**SCOTTISH  
RURAL HEALTH  
PARTNERSHIP**

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University of the  
Highlands and Islands  
Oilthigh na Gàidhealtachd  
agus nan Eilean

# Scottish Rural Health Partnership

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# Focus for 2018-19

## AIM:

To provide a single source of knowledge about rural and remote healthcare, to foster collaboration, innovation and idea sharing between educational, academic, industry, community and NHS members, and to influence and shape rural and remote healthcare policy.

## THEMES:

Focus on key issues and provide: brokerage; information; links to relevant websites & organisations; useful resources, toolkits; research; and crucially become 'bid ready'

- Healthcare workforce recruitment & retention
- **Rural mental health**



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# Rural Mental Health

- **Access to services**
- **Stigma**
- **Isolation and Loneliness**
- **Suicide Prevention**



# Rural Mental Health

- **Access to services**
  - Right service at the right time
  - Access to appropriately trained healthcare professionals
- **Stigma**
  - About mental health generally
  - Accessing services
- **Isolation and Loneliness**
  - Can affect people at any age, the young and older people are particularly vulnerable
  - Recognised link to wellbeing and health



# Rural Mental Health

- **Suicide**

- Rates of suicide and number of deaths are too high
- Lack of high quality accessible support services – unmet need
- Can affect people at any age, the young and socially isolated are particularly vulnerable
- People working long hours in remote locations, sometimes largely on their own, may also require support
- Social elements e.g. poverty, lack of ambition, low aspiration are all contributing factors
- Frequency of suicide exacerbates feeling of suicide in some and may have a normalising effect

# Our Response

- Establish a new Ecosystem for the Highlands & Islands

The Ecosystem will bring together a community of multi-sector stakeholders interested in developing and delivering a joint agenda around **rural mental health and active healthy ageing**. We'll seek to collaborate, identify and address some of the key gaps/challenges, and ensure that we are 'bid ready' for opportunities as they arise.

- Creating a consortium to bid to upcoming InnovateUK call on rural active healthy ageing
- Lobby for new funding to tackle isolation and loneliness in rural Scotland
- Brokerage; information; links to relevant websites & organisations; useful resources, toolkits; research; and crucially become 'bid ready'





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# Contact Us

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