

GWII Wellness Policy Toolkit: Mental Wellness

Five areas of policy action for mental wellness

POLICY OBJECTIVES		ACTIONS	POLICY OBJECTIVES		ACTIONS
1	Improve mental wellness literacy.	<p>Action 1: Improve knowledge and understanding of mental wellness to nudge its adoption by individuals and communities.</p> <p>1.1. Improve individual knowledge of mental wellness pathways and practices.</p> <p>1.2. Engage and support all community stakeholders in mental wellness education and promotion.</p> <p>1.3. Strengthen research, standards, and guidelines on mental wellness modalities, products, and services.</p>	4	Promote mental wellness among children and youth	<p>Action 4: Teach coping skills to children and youth and build social networks to improve their mental resilience.</p> <p>4.1. Help parents and adult caregivers to create a supportive environment for mental health and well-being.</p> <p>4.2. Use school-based programs to build mental wellness skills.</p> <p>4.3. Support community activities that engage, connect, and empower children and youth.</p> <p>4.4. Use technology carefully to support youth mental wellness and provide social connections in safe online environments.</p>
		<p>Action 2: Leverage community infrastructure, nature, arts/culture, and technology to expand access to mental wellness, especially for underserved groups.</p> <p>2.1. Utilize existing spaces to support mental wellness.</p> <p>2.2. Widen access to nature.</p> <p>2.3. Increase engagement with arts and culture.</p> <p>2.4. Foster equitable access to mental wellness spaces and activities.</p> <p>2.5. Empower communities to design and deliver their own mental wellness activities.</p> <p>2.6. Use technology responsibly to increase access to mental wellness modalities.</p>			5
2	Increase access to activities and spaces that promote mental wellness.				
3	Create more socially connected communities.	<p>Action 3: Strengthen social connections through programs, social prescribing, built environment, and technology.</p> <p>3.1. Raise awareness of the dangers and costs of loneliness.</p> <p>3.2. Prioritize social support for vulnerable and marginalized groups.</p> <p>3.3. Strengthen connections through social, cultural, and arts engagement programs.</p> <p>3.4. Use the built environment to connect people and foster social interaction.</p> <p>3.5. Utilize digital infrastructure to connect people and foster social interaction.</p> <p>3.6. Leverage existing collaboration and community care resources.</p>			

Source: Global Wellness Institute/Wellness Policy Toolkit: Mental Wellness, 2024. Available for download at: <https://globalwellnessinstitute.org/industry-research/wellness-policy-toolkit-mental-wellness/>



GLOBAL WELLNESS
INSTITUTE™