

Mental Health Remit

The remit of this group is to review the party's policies on Mental Health, and make updated proposals which communicate our values of liberty, equality, democracy, and community in a way which helps secure the election of as many Liberal Democrats as possible, at local, regional and national level, in order to promote our vision of society.

The group will be expected to build on existing policy proposals as set out in the 2024 Election Manifesto, and Policy Paper 137 *Save the NHS and Stop Brexit*. The group is expected to consider and address Liberal Democrat principles on diversity and equalities in developing their proposals.

This group will as a top priority:

- Develop up to three headline policies on mental health which the party can communicate widely to win votes.

The working group will develop policies on:

- Tackling the stigma associated with mental illness and achieving an equal footing for mental and physical health.
- Addressing the underlying causes of mental illness, including social media, substance addiction and the links between debt and mental illness.
- Improving early access to diagnosis and treatment, especially for children and young people. • Tackling inequalities in the mental health system, particularly racial inequalities. • Reducing unfair costs on those suffering from mental illness, including both prescription charges and insurance costs.
- An evidence-led approach to eating disorders.
- Improving access to effective talking therapies.
- Reducing the suicide rate.
- Transforming perinatal mental health support for those who are pregnant, new mothers and those who have experienced miscarriage or stillbirth.
- Our response to the Government's Mental Health Bill, judging it against the liberal imperatives of respecting the rights and dignity of all.

The group will also consider the need for institutional change at central, regional and local government levels to embed these approaches firmly in policy.

The group will take evidence and consult widely both within and outside the party. This evidence should inform the group's proposals, which will be presented alongside an analysis of costs and an Equalities Impact Assessment.

A policy paper of no longer than 10,000 words should be produced for debate at Spring Conference 2026. Prior to that a consultative session should be held at Autumn Conference 2025, and a draft policy paper should be presented to the Federal Policy Committee by December 2025.