

## **The Individual Profile in Active Citizenship and Mental health**

Mental health problems affect one in four people and disrupt the lives of many people in many ways. Opportunities need to be developed that help people to recover from the impact of their mental health problem on their lives where they can self direct the rebuilding of a meaningful and valued life based on their aspirations. This is about taking back control over one's life, enabling improved wellbeing.

The Individual Profile in Active Citizenship provides a framework for people to consider their individual aspirations through considering their community and their lives and thinking about what they might choose to change / do differently.

The process provides the opportunity for people to learn how to manage and change their lives as it is affected and disrupted by their mental health issue.

Equally for those people who have needed hospital based treatment the IPAC can help people to consider their re-entry back into their community however they may define that e.g. mental health community, local community or their family community.

Proud City acknowledges the importance of Change4Life and welcomes the associated programmes that aim to improve people's health and wellbeing.

[http://www.publications.parliament.uk/pa/cm200708/cmhansrd/cm081111/wmstext/81111m0001.htm#column\\_44WS](http://www.publications.parliament.uk/pa/cm200708/cmhansrd/cm081111/wmstext/81111m0001.htm#column_44WS)