

Mental and physical health outputs: comms materials

Please feel free to use the comms materials below to share the Q Lab and Mind's outputs with colleagues and networks. If you have any questions, get in touch at QLab@health.org.uk. Thanks in advance for sharing.

Useful links:

Where the outputs are published: <https://qlabessays.health.org.uk>

- The practical guide for improving care: <https://qlabessays.health.org.uk/essay/ideas-and-solutions-to-improve-care/>
- The service principles: <https://qlabessays.health.org.uk/essay/what-matters-to-me-service-principles-for-providing-care/>

Summary blog on the Q website: <https://q.health.org.uk/blog-post/practical-learning-to-improve-care-across-mental-and-physical-health-services/>

Suggested tweets

Today [@theQcommunity](https://twitter.com/theQcommunity) [#QLabs](https://twitter.com/QLabs) [@MindCharity](https://twitter.com/MindCharity) launch 2 outputs on improving care for people with mental & physical health problems:

- Practical ideas for improving care
- Service principles to guide service design, delivery and improvement

Read and share <https://qlabessays.health.org.uk/>



The tweetcard features the Q Improvement Lab logo on the left and the Mind logo on the right, with the text "In partnership with" above the Mind logo. Below the logos, there are two sections. The first section has a red arrow pointing right with the word "ACTION" inside, followed by the text "Mental and physical health: practical ideas for improving care". The second section has an illustration of two people sitting on a bench, followed by the text "What matters to me? Service principles for improving care". At the bottom of the tweetcard, there is a Twitter bird icon followed by the text "@TheQCommunity #Qcommunity #QLabs".

Download the tweetcard here: <https://q.health.org.uk/wp-content/uploads/2018/12/Outputs-main-card.png>

The @theQcommunity will also be tweeting so you can retweet that if you prefer.

Suggested text for newsletters (short)

Mental and physical health: practical ways to improve care

Two new outputs have been published by the Q Lab and Mind on improving care for people living with both mental and physical health problems: a practical guide for improving care (with ideas and examples) and a set of service principles to inform decision-making.

The outputs are a result of the 12-month partnership between the Q Improvement Lab (part of Q, delivered by the Health Foundation) and Mind - the mental health charity.

<https://qlabessays.health.org.uk/>

Suggested text for newsletters (longer)

Mental and physical health: practical ways to improve care

Two new outputs have been published by the Q Lab and Mind on improving care for people living with both mental and physical health problems:

1. A practical guide to improving care that includes ideas, challenges to prepare for and examples to learn from. <https://qlabessays.health.org.uk/essay/ideas-and-solutions-to-improve-care/>
2. A set of service principles that can be used to inform decisions about improving, designing or commissioning services across mental health and persistent back and neck pain. <https://qlabessays.health.org.uk/essay/ideas-and-solutions-to-improve-care/>

The outputs are a result of the 12-month partnership between the Q Improvement Lab (part of Q, delivered by the Health Foundation) and Mind - the mental health charity - on improving care across mental and physical health. The work draws on the expertise and experiences of 150+ participants and five frontline teams across the UK developing and testing new ideas in their local contexts.

The guide and principles have been designed to be accessible to a range of people affected by this challenge. Download and use the outputs in your own work or feel free to share with colleagues and wider networks.

You can find out more about this project, including the learning published so far, on the Q Lab website: <https://qlabessays.health.org.uk/>