

## 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](mailto: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](#) [#QLabs](#) [@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/>



*Mental and physical health:  
practical ideas for improving care*



*What matters to me?  
Service principles for improving care*

 @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/>