

**REPORT TO:** Health Policy & Performance Board

**DATE:** 8 January 2013

**REPORTING OFFICER:** Strategic Director - Communities

**PORTFOLIO:** Health and Adults; Children, Young People and Families

**SUBJECT:** Live Life Well – Presentation

**WARD(S):** Borough-wide

**1.0 PURPOSE OF REPORT**

1.1 To receive a presentation from Jen Brown, Health Improvement Specialist – Mental Health and Wellbeing, Bridgewater Community Healthcare NHS Trust regarding the new mental wellbeing online resource, Live Life Well.

**2.0 RECOMMENDATION: That the Board Note the contents of the report and associated presentation.**

**3.0 SUPPORTING INFORMATION**

3.1 The Live Life Well Website is full of information to help individuals manage their own mental wellbeing. It has been designed to help people feel mentally well by offering lifestyle advice, information on what can be accessed locally and how to receive further support.

3.2 The website explores how a healthy diet, exercise, socialising, managing problems and thinking well can improve mental wellbeing.

3.3 The website has an online self-help section covering depression, anxiety and sleep problems.

3.4 The website can be accessed via the attached link :-

[www.live-life-well.net](http://www.live-life-well.net)

**4.0 POLICY IMPLICATIONS**

4.1 None identified.

**5.0 OTHER/FINANCIAL IMPLICATIONS**

5.1 None identified.

6.0 **IMPLICATIONS FOR THE COUNCIL'S PRIORITIES**

6.1 **Children & Young People in Halton**

Issues outlined in the presentation will impact on this priority.

6.2 **Employment, Learning & Skills in Halton**

None identified,

6.3 **A Healthy Halton**

All issues outlined in the presentation will focus directly on this priority.

6.4 **A Safer Halton**

None identified.

6.5 **Halton's Urban Renewal**

None identified.

7.0 **RISK ANALYSIS**

7.1 None identified.

8.0 **EQUALITY AND DIVERSITY ISSUES**

8.1 None identified.

9.0 **LIST OF BACKGROUND PAPERS UNDER SECTION 100D OF THE LOCAL GOVERNMENT ACT 1972**

None under the meaning of the Act.