The mental health and general wellbeing of all the people of Wales

Mental health and well being are important to us all as everyone has mental health needs. The need to maintain mental well-being is every bit as important as having good physical health and, indeed, the two are very much dependent on one another.

When people talk about mental health, they often are really thinking about mental illness and do not always recognize that mental health needs apply to all. There is also an assumption that mental health is the sole responsibility of the health services but good mental health arises from many different aspects of a person's life, and education, housing, the work place, the local community, families and neighbours to mention just some elements, all have an important role to play in everyone's mental well-being.