



An Roinn Sláinte
Department of Health

Pathways to Wellbeing

National Mental Health Promotion
Implementation Plan

Phase 1: 2025–2027



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1 INTRODUCTION



Pathways to Wellbeing is Ireland's first cross-government mental health promotion plan, setting out a shared national approach to improving mental health and wellbeing at a population level. Mental health promotion focuses on strengthening the protective factors for good mental health and is fundamental to achieving Ireland's wider social, economic and environmental goals. At a system level, improving population mental health and preventing mental health difficulties helps to reduce long term demand on health, social care, justice and welfare services, contributing to more sustainable public services.

Pathways to Wellbeing is grounded in the understanding that mental health is shaped by the environments in which people live, learn, work and connect. These environments are influenced by the policies and programmes across government. Delivering the ambition of Pathways to Wellbeing, therefore, requires coordinated action across government departments, statutory bodies and the community and voluntary sector.

Many government departments and agencies are already contributing to population mental health through their existing strategies that strengthen the protective factors for good mental health. This includes initiatives related to family support, early childhood development, education, physical activity, arts and cultural participation, inclusive workplaces and the development of safer and more connected communities. Pathways to Wellbeing seeks to connect and align these efforts ensuring that mental health promotion is an integrated component across government policies and programmes.

Pathways to Wellbeing also plays a critical role in delivering Ireland's key national health and mental health strategies, including Healthy Ireland, Sharing the Vision and Sláintecare. Each of these strategies share an ambition to shift the health system towards prevention, equity and population wellbeing. Pathways to Wellbeing provides the framework through which these strategies are translated into coordinated, upstream actions addressing the determinants of mental health.

Aim of Pathways to Wellbeing

Pathways to Wellbeing aims to improve mental health and wellbeing across the population, reduce inequalities and support those most at risk of developing mental health difficulties.

To achieve these aims, six high level goals have been identified. The goals are underpinned by evidence and focus on key areas which have demonstrated significant impact in promoting mental health and wellbeing at a population level. These goals are:

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1 Mainstream mental health promotion across government policies and programmes.
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2 Strengthen the foundations for positive mental health in the early years
- 
3 Enhance children and young people's social and emotional development
- 
4 Strengthen community belonging and connectedness
- 
5 Ensure mental health promotion is integrated in the workplace
- 
6 Address the social and structural determinants of mental health and reduce mental health inequalities

Principles

The delivery of these goals is rooted in a set of principles that reflect international best practice in mental health promotion and public health. These principles are:

- A whole system approach
- Partnership and intersectoral action
- A population based, life-course approach
- Universal as well as targeted supports
- Addressing the social and structural determinants of mental health
- Evidence-based and evidence-informed actions.

What will Pathways to Wellbeing achieve

It is envisaged that the full implementation of Pathways to Wellbeing will lead to improvements in mental health and wellbeing at individual, community and structural levels:

- **Individual level:** individuals will have improved knowledge, skills and opportunities to protect and strengthen their mental health and wellbeing.
- **Community level:** communities will experience higher levels of social inclusion, belonging and connectedness, facilitated by improved access to physical, cultural and social supports.
- **Structural level:** cross-sectoral policies will work more effectively to address the social and structural barriers to good mental health, reducing inequalities and enhancing population wellbeing.

Addressing needs of those most at risk

This Implementation Plan recognises that mental health risk and protective factors are not evenly distributed across the population. Certain groups are at heightened risk of experiencing poorer mental health outcomes due to social, economic, environmental and structural factors. These include, but are not limited to, people living in poverty, people with chronic health conditions, children exposed to abuse and neglect, people experiencing homelessness, Irish Travellers and Roma communities, people experiencing discrimination, refugees and migrants.

Addressing the needs of those most at risk is a core and explicit focus of this Implementation Plan. While Pathways to Wellbeing adopts a population-wide approach to mental health promotion, it is underpinned by a commitment to proportionate universalism, whereby universal actions are complemented by targeted, tailored supports for individuals at heightened risk of developing mental health difficulties. This emphasis on addressing the needs of those most at risk is embedded across the six high level goals of Pathways to Wellbeing, with actions spanning early years, childhood, adolescence, adulthood and older age. In addition, this Implementation Plan prioritises the delivery of targeted mental health promotion supports within Sláintecare Healthy Communities, ensuring that this Plan contributes to the wider goal of reducing health inequalities.

Participatory Design

A core principle underpinning all actions in this Implementation Plan is a human-centred and participatory approach to design and delivery. This approach actively involves individuals, communities, service providers and other key stakeholders in shaping, adapting and refining the mental health promotion interventions and supports to meet their needs. Applying this approach across the Plan will help ensure that actions are grounded in the realities of people's lives, reflect local needs and are responsive to the circumstances of those most at risk of developing mental health difficulties. This Implementation Plan commits to embedding participatory and human-centred design approach within planning, implementation and review processes.

2 IMPLEMENTATION OF PATHWAYS TO WELLBEING



Delivery of Pathways to Wellbeing will be led by Healthy Ireland within the Department of Health. Delivery will progress through a phased implementation approach:



Phase 1

Phase 1 (2026-2027) focuses on the delivery of priority, short-term actions that strengthen mental health promotion across key settings and population groups. Working in partnership with Government Departments, agencies and the community and voluntary sector, this phase will prioritise the delivery of initiatives aimed at strengthening protective factors for good mental health at the individual and community level, with a particular focus on supports for individuals at higher risk of mental health difficulties. Actions delivered during this period will build on existing departmental strategies and programmes. By the end of Phase 1, concrete progress will be achieved through jointly delivered actions, stronger alignment of policy initiatives and increased collaboration in enhancing population mental health.



Phase 2

Phase 2 (2028-2030) will consolidate progress achieved during the initial phase. Medium to long term actions will be delivered during this period, with an emphasis on the delivery of evidence-informed mental health promotion supports at scale and addressing broader structural barriers to good mental health. This phase will advance research and evaluation priorities to inform decision making and support continuous improvement.

Through this phased approach, Pathways to Wellbeing provides a clear roadmap for strengthening the conditions that protect and enhance mental health for everyone in Ireland, and ensuring that mental health promotion is embedded within Ireland's broader public health and prevention agenda.

3 GOVERNANCE AND LEADERSHIP



A strong governance structure will support delivery, accountability and cross-government coordination for Pathways to Wellbeing.



1. Pathways to Wellbeing Oversight Group

For this phase of the Plan (2026-2027), a **Pathways to Wellbeing Oversight Group** will be established under the National Implementation and Monitoring Committee (NIMC) for Sharing the Vision. The Oversight Group will provide strategic oversight, coordination and monitoring of progress against commitments set out in the Implementation Plan. The Oversight Group will work with the key stakeholders involved in delivering this Plan to ensure that actions are delivered effectively and on time and that implementation is aligned with national mental health and health policy objectives. Bi-annual progress reports on the status of policy implementation will be produced for the Oversight Group.



2. Cross Government Working Groups

To support effective implementation of Pathways to Wellbeing, **two cross-government working groups** will be established to provide leadership and oversight for delivery of agreed actions across the life course. These working groups will bring together relevant Government Departments, statutory, community and voluntary sector organisations whose policies and programmes directly influence mental health and wellbeing outcomes. These working groups will be structured around the following thematic areas:

- i. Strengthening children and young people’s mental health and wellbeing
- ii. Strengthening adults’ mental health and wellbeing.

Each working group will be responsible for supporting cross-sectoral collaboration, identifying opportunities for alignment across policies and programmes and addressing barriers to delivery.

3. Public Reference Group

A **Public Reference Group** will be established in partnership with a community and voluntary organisation. The purpose of the Public Reference Group is to provide a structured mechanism for meaningful public engagement with the Pathways to Wellbeing Implementation Plan. The Group will ensure that lived and living experience, community knowledge and diverse perspectives are embedded throughout the planning, implementation and monitoring of Pathways to Wellbeing. The Public Reference Group will advise the Pathways to Wellbeing Specialist Group on the implementation of Pathways to Wellbeing actions from the perspective of the general public. The Group will also work collaboratively with the Policy Lead for Pathways to Wellbeing to enhance public awareness of and engagement with the supports and initiatives delivered through the Plan. The Public Reference Group will bring together individuals from across the lifespan, representatives of priority and marginalised communities and community and voluntary sector voices. Appointment to the Group will be for an initial term of two years, from the date of the first meeting of the Group.



4 MEASURING PROGRESS



A monitoring, evaluation, and reporting framework will track implementation, assess impact, and support continuous learning and system improvement.

1. Monitoring Implementation

Healthy Ireland will lead the development of a structured monitoring system that:

- Tracks progress on all actions within each implementation phase
- Monitors delivery timelines, and resource requirements
- Identifies risks, barriers, and enablers to action delivery
- Supports evidence-informed decision-making and adaptive implementation.

Bi-annual reporting will be prepared and reported to the **Pathways to Wellbeing Oversight Group**



2. Evaluating Outcomes

Work will commence with a research partner to identify an evaluation approach to be used to assess the extent to which Pathways to Wellbeing contributes to improved mental health and wellbeing outcomes. This may include:

- Population level indicators (e.g., wellbeing, social connectedness, mental health literacy)
- Service level indicators (e.g., reach, access, quality, equity of supports)
- Structural indicators (e.g., improved policy alignment, stronger cross-sector coordination, actions addressing determinants of mental health).



3. Using Evidence to Drive Improvement

Findings from monitoring and evaluation will be actively used to:

- Inform subsequent implementation plans (2028–2030 and beyond)
- Support policy development across Government departments
- Share learning and highlight successful actions that can be scaled or replicated
- Identify unmet needs and emerging priorities.

A continuous learning cycle will underpin the plan, ensuring that actions remain responsive to evidence and changing population needs.



5 IMPLEMENTATION PLAN 2026-2027



1. Mainstream mental health promotion across government policies and programmes



Objective: Strengthen the mainstreaming of mental health promotion within national and local policies and plans that impact on health and wellbeing

Key area	Action	Lead	Supporting partner
Governance	<ul style="list-style-type: none"> Establish a robust governance structure to provide oversight, accountability and coordination for the implementation of the Plan. Establish two Cross-Government Working Groups to guide the implementation of the Plan across the lifespan covering (i) children and young people and (ii) the adult population. Establish a Public Reference Group comprising members of the public to ensure the voices and experiences of the public actively inform implementation of the Plan. Develop and maintain a set of outcome indicators to monitor progress in achieving the actions in the Plan. Establish a regular reporting cycle to ensure transparent communication of progress to stakeholders and the public. 	DoH	
National policies	<ul style="list-style-type: none"> Complete assessment of national policies across Government Departments, identifying opportunities to embed mental health promotion within existing policy priorities. Develop guidance for Government Departments on embedding a whole-of-Government approach to improving population mental health identifying shared roles and opportunities for collective action. 	DoH	All Government departments



Objective: Strengthen the mainstreaming of mental health promotion within national and local policies and plans that impact on health and wellbeing

Key area	Action	Lead	Supporting partner
Public Health	<ul style="list-style-type: none"> Identify actions for inclusion in the HSE Public Health Strategic Action Plan 2026-2029 aligned with the goals of Pathways to Wellbeing 	HSE	DoH
Local Authorities	<p>Strengthen alignment between Local Economic and Community Plans (LECPs) and Pathways to Wellbeing by:</p> <ul style="list-style-type: none"> Leveraging existing interagency coordination structures to review where local plans align with national wellbeing objectives and identify gaps. Collaborating with Local Authority Healthy Cities and Counties Coordinators to set clear, measurable wellbeing priorities. 	DoH	Local Authorities
Community and Voluntary sector	<ul style="list-style-type: none"> Map the delivery of mental health promotion interventions and supports across the community and voluntary sector. Identify opportunities across the community and voluntary sector to strengthen mental health and wellbeing outcomes at a population level. 	DoH	HSE, Community & voluntary sector (C&V)
Suicide and Self Harm Reduction	<ul style="list-style-type: none"> In line with the Ireland's Strategy to Reduce Suicide and Self-harm, identify a set of actions to progress an integrated approach to mental health promotion and suicide prevention, ensuring alignment across messaging, training and provision of services and supports. 	DoH	HSE
Research	<ul style="list-style-type: none"> Develop a research plan for Pathways to Wellbeing in line with Department of Health's Mental Health Research Strategy. Identify appropriate mental health and wellbeing measurement tools to monitor outcomes at a population level and inform policy decision making. 	DoH	
International partnerships	<ul style="list-style-type: none"> Host an International Policy and Research event bringing together European experts, policymakers and researchers to exchange knowledge and strengthen cross-country learning. Build structured relationships with international mental health promotion networks to share best practices, research insights and policy innovations 	DoH	

2. Strengthen the foundation for positive mental health in the early years



Objective: Increase access to antenatal and postnatal supports that improve maternal and infant mental wellbeing

Key area	Action	Lead	Supporting partner
Antenatal and postnatal supports	<ul style="list-style-type: none"> Identify actionable opportunities to strengthen antenatal and postnatal mental health promotion supports, embedding these actions within the revised Model of Care for Specialist Perinatal Mental Health Services. 	HSE	DoH



Objective: Work to mainstream a positive mental health focus into parenting supports

Key area	Action	Lead	Supporting partner
Parenting Supports	<p>Working in partnership with DCDE, Tusla and the HSE, increase awareness of and expand the provision of parenting supports:</p> <p>Digital parenting supports</p> <ul style="list-style-type: none"> Examine the feasibility, viability and acceptability of universal evidence-based digital parenting supports for families with children aged birth to 5 years. Examine the feasibility, viability and acceptability of universal evidence-based digital parenting supports for families with children aged 5 to 12 years Develop a scalable national delivery model that ensures equitable access to evidence-based digital parenting supports. <p>Parenting hubs</p> <ul style="list-style-type: none"> Implement a network of Community-Based Parenting Hubs in Tusla's 30 Network Areas, ensuring mental health and wellbeing-focused parenting advice is integrated. <p>Home visiting supports</p> <ul style="list-style-type: none"> Identify and develop opportunities to deliver home visiting supports across Sláintecare Healthy Community areas. 	<p>Tusla</p> <p>HSE</p> <p>HSE</p> <p>DCDE</p> <p>DOH</p>	<p>DoH, DCDE, HSE</p> <p>DoH, DCDE, Tusla</p> <p>DOH, DCDE, Tusla, C&V</p> <p>Tusla, HSE, DoH, C&V</p> <p>DCDE, Tusla, HSE, C&V</p>



Objective: Work to mainstream a positive mental health focus into parenting supports

Key area	Action	Lead	Supporting partner
Parenting Supports	Infant mental health campaign <ul style="list-style-type: none"> Develop and promote infant mental health resources as core pillar of mychild.ie campaign with emphasis on empowering parents and caregivers with practical tools to support their baby’s social and emotional development from birth to age five. 	HSE	DoH, DCDE, Tusla, C&V
	Addressing barriers to parenting supports <ul style="list-style-type: none"> Identify evidence-based messaging approaches that reduce stigma and increase parental engagement with parenting support. 	DCDE, DoH,	



Objective: Identify the enablers and supports that improve infant social and emotional development in the early years in policy and practice

Key area	Action	Lead	Supporting partner
Capacity building across infant and child workforce	<ul style="list-style-type: none"> Develop a national professional development framework for infant social and emotional development that establishes consistent minimum standards and shared competencies across health, social care, and community and voluntary practitioners. 	HSE	DCDE, Tusla, DoH, C&V

3. Enhance children and young people’s social and emotional development

Early Childhood Education



Objective: Equip those professionals working in early learning and care to better support the social and emotional development of children through professional development and learning opportunities

Key area	Action	Lead	Supporting partner
Capacity building in early learning and care	<ul style="list-style-type: none"> Roll out a professional development training module that equips early years educators with the skills and competencies to strengthen children’s social and emotional development. 	DCDE	HSE
	<ul style="list-style-type: none"> Track and analyse uptake of professional development training 	DCDE	HSE

Schools



Objective: Improve opportunities for the social and emotional development of children and young people through universal statutory and non-statutory programmes and supports

Key area	Action	Lead	Supporting partner
Mental health and wellbeing supports in primary and secondary school	Work collaboratively with Department of Education on the provision of mental health and wellbeing supports across primary and post-primary schools:		
	<ul style="list-style-type: none"> Develop the revised Wellbeing Policy Statement and Framework for Practice in schools ensuring alignment with Pathways to Wellbeing. 	DEY	DoH
	<ul style="list-style-type: none"> Review international approaches to monitoring student wellbeing, identifying a set of outcome measures to monitor wellbeing at population and school level. 	DEY	DoH
	<ul style="list-style-type: none"> Establish mechanisms for capturing and acting on student perspectives to inform continuous improvements across emotional wellbeing supports in schools. 	DEY	DoH



Objective: Improve opportunities for the social and emotional development of children and young people through universal statutory and non-statutory programmes and supports

Key area	Action	Lead	Supporting partner
Mental health and wellbeing supports in primary and secondary school	<ul style="list-style-type: none"> • Primary school: <ul style="list-style-type: none"> – Work with schools to implement evidence-informed universal mental health promotion programmes. 	DEY	DoH, HSE
	<ul style="list-style-type: none"> – Produce guidance for primary schools on improving structures and supports to support the wellbeing of all children and young people through a continuum of support. 	DEY	DoH, HSE
	<ul style="list-style-type: none"> • Post-primary school: <ul style="list-style-type: none"> – Fully integrate emotional wellbeing curriculum across Junior and Senior Cycle Social Personal and Health Education (SPHE), supported by evidence-informed teacher training 	DEY	DoH, HSE
	<ul style="list-style-type: none"> – Continue to strengthen the provision of whole school mental health and wellbeing supports through the NEART capacity building programme. 	DEY	Jigsaw



Objective: Provide targeted social, emotional, and behavioural support to ensure that the mental health and wellbeing of children and young people most at risk of developing mental health difficulties are addressed

Key area	Action	Lead	Supporting partner
Targeted mental health and wellbeing supports in schools	<ul style="list-style-type: none"> Building on the findings from the external evaluation of Strand 1 and Strand 2 of the Counselling and Mental Health Pilots¹, conduct a review of partnership models between Education and Health to facilitate referral pathways for children and young people to local mental health services. 	DEY	DoH, HSE

Youth Sector



Objective: Improve opportunities for the social and emotional development of children and young people through universal statutory and non-statutory programmes and supports

Key area	Action	Lead	Supporting partner
Mental health and wellbeing supports in community settings	Youth Social Prescribing <ul style="list-style-type: none"> Conduct a comprehensive scoping exercise to assess the feasibility and potential value of a youth focused social prescribing model to support young people at risk of developing mental health difficulties, including wide ranging consultation with young people and key stakeholders across the youth sector. 	DoH	DEY, HSE. DCDE, Tusla C&V
	Capacity building youth services <ul style="list-style-type: none"> Identify opportunities to support the provision of training in mental health promotion and trauma-informed practice as part of continuous professional and practice development for youth workers in the Workforce Development Strategy. 	DEY	DoH
	Children and Young People Services Committees (CYPSC) <ul style="list-style-type: none"> Facilitate learning and continuous improvement in the delivery of mental health promotion supports through CYPSC. 	HSE	Tusla, DCDE, DoH

¹ <https://www.gov.ie/en/department-of-education/publications/counselling-in-primary-schools-pilot-cps-p-2023-2025/>

Further and Higher Education



Objective: Improve opportunities for the social and emotional development of children and young people through universal statutory and non-statutory programmes and supports

Key area	Action	Lead	Supporting partner
Mental health and wellbeing supports in further and higher education	<p>Further Education</p> <ul style="list-style-type: none"> Support the mental health and wellbeing of all learners by embedding Universal Design across Education and Training Boards to enhance wellbeing-supportive learning environments. 	DFHERIS	DoH
	<p>Higher Education</p> <ul style="list-style-type: none"> Develop a revised National Student Mental Health and Suicide Prevention Framework and action plan for Higher Education Develop a National Health and Wellbeing survey for Higher Education Institutes (HEIs) to monitor mental and physical health outcomes Map the continuum of mental health and wellbeing supports across Higher Education Institutes to inform the development of a coordinated national approach to mental health promotion in HEIs 	HEA	DFHERIS, DoH

3. Strengthen Community Belonging and Connectedness



Objective: Promote positive mental health across the life course through community engagement and empowerment programmes, especially for vulnerable groups

Key area	Action	Lead	Supporting partner
Community-based mental health promotion supports	<p>Continue to expand delivery of evidence-informed mental health promotion supports across HSE Health Regions in partnership with HSE and community and voluntary sector. Specific actions include:</p> <p>Universal supports for adult population</p> <p>Act, Belong, Commit</p> <ul style="list-style-type: none"> Implement and evaluate a population-wide initiative to build community resilience, strengthen positive mental health with communities at heightened risk of poor mental health outcomes. Develop a roadmap for the phased scaling of the model across Health Regions. 	HSE	DoH, C&V, Local Authority
	<p>Balancing Stress</p> <ul style="list-style-type: none"> Develop an evidence-informed, community-based stress management programme to strengthen coping skills, build resilience and improve population mental wellbeing. Develop an implementation roadmap to enable delivery across Health Regions. 	HSE	C&V
	<p>MECC</p> <ul style="list-style-type: none"> Update the Making Every Contact Count (MECC) training programme to equip healthcare staff to provide evidence-informed mental health promotion and suicide prevention supports across all care settings. 	HSE	



Objective: Promote positive mental health across the life course through community engagement and empowerment programmes, especially for vulnerable groups

Key area	Action	Lead	Supporting partner
Community-based mental health promotion supports	<p>Supports for Older People</p> <ul style="list-style-type: none"> Scale the delivery of Minding your Wellbeing for Older People, an evidence-informed mental health promotion intervention across the Health Regions. 	HSE	C&V
	<p>Supports for Men</p> <ul style="list-style-type: none"> Tailor and expand the provision of mental health promotion initiatives that address the specific needs of men in partnership with the community and voluntary sector. Deliver a practical evidence-informed intervention across Men’s Sheds, designed to enhance resilience, support peer engagement and promote positive coping strategies among men. 	HSE	C&V
	<p>Supports for Women</p> <ul style="list-style-type: none"> Identify pathways to improve access to mental health promotion supports for women with a particular focus on disadvantaged and marginalised women. Embed mental health promotion into the design and delivery of Health and Wellbeing initiatives in Women’s Sheds. 	HSE	National Women’s Council
	<p>Supports for Carers</p> <ul style="list-style-type: none"> Adapt an evidence-informed mental health promotion intervention to support carers’ mental health and wellbeing. 	DoH	Women’s Sheds of Ireland
			HSE



Objective: Extend the reach of social prescribing for marginalised and vulnerable groups in the community as a vehicle for improving mental health

Key area	Action	Lead	Supporting partner
Social Prescribing	<ul style="list-style-type: none"> Expand the provision of Social Prescribing services by 20% to improve access and coverage across communities. Revise the HSE Social Prescribing Framework to reflect emerging evidence, stakeholder feedback and current service delivery needs. Pilot a data management and reporting system for Social Prescribing in one Health Region to enable referrals, demographic and outcome data management. 	HSE	DoH, C&V



Objective: Develop and implement digital supports for promoting mental health across the lifecycle

Key area	Action	Lead	Supporting partner
Digital mental health supports	<ul style="list-style-type: none"> Strengthen digital mental health promotion supports (e.g. yourmentalhealth.ie, Balancing Stress Online, Togetherall) by monitoring uptake, quality of engagement and user experience to inform their ongoing development and integration with wider mental health supports Identify a set of actions for inclusion in the Sharing the Vision Digital Mental Health Implementation Plan aimed at strengthening the visibility, and uptake of digital mental health supports. 	HSE	DoH

5. Ensure mental health promotion is integrated in the workplace



Objective: Encourage and facilitate the creation of work environments that are supportive of mental health and wellbeing through appropriate policy initiatives

Key area	Action	Lead	Supporting partner
Workplace mental health promotion supports	<ul style="list-style-type: none"> Commission an evidence synthesis on effective workplace mental health promotion supports, with specific learnings for SMEs to inform future policy and the development of workplace resources. 	DoH	DETE
	<ul style="list-style-type: none"> Develop a mental health promotion toolkit to support SMEs in implementing evidence-informed mental health and wellbeing supports. 	DoH	DETE

6. Address the social determinants of mental health and reduce mental health inequities for disadvantaged, marginalised and vulnerable groups



Objective: Scale up and further strengthen existing mental health promotion initiatives for disadvantaged, marginalised and vulnerable population groups

Key area	Action	Lead	Supporting partner
Sláintecare Healthy Communities	<p>Develop a model for enhancing mental health outcomes within Sláintecare Healthy Communities (SHC):</p> <ul style="list-style-type: none"> Map existing SHC programmes, services, community assets and local partnerships that contribute to mental health and wellbeing outcomes. Assess mental health needs, barriers to access and opportunities for strengthening supports at individual, community and structural level. Engage stakeholders and community representatives to co-develop a shared vision and practical model for improving mental health outcomes within SHC. 	DoH, HSE	C&V, Local Authorities
Prison Service	<ul style="list-style-type: none"> Identify opportunities to implement mental health promotion initiatives as part of Irish Prison Service supporting those who live and work in the Prison Service. 	Irish Prison Service Healthy Prisons Lead	DoH



Objective: Work in partnership with key community stakeholders to implement a range of social networking, social capital and other supports that promote mental health and wellbeing through cross-community engagement

Key area	Action	Lead	Supporting partner
Arts and Health	<ul style="list-style-type: none"> Develop the National Strategic Action Plan for Creative Arts and Health (2026-2030) to guide the delivery of participation in creative and cultural activities in the Health Service. Deliver actions set out in the Action Plan aimed at strengthening community connectedness and addressing the social determinants of mental health. Strengthen the collaboration between the HSE, Healthy Ireland and Creative Ireland teams in Local Authorities through the Creative Health and Wellbeing in Community scheme (2026-2027). 	DCCS, Creative Ireland	DoH, HSE, Arts Council



Objective: Work in partnership with key community stakeholders to implement a range of social networking, social capital and other supports that promote mental health and wellbeing through cross-community engagement

Key area	Action	Lead	Supporting partner
Physical Activity	<p>Strengthen alignment between national physical activity and mental health promotion priorities:</p> <ul style="list-style-type: none"> • Develop and publish a guide that communicates the interconnected benefits of physical activity and mental wellbeing, providing evidence-based messages for use across national and local campaigns. • Engage with National Governing Bodies of Sport and Local Sports Partnerships to scope the integration of mental health promotion initiatives within their programmes and activities. 	DoH	National Physical Activity Framework Implementation Group, Sport Ireland, HSE, DCCS



Objective: Promote the importance of access to quality transport and housing in supporting positive mental health and wellbeing

Key area	Action	Lead	Supporting partner
Transport	<p>Department of Transport will advance sustainable and accessible transport options that enable people to connect with their communities, access services and engage in activities that support their mental health and wellbeing. Specific actions include:</p> <ul style="list-style-type: none"> • Complete phased rollout and review of the Connecting Ireland Rural Mobility Plan • Extend programme of improved Local Link bus services • Conduct a review of the SMART Demand Responsive Transport pilot programme using the TFI Anseo App • Continue to progress the National Greenways Programme in rural areas 	DoT	DoH
Local planning, living environment	<ul style="list-style-type: none"> • Work with relevant departments to identify opportunities to integrate wellbeing considerations into local planning, and living-environment improvement schemes to support positive mental health outcomes 	DoH	

Abbreviations

Government Department and Agencies

DCDE	Department of Children, Disability and Equality
DCCS	Department of Culture, Communication and Sport
DETE	Department of Enterprise, Tourism and Employment
DEY	Department of Education and Youth
DFHERIS	Department of Further and Higher Education, Research, Innovation and Science
DoH	Department of Health
DoT	Department of Transport
HEA	Health Education Authority
HSE	Health Service Executive
C&V	Community and Voluntary Sector





Rialtas na hÉireann
Government of Ireland