Caring for Each Other: What it Takes to Promote Mental Health and Well-Being

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This brief recommends solutions to promote health and well-being both within and outside of health systems.

- Access to mental health services, and supports and cost should never be a barrier to care. A comprehensive health insurance program—which integrates mental and behavioral health into the model of care.
- Health and mental health needs met holistically, in places where individuals spend time (e.g., schools or colleges) and are comfortable (e.g., youth centers and places of worship or gathering) and at times and in visits (e.g., primary care or pediatric setting) that are convenient.
- Mental health services and supports that honor an individual's experiences, including access to a range of readily available, culturally-responsive, and linguistically-accessible services; accessible to people with disabilities; and developed by and for communities of color and historically marginalized and inadequately served communities.

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