

## Third Sector Mental Health Forum - Terms of Reference

*"To strengthen mental health and wellbeing across West Lothian by uniting third sector organisations in a collective voice that champions community-based support, shares expertise, and influences positive change."*

### 1. Purpose

To improve mental health in West Lothian as a third sector.

### 2. Aims

- To engage with statutory services show what we do, influence positive change
- To provide a safe space for third sector organisations working in mental health to share knowledge, influence policy, and improve services for communities.
- Influencing ability in wide ranging strategies of mental health also inc homelessness, anti-poverty, child poverty, education, employability

### 3. Objectives:

- Facilitate networking and peer support among third sector mental health providers.
- Share best practices, resources, and innovations.
- Identify and address common challenges and opportunities.
- Influence local and national mental health strategies through collective advocacy.
- Strengthen partnerships with statutory services and other sectors.
- Membership: Open to third sector organisations with an active interest in mental health. Members may include charities, social enterprises, community groups, and voluntary organisations.

### 4. Meetings:

- Six per year on alternative months
- Hybrid for flexibility and maximum inclusion

### 5. Governance:

Rotating chairperson, open to all members. VSGWL will provide support as needed. Decisions made by consensus or majority vote where necessary - members who are not in the meeting should have opportunity to feedback by email.

Date: November 2025

Review: January 2027

Terms of Reference to be reviewed annually to ensure relevance and effectiveness.