



Welcome to the 3rd edition of the Hull and East Riding Prevention Concordat for Better Mental Health Newsletter. This newsletter provides oversight, capturing key points from discussions, and share primary prevention news from the latest Hull and East Riding Prevention Concordat.

Catching up:

During our last concordat we had 26 attendees from a broad range of organisations including VCSE, Health and Public Health and the wider local authority, covering a range of skills, knowledge and experience across Mental Health and Emotional wellbeing within Hull and East Riding. We thank you for your ongoing commitment as we look to improve the mental health and well being for the communities we serve.

In the last session we explored our mental wellbeing relating to the effects of screen time, and developed a Causal Loop Diagram (CLD) based on previous conversations and activities taken place over the last couple of sessions.

Key themes from discussions were:

- not blaming - accepting our lives involve screens
- replacing, not removing - ensuring people can make an informed choice, and have options that work!
- engagement harvesting, what do we have? And is further population engagement required?

Pictured below is one of the slides used to facilitate our conversations around “archetypes”, these are the structural patterns explaining why the problem persists.

What each archetype calls for — the characteristic intervention

Each archetype has a structural response. The intervention that works for Fixes that Fail is different from the one that works for Tragedy of the Commons.

Archetype	Warning signal	What it calls for
Fixes that Fail	<i>Screen use rises during periods of stress or isolation</i>	Invest in the fundamental solution: address root stress, loneliness and boredom — not just the screen use itself
Shifting the Burden	<i>Children can't self-regulate without screens; adults can't tolerate being offline</i>	Actively build the atrophied fundamental capacity: digital literacy, structured offline time, play-based provision, face-to-face skill development
Limits to Growth	<i>Rising screen fatigue, sleep disorders, attention difficulties — the system pressing its biological limits</i>	Protect sleep, attention and outdoor time; advocate for platform regulation and algorithmic design standards
Eroding Goals	<i>Language shifts from 'addressing' screen harm to 'managing' it; developmental standards revised downward</i>	Name goal erosion explicitly. Re-anchor to evidence-based standards. Use the CLD as the reference point.
Tragedy of the Commons	<i>Multiple simultaneous cuts to transport, libraries, outdoor and community space in the same areas</i>	Collective governance: aggregate-impact assessment before any cut, closure or digitalisation of shared community assets
Success to the Successful	<i>Declining physical activity; increasing leisure time on screens; erosion of face-to-face community activity</i>	Deliberately resource the losing activity — ring-fence time, space and access for offline alternatives before screens fill the space

Agreed Actions

“Prevention Concordat collective ‘Living in an Online World’ Consultation Response”

We agreed it would be useful to collate a collective system response to the consultation through the Prevention concordat.

Next steps: we will be holding online session(s) via teams to work through the the 5 chapters of the consultation which are:

1. Understanding how children use technology
2. Interventions for safer, more positive experiences
3. Enforcement and compliance
4. Preparing Children for a digital future
5. Supporting families

This will take place on 14th May online via teams, further to this we will be having a mop up session on the 18th May.

Get involved

Imperial College London is investigating the prevalence of social isolation and loneliness in the general population. You can help take part by completing the brief survey, this is also available in several languages.



#MentalHealthAwarenessWeek



MENTAL HEALTH AWARENESS WEEK
11-17 MAY 2026

Mental Health Awareness Week takes place from 11th to 17th May 2026 and is organised by the Mental Health Foundation. This year's theme is 'Action', focusing on the positive steps we can all take to support our mental health and wellbeing.

The week encourages people to think about how small actions can make a big difference. This could include checking in with a colleague or friend, taking time to rest, staying active, talking openly about mental health, or accessing support when needed.

The campaign also highlights the importance of creating supportive workplaces and communities where people feel comfortable speaking about their mental health.

Mental Health Awareness Week is an opportunity to raise awareness, reduce stigma, and remind people that looking after mental health is just as important as looking after physical health.

Further information and resources are available [HERE](#)



The next meeting will be held in the East Riding at **Bridlington Crown Building Quay Road, YO16 4LY, 9:30am - 12:30pm**

JSNA webpage links for Hull and East Riding below

