

# Mind Training:

## Students and mental health

**Format:** face-to-face delivery by a Mind Trainer

**Duration:** Full-day

**Aims:**

- You will have a greater understanding of mental health problems such as, anxiety, depression and stress
- You will be able to identify the signs and symptoms of common mental health problems
- You will be able to explain how the challenges facing students can impact on their mental health
- You will have gained helpful tips to share with colleagues on how to support students experiencing mental health problems
- Using their own workplace policies and practices, delegates will be able to design a framework for promoting positive mental health and wellbeing in their own education setting
- You will have acquired tips on how to communicate effectively with students who need assistance or support.

**Course outline with suggested timings:**

<b>Start, e.g. 9:30</b>
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**Welcome and introduction – 15 minutes**

- Welcome, introduction, housekeeping and safeguarding, ice breaker, learner agreement
- What are you hoping to get out of today?
- Course aims

**Mental health awareness -25 minutes**

- Mental health and resilience defined

**Why Students? – 30 minutes**

- Rational for considering students and mental health in the context of further or higher education.

<b>Break – 10 minutes, e.g. 10:40-10:50</b>
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**Common mental health problems – 40 minutes**

- Causes, signs, symptoms and behaviours

[mind.org.uk/workplace](https://mind.org.uk/workplace)

- Treatment and support options that relate to stress, anxiety and depression.

**Lunch – 45 minutes, e.g. 12:25-1:10**

**Energiser – 5 minutes**

**Continued – 40 minutes**

- Common mental health problems: continued...

**Break – 10 minutes, e.g. 2:15-2:25**

**How to help? – 1h 10 minutes**

- How to support students when situation become problematic
- What to do and what to avoid
- Peer Assist activity

**Learning from today and close – 20 minutes**

- Learning from today
- Actions for you?
- Recap of sources of support and information
- Final questions
- Thank you

**Feedback – 5 minutes**

**Close, e.g. 3:50**