

## Mind Training:

# Mental health and how to support someone

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

**Duration:** Full-day

**Aims:**

- develop an informed understanding of mental health
- outline experiences of different mental health problems
- provide practical guidance and tools for supporting people
- share information about different types of support
- explore how we can look after ourselves when supporting others
- increase confidence around having supportive conversations about mental health.

**Course outline with suggested timings:**

<b>Start, e.g. 9:30</b>
-------------------------

**Welcome and introduction – 20 minutes**

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

**Introduction to mental health – 15 minutes**

- What does mental health mean to you?
- Quiz
- Mental health and mental wellbeing

**Stigma – 15 minutes**

- How can stigma impact mental health?
- What can we all do to tackle stigma and discrimination?
- ‘Small things’ people find helpful

**Stress – 20 minutes**

- What is stress?
- Stress versus pressure (animation)
- Managing stress
- Supporting someone experiencing stress

<b>Break – 10 minutes, e.g. 10:40-10:50</b>
---

### **Depression – 25 minutes**

- What is depression?
- Some common signs of depression
- How might depression feel?
- Supporting someone with depression

### **Anxiety – 25 minutes**

- What is anxiety?
- How might anxiety feel?
- Supporting someone with anxiety

### **Suicide – 45 minutes**

- Safeguarding note
- Suicide in the UK
- Who can be at risk?
- Suicidal feelings
- How can I help?
- Conversations about suicide
- If someone needs help urgently
- Small talk saves lives
- Looking after yourself

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

### **Energiser - 5 minutes**

### **Other mental health problems – 60 minutes**

- Understanding psychosis
- Supporting someone with psychosis
- Understanding schizophrenia
- Supporting someone with schizophrenia
- Understanding bipolar disorder
- Supporting someone with bipolar disorder
- Understanding obsessive-compulsive disorder
- Supporting someone with obsessive-compulsive disorder
- Understanding eating problems
- Supporting someone with an eating problem
- Understanding self-harm
- Supporting someone who self-harms

**Break – 10 minutes, e.g. 3:05-3:15**

### **How to support someone with a mental health problem – 40 minutes**

- Helpful approaches for supporting others
- Active listening
- Empathy and empathy scenario
- Having supportive conversations
- Can I make them get help?

## Sources of support - 10 minutes

## Looking after yourself while supporting someone else – 40 minutes

- How might supporting someone else affect your mental health?
- Supporting a colleague: your role and setting boundaries
- Five Ways to Wellbeing
- Tips for looking after yourself
- Relaxation techniques (optional content)

## Resilience and recovery – 15 minutes

- Resilience
- Recovery

## Learning from today and close - 15 minutes

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

## Feedback – 5 minutes

Close, e.g. 4:30