

# Mind Training: Mental health awareness

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

**Duration:** Full day

**Aims:**

- raise awareness of mental health and how it can vary
- outline different mental health problems
- share practical tips for supporting people
- explore how mental health and wellbeing interact with our daily lives
- highlight stigma and discrimination, and how to tackle them
- share tips on how to have supportive conversations about mental health
- provide sources of support and information.

**Course outline with suggested timings:**

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| <b>Start, e.g. 9:30</b> |
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**Welcome and introduction – 20 minutes**

- Welcome, introduction, 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
- Triggers

**Stigma – 15 minutes**

- How can stigma impact mental health?
- What can we all do to tackle stigma and discrimination?

**Stress – 20 minutes**

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

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

- What are mental health problems?
- Mental health and mental wellbeing

### **Depression – 25 minutes**

- What is depression?
- What can cause depression?
- How might depression feel?

### **Anxiety – 25 minutes**

- What is anxiety?
- What can cause anxiety?
- How might anxiety feel?

### **Suicide – 35 minutes**

- Safeguarding note
- Suicide in the UK
- Who can be at risk?
- Suicidal feelings
- How can I help?
- Looking after yourself

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| <b>Lunch – 45 minutes, e.g. 12:25-1:10</b> |
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### **Energiser - 5 minutes**

### **Other mental health problems – 40 minutes**

- Brief overview of some other mental health problems, including schizophrenia, bipolar disorder, post-traumatic stress disorder, eating problems, obsessive compulsive disorder
- Recap activity

### **Sources of support - 10 minutes**

### **Empathy - 20 minutes**

- Empathy
- Having conversations

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| <b>Break – 10 minutes, e.g. 2:15-2:25</b> |
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### **Mental health and life – 1h 10 minutes**

- Key statistics and who might be at higher risk?
- LGBTIQ+ people
- BAME people
- People facing multiple disadvantage
- Mental health and the law
- Resilience, what is it?
- 3 key elements of resilience
- 5 ways to wellbeing
- Physical activity and mental health

- Sleep and mental health
- Food and mood.

**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