



Course outline: Mental health awareness

Format: face to face delivery led by a trainer

Duration*: 6.5 hours

Aims:

- Raise awareness of mental health and how it can vary
- Outline different mental health problems
- Share tips for supporting other people
- Explore how mental health and wellbeing interact with daily life
- 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.

Outline and schedule

Welcome – 20 - 25 minutes

- Learning agreement
- Ice breaker: emotional weather forecast
- Aims of the course, and self-care reminder.

What does mental health mean to you? – 15 minutes

- Discussion: What does mental health mean to you?
- Quiz.

What might contribute to a mental health problem? – 15 minutes

- Activity: What might contribute to a mental health problem (work/workplace or personal life)?
- Activity: Inequality in mental health support (protected characteristics).

Stigma – 20 minutes

- Definition: What do you think stigma is?
- Activity: How can stigma affect our mental health?
- Discussion: How can we tackle stigma?

Stress – 30 minutes

- Discussion: What is stress?
- Video: Stress versus pressure
- Activity: Stress versus pressure
- Managing stress
- Dealing with pressure
- Treating signs and symptoms of stress.



Comfort break = 10 minutes

Introduction to mental health - 60 minutes

- What are mental health problems?
- Mental health and mental wellbeing (the continuum)
- What is depression?
- What can cause depression and how might depression feel?
- What is anxiety?
- What can cause anxiety and how might anxiety feel?

Suicide - 15 minutes

- Who can be at risk?
- How can I help someone who is feeling suicidal?
- If someone needs help urgently
- Look after yourself.

Lunch = 45 minutes

Energiser! Recapping learning – 5 minutes

Mental health continued – 30 minutes

- Schizophrenia, bipolar disorder and BPD
- PTSD, eating disorders and OCD
- Case study: 'I have been made to feel uncomfortable'

Empathy - 20 minutes

- What is it and why is it important?
- Video: Empathy
- Having conversations.

Comfort break = 10 minutes

Mental health and the law – 15 minutes

- The Mental Health Act 1983
- The Equality Act
- Protected characteristics
- Should I tell my employer about my mental health problem?

Mental health and life – 35 minutes

- How common are mental health problems?
- Discussion: What do you think resilience is?



- The three key elements to resilience
- Five ways to wellbeing
- Activity: Sleep and mental health
- Money and mental health.

Sources of support – 10 minutes

- Sources of support for mental health at work
- Sources of support – how Mind can help.

Learning from today – 15 minutes

- Recap and questions
- Feedback
- Thank you and course ends!

***A note on our schedules**

We estimate our timings based on how much content and activity there is to cover – we aim to balance this throughout the course to ensure an engaging pace. We include as much as we can, and although we know we cannot cover all aspects of this complex and fascinating subject, we will always share as much practical and inspiring information as is possible.

Schedules may on occasion be subject to slight adjustments during delivery – this can be due to attendee numbers (the bigger the group, the slower the pace), attendees joining late, discussions or simply, any unexpected interruptions.

Our trainers will cover all that is set out in our outlines, but if you are interested in any other mental health topics or training, please do get in touch, as we have more to offer.

mind.org.uk/workplace