

# Mind Training: Mental health awareness

**Format:** Virtual training led by one of our expert Mind trainers

**Duration:** 3 hours (estimated timings for each section are included below)

## **Aims:**

- Raise awareness of mental health and how it can vary
- Overview of different mental health problems
- Highlight the impact of stigma and discrimination
- Share practical tips for supporting people
- Share tips on how to have supportive conversations about mental health
- Explore how mental health and wellbeing interact with our daily lives
- Provide sources of support and information.

## **Course outline with recommended durations**

### **Welcome and introduction – 10 minutes**

- Welcome, introduction, learner agreement and safeguarding
- What we will cover today
- Course aims.

### **Introduction to mental health – 15 minutes**

- What does mental health mean to you?
- Triggers.

### **Stigma – 13 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
- Managing stress.

### **Introduction to mental health problems – 7 minutes**

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

### **Depression – 10 minutes**

- What is depression?
- What can cause depression?

## **Anxiety – 10 minutes**

- What is anxiety?
- What can cause anxiety?

<b>Break – 15 minutes</b>
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## **Other mental health problems – 8 minutes**

- Brief overview of other mental health problems including schizophrenia, bipolar disorder, post-traumatic stress disorder, obsessive compulsive disorder (OCD) and eating problems.

## **Suicide – 20 minutes**

- Safeguarding note
- Who can be at risk of suicide?
- How can I help someone who is feeling suicidal?
- What should I do if someone needs help urgently
- Looking after yourself.

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

### **Empathy - 10 minutes**

- Empathy
- Having conversations about mental health

### **Mental health and life – 17 minutes**

- What is resilience?
- Coronavirus and mental health
- 5 ways to wellbeing

### **Learning from the session and close - 5 minutes**

- Recap learning
- Feedback