

Mind training: Mental health and how to support someone

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

Duration: 3 hours 15 minutes (estimated timings for each section are included below)

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 recommended durations

Welcome and introduction – 8 minutes

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

Introduction to mental health – 8 minutes

- What are mental health problems?
- Mental health, wellbeing and the continuum.

Stigma – 10 minutes

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

Stress – 33 minutes

- What is stress?
- Stress versus pressure and signs of stress
- Supporting someone experiencing stress.

Depression – 14 minutes

- What is depression?
- Common signs of depression
- Supporting someone with depression.

Anxiety – 14 minutes

- What is anxiety?
- What does anxiety feel like?
- Supporting someone with anxiety.

Break – 10 minutes

Other mental health problems – 8 minutes

- Understanding psychosis, schizophrenia, obsessive-compulsive disorder (OCD) and bipolar disorder.

Suicide – 15 minutes

- 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.

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

- Helpful approaches for supporting others
- Active listening
- Empathy
- Tips for supportive conversations
- Can I encourage them to get help?

Sources of support – 5 minutes

Looking after yourself while supporting someone – 15 minutes

- Supporting a colleague: your role
- Supporting a colleague: healthy boundaries
- Tips for looking after yourself.

Learning from the session and close – 5 minutes

- Recap learning
- Feedback.