



Course outline for Mental health awareness

Format: virtual delivery led by one of our trainers

Duration: three hours

Aims:

- Raise awareness of mental health and how it can vary
- Outline different mental health problems
- Share tips for supporting 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.

Course schedule

Welcome - 10 minutes

- Learning agreement
- Ice breaker
- Aims.

What does mental health mean to you? - 15 minutes

- What might cause a mental health problem?

Stigma - 10 minutes

- How can stigma affect our mental health?
- How can we tackle stigma?

Stress - 15 minutes

- Stress versus pressure
- Dealing with pressure
- Resilience
- Managing stress.

Comfort break - 10 minutes

Introduction to mental health - 40 minutes

- What are mental health problems?
- Mental health and mental wellbeing (the continuum)



- What is depression?
- What can cause depression?
- What is anxiety?
- What can cause anxiety?

Other mental health problems - 10 minutes

- Schizophrenia and bipolar disorder
- PTSD, eating disorders and OCD.

Comfort break - 10 minutes

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.

Empathy - 10 minutes

- What is it and why is it important?
- Having conversations.

Mental health and life - 10 minutes

- Five ways to wellbeing.

Sources of support – 10 minutes

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

Learning from today – 10 minutes

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