



Course outline for Mental health and how to support someone

Format: virtual delivery led by one of our trainers

Duration: three and a half hours

Aims:

- Raise awareness and understanding of mental health and how it can vary
- Outline experiences of different mental health problems
- Provide practical guidance and tools for supporting people
- Share information and practical tips for supporting people
- Build skills to look after ourselves when supporting others
- Increase confidence around having supportive conversations about mental health.

Course schedule

Welcome - 10 minutes

- Learning agreement
- Ice breaker
- Aims.

Introduction mental health - 8 minutes

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

Stigma - 10 minutes

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

Stress - 20 minutes

- What is stress?
- Stress versus pressure
- Activity: How do you think you could support someone experiencing stress?
- Guidance: Supporting someone experiencing stress.

Comfort break - 10 minutes

What is depression? – 14 minutes



- What is depression?
- What are the signs of depression?
- Guidance: Supporting someone with depression.

What is anxiety? – 14 minutes

- What can cause anxiety?
- What does anxiety feel like?
- Supporting someone with anxiety.

Other mental health problems - 10 minutes

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

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.

Comfort break - 10 minutes

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

- Guidance: Helpful approaches for supporting others
- Guidance: Active listening
- Empathy (video)
- Activity: what would you do?
- Guidance: Having conversations
- Tips: Supportive conversations
- Guidance: Can I make them get help?

Sources of support – 5 minutes

- Sources of support for mental health at work.

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 today – 5 minutes

- Recap and questions
- Feedback, thank you and course ends!