



## Course outline: Mental health and how to support someone

**Format:** face to face delivery led by a trainer

**Duration\*:** 6 hours, 45 minutes

**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 to look after ourselves when supporting others
- Increase confidence around having 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?** – 10 - 15 minutes

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

**Mental health and mental wellbeing** – 20 minutes

- Mental health and mental wellbeing continuum
- 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** – 40 minutes

- Discussion: What is stress?
- Video: Stress versus pressure
- Activity: Stress versus pressure (feelings, behaviours, and signs)
- Managing stress
- Supporting someone experiencing stress



- Supporting resilience.

## **Comfort break = 10 minutes**

### **Mental health problems - 40 minutes**

- What is depression?
- How might depression feel?
- Supporting someone with depression
- What is anxiety?
- How might anxiety feel?
- Supporting someone with anxiety.

### **Suicide - 20 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 – 60 minutes**

- Psychosis and supporting with psychosis
- Schizophrenia and supporting someone with schizophrenia
- Bipolar disorder and supporting someone with bipolar disorder
- Borderline personality disorder and supporting someone with BPD
- Obsessive compulsive disorder and supporting someone with OCD
- Eating problems and supporting someone with an eating problem
- Self-harm and supporting who self-harms.

## **Comfort break = 10 minutes**

### **Helpful approaches when supporting someone - 40 minutes**

- Guidance on helpful approaches to supporting others
- Active listening
- Video: Empathy
- Activity: Scenario
- Having conversations
- Questions to ask, questions to avoid.



### **Sources of support – 10 minutes**

- Sources of support at work
- Sources of support from Mind.

### **Looking after yourself while supporting someone – 40 minutes**

- Activity: Discussion – how your mental health may be affected
- Supporting a colleague: Your role
- Supporting a colleague: Healthy boundaries
- Activity: Scenario – what would you do?
- Five ways to wellbeing
- Tips for looking after yourself + breathing window exercise.

### **Learning from today – 5 – 10 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](https://mind.org.uk/workplace)**