

Basic mental health awareness (Adult)

Session Plan

Session	Basic Mental Health Awareness (Adult)
Background Information	Mental health has been defined as a state of wellbeing in which the individual recognises their own abilities and is able to cope with normal daily stresses in life (World Health Organisation, 2005). It is reported that 1 in 4 adults will experience mental health issues in any given year. Prevention and early intervention are vital and recovery is possible with the right support and resources. By creating a culture where everyone has a basic awareness of mental health and wellbeing it can help eliminate stigma and discrimination and develop a more understanding society which values mental health equally alongside physical health.
Aim	To raise awareness of basic mental health and wellbeing
Learning Outcomes	<p>Participants will be able to:</p> <ul style="list-style-type: none"> • Discuss some of the commonly held misconceptions surrounding mental health • Describe what mental health means • Discuss what can affect mental health and wellbeing • Describe what signs to look out for when concerned about an individual's mental health • Discuss what prevents, promotes and supports mental health • List resources that can help support mental health and wellbeing
Duration	Up to 1.5 hours
Resources	<ul style="list-style-type: none"> • IT • Presentation • Flipchart/pens • Session handouts • Reflective practice tool

Learning outcomes	Participant Activity	Resources	Time
1. Discuss some of the commonly held misconceptions surrounding mental health	<ul style="list-style-type: none"> • Quiz 	Quiz handout	10 min

2. Describe what mental health means	<ul style="list-style-type: none"> Defining mental health 	Flipchart/Pens Slide	15 min
3. Discuss what can affect mental health and wellbeing	<ul style="list-style-type: none"> Body map 	Flipchart/Pens Slide	15 min
4. Describe what signs to look out for when concerned about an individual's mental health	<ul style="list-style-type: none"> What to look out for 	Flipchart/pens Slide	15 min
5. Discuss what prevents, promotes and supports mental health	<ul style="list-style-type: none"> What do people need? 	Protective factors handout Slide	15 min
6. List resources that can help support mental health and wellbeing	<ul style="list-style-type: none"> Resource Map 	Flipchart/pens Adult mental health resources handout	10 min
7. Looking after our own mental health	<ul style="list-style-type: none"> Self-care 	Slide	5 min
8. Reflection and session close	<ul style="list-style-type: none"> Reflection 	Evaluation	5 min

Facilitator's notes

Slide	Notes	Time	Resources
1	<p>Welcome participants and introduce yourself before offering an overview of the session. Have the title slide up and visible whilst doing this.</p> <p>Emphasise that the session today is merely an introduction to mental health. It is not intended to make people experts but offers a basic awareness and understanding of mental health and what we can do to promote good mental health.</p>	5 min	Slides
2	Put up the session overview slide and read out what will be covered today.		
Activity	<p>Mental Health Quiz</p> <p>Let's start with exploring some of the myths that surround mental health.</p>	10 min (5 min activity, 5	Quiz

	<p>Distribute the mental health quiz to participants. This can be done on an individual basis or as a group. Ask participants to complete the quiz, true or false. This is a good starting point and gives an insight into the participants' knowledge and attitudes to mental health.</p> <p>Once completed, go through each of the questions of the quiz to generate discussion. Use the supporting statements to provide the correct answers and information.</p> <p>Discussion point: Were there any surprises? Inform participants the quiz is a useful activity to challenge some of the myths associated with mental health.</p>	min feedback)	
<p>Activity & Slide 3</p>	<p>What is mental health?</p> <p>Now we are going to explore what we mean by mental health. How would we describe/define mental health?</p> <p>Divide the participants into groups and provide flip chart and pens. Invite the groups to discuss what mental health means to them and how they would describe mental health. As a collective, the group have to agree a definition / statement of mental health.</p> <p>Invite the groups to feedback their definition/statement. Bring up the mental health definition slide. Make reference to any similarities the groups may have with the World Health Organisation definition.</p> <p>Discussion point: what do they think of this definition? Highlight that there are other definitions of mental health. Some may or may not agree with this definition but for the purpose of this session, this definition has been used as it offers a positive description of mental health.</p> <p>Highlight that we all have mental health and like our physical health things can go wrong. Mental health problems range from the general worries and grief we experience as part of everyday life to the most desolate like depression. If we think back to the quiz we completed at the beginning, the majority of people who experience a mental health problem do with help make a complete</p>	<p>15 min (10 min activity, 5 min feedback)</p>	<p>Flip chart Pens Slide</p>

	recovery. Remember 1 in 4 of us will experience a mental health problem in the course of a year.		
4 & 5	<p>Statistics</p> <p>The purpose of the statistic section is to help build a picture of the prevalence of mental health and why it is a priority area we need to address. The majority of the statistical information is taken from the Public Health Priorities for Scotland document which is available at http://www.gov.scot/Resource/0053/00536757.pdf</p> <p>Inform the participants we are going to a look at some of the statistics relating to mental health.</p> <p>Read the information off the slide highlighting mental health statistics.</p> <p>Discussion point: once you have read off the information, ask the participants what their thoughts and views are on the statistics, are they alarmed by them, or did they expect better or worse? Again highlight that the statistics provide a snapshot of the scale of the mental health challenges we are encountering and why action is needed.</p>	5 min	Slides
Activity & Slide 6	<p>What affects mental health?</p> <p>We have looked at some of the myths, what we mean by mental health, the statistics and this part of the session will explore what can affect our mental health.</p> <p>Divide participants into groups, provide flipchart and pens if delivering in person.</p> <p>Invite the groups to draw an outline of the body and to think about, discuss and write down what things can affect our mental health (social, emotional, physical). Write these in and around the body outline.</p> <p>Once completed, take feedback from each group, one/two examples from each.</p> <p>Bring up the slide to highlight some examples of what can affect our mental health highlighting that the list is by no means exhaustive, these are just a few examples.</p>	15 min (10 min activity, 5 min feedback)	Flip chart Pens Slide

	<p>Highlight that this exercise demonstrates the breadth of factors that can impact mental health. Often it can be a combination of factors and not just one that affects mental health.</p>		
<p>Activity & Slide 7</p>	<p>What to look out for?</p> <p>Keep the participants in their groups and keep the flipchart from the previous activity to use for this activity. Provide new flipchart if required.</p> <p>We have looked at what can affect mental health and now we are going to explore what signs should we look out for when we are worried about someone's mental health and wellbeing, what signs would prompt us to be concerned?</p> <p>Invite the groups to write down their thoughts using the flip chart from the previous activity.</p> <p>Take feedback from the groups, asking for one/two examples from each.</p> <p>Put up the slide. These signs are not exhaustive and there may be a range of other signs. If in doubt always check in with the individual or speak to someone to raise your concerns about them. It is not about fixing problems but about a human response, demonstrating understanding and compassion, and signposting to appropriate supports/services.</p> <p>Remember if you are concerned about an individual's mental health and wellbeing and feel they may be in distress, the doctor should be their first point of contact. If you feel the individual is in immediate danger please call 999.</p>	<p>15 min</p> <p>(10 min activity, 5 min feedback)</p>	<p>Flipchart/pens</p> <p>Slide</p>
<p>Activity & Slide 8</p>	<p>How can we protect, promote and support mental health?</p> <p>Keep participants in their groups.</p> <p>We have looked at how we define mental health, some of the factors that can impact on mental health and what to look out for. Now we are going to look at and consider what we can do to protect, promote and support mental health.</p> <p>Distribute the protective factors for mental health handout and invite the groups to consider what</p>	<p>15 min</p> <p>(10 min activity, 5 min feedback)</p>	<p>Protective factors handout</p> <p>Slide</p>

	<p>people need to help protect, promote and support their mental health under each of these protective factors.</p> <p>Once the activity is completed, take feedback from each of the groups.</p> <p>Bring up the slide to highlight protective factors, reading the information in each of the boxes. Compare these to what the groups have come up with.</p> <p>Highlight there are different resources that help support our mental health and wellbeing and there isn't a one size fits all, everyone's supports may look different and we should be mindful of this when signposting to resources.</p>		
Activity	<p>What resources are available to support mental health?</p> <p>Keep the participants in their groups, provide flipchart.</p> <p>Share that we have looked at what people need to protect, promote and support their mental health, now we are going to look at what resources and supports are available. These can be local, city and national.</p> <p>Invite the groups to share and write down supports and resources for mental health that they are aware of. Participants can also refer back to the protective factors activity to help them identify resources.</p> <p>Take feedback from the groups, asking for one/two examples from each.</p> <p>Circulate the mental health resources handout, highlight these are general and participants will have more insight into local resources.</p> <p>Conclude that we all access different modes of support for our mental health. These can include self help through websites, reading, accessing group support or 1 to 1 support, telephone support lines, talking to a supportive friend, colleague, family member.</p>	<p>10 min</p> <p>(5min activity, 5 min feedback)</p>	<p>Flipchart Pens</p> <p>Mental health resources handout</p>
Activity & Slide	<p>Remind the participants of the importance of looking after their own mental health and provide</p>	<p>5min</p>	<p>Slide</p>

9	a self-care activity.		
Session Close	Thank the participants for their time and ask them to complete an evaluation tool.	5 min	Reflective practice tool