

## **Healthy Minds**

### **What is Healthy Minds?**

Healthy Minds is a universal resource which aims to promote basic awareness and understanding of mental health and topics that are associated with and can impact on mental health and wellbeing. It is a cascading and capacity building resource that aims to support partners and organisations deliver on the public mental health agenda. The focus of Healthy Minds is prevention and early intervention.

### **Why Healthy Minds?**

Improving mental Health is a national priority action area and there is significant momentum around this. The demand for mental health resources and training combined with the challenge of releasing staff to complete training highlights a clear need to explore alternative options that offer flexibility and accessibility to those wishing to increase their knowledge in mental health. The ethos behind Healthy Minds is to make mental health improvement everyone's business and recognises that you don't need to be an expert to do this. 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.

### **Who can use Healthy Minds?**

The resource is aimed at anyone who has an interest in raising awareness of mental health and wellbeing. No prior experience or qualifications are required to deliver any of the sessions. It is not a training resource but a tool to raise awareness of basic mental health and areas that can impact on mental health and wellbeing.

### **What topics are covered?**

There are currently 17 sessions available:

- Basic Mental Health Adult

- Basic Mental Health Children & Young People
- Body Image
- Emotional Literacy
- Loneliness & Isolation
- Long Term Conditions
- Loss and Grief
- Loss and Grief during a Pandemic
- Maternal Mental Health
- Menopause and Mental Health
- Mental Health and Alcohol
- Mental Health Framework Adult
- Mental Health Framework Children and Young People
- Mental Health Stigma and Discrimination
- One Good Adult
- Resilience
- Sleep

### **How can I access Healthy Minds?**

The resource can be downloaded free from the NHS Greater Glasgow and Clyde Mental Health Improvement Team website [Healthy Minds Resource - NHSGGC](#).

### **How to use Healthy Minds**

It is a flexible resource pack that can be accessed and facilitated by anyone with an interest in mental health. It is not compulsory that all sessions are completed or in any specific order, however the basic mental health awareness session is a good starting point especially for facilitators and/or participants with no or very little knowledge of mental health.

Sessions are interactive and can last 1.5 hours, however they can be adapted to accommodate time available and tailored to meet the needs of your audience.

Each topic comes with a session plan, facilitator's notes, powerpoint presentation and handouts, however use of powerpoint is optional. The sessions can be delivered online or face to face. Please refer to our online delivery guidance [here](#).

### **Information for Facilitators**

Remember these are basic awareness sessions and do not offer the opportunity for detailed discussions. However, it is recognised that

facilitators will come with varying degrees of knowledge and skills and some may want to expand and develop sessions further. Likewise, participants may want to further develop their mental health knowledge following completion of a session and facilitators should signpost them to formal training courses. Information on further training can be found in the appendices folder on the website.

- Please refer to the Healthy Minds Online Guidance if you are facilitating sessions online
- Always be prepared in advance for sessions. Ensure IT (if using) is arranged and all resources are printed and photocopied
- Utilise the facilitator's notes to keep the session structured and on time
- If using the slides, read through each point on the slide. This ensures participants are directing their attention to the point under discussion.
- The number of participants recommended for group work activities is 4-5
- When group work commences, interact with all groups to ensure they have understood instructions and are on task
- Ensure that you access and provide a space that is conducive to group work activities

## **Keeping Safe**

Facilitators should always set the ground rules for discussion at the start of each session to create a safe and open environment. Although sessions provide a basic awareness of mental health and associated topics, it can be a very emotive issue. During the sessions all participants should be supportive and respectful of others. If the content of any of the sessions give rise to any concerns, anxieties or worries, participants should be encouraged to speak to someone or seek advice. There is a list of available supports and help lines available in the appendices folder. **If you are concerned about a participant's mental health and wellbeing and feel they may be in distress, their Doctor should be their first point of contact. If you feel the person's life is in immediate danger please call 999 for assistance.**

## **Self-care activity**

It is recommended that all sessions end with a self-care activity to promote and encourage participants and facilitators to look after their own mental health and wellbeing. An example is included at the end of each of session however, facilitators can opt to use their own self-care activity.

## **Evaluation**

There is no formal evaluation for the sessions, a reflective practice tool is included within the appendices folder that can be used to encourage participants to consider how they intend to translate learning into practice. However, facilitators can opt to use their own evaluation tools and methods.

## **Additional Information**

The Mental Health Improvement Team continue to revisit and refresh handouts to ensure information is up to date. Please visit the website to keep abreast of any changes. [Healthy Minds Resource - NHSGGC](#)

A final note, mental health is everyone's business and the Healthy Minds resource pack is not intended to make people experts in mental health but to develop a basic awareness and understanding of mental health across a wide range of staff, service providers (statutory and voluntary sectors), service users and volunteers.

For information on the Healthy Minds resource contact [ggc.mhead@ggc.scot.nhs.uk](mailto:ggc.mhead@ggc.scot.nhs.uk)