

Healthy Minds Resource

Information Session

Session Outline

- What is Healthy Minds
- Why Healthy Minds
- Healthy Minds Format
- Accessing Healthy Minds
- Questions

What is Healthy Minds?

“A universal resource to help raise awareness and develop a basic understanding of mental health and topics that are associated with and can impact on mental health and wellbeing.”

Why Healthy Minds

- Public mental health agenda
- Demand
- Staff release
- Parity of esteem

Healthy Minds is

- Downloadable and free to access
- A resource that can be used by anyone with an interest in mental health
- Adaptable and flexible to suit the needs of audiences and facilitators
- A resource that can be used online and face to face

Healthy Minds is not.....

- Training
- A replacement
- Intended to make people mental health experts

17 Sessions

- Adult Mental Health Improvement Framework
- Alcohol
- Basic Mental Health (Adult)
- Basic Mental Health (CYP)
- Body Image
- CYP Mental Health Improvement Framework
- Emotional Literacy
- Loneliness and Isolation
- Long Term Conditions
- Loss and Grief
- Loss and Grief (Pandemic)
- Maternal Mental Health
- Menopause
- One Good Adult
- Resilience
- Sleep
- Stigma and Discrimination

Session Format

- Session plan and outline
- Powerpoint presentation
- Facilitators Notes
- Handout
- Appendices: Evaluation Tool
Further learning opportunities

Useful Information

- Select sessions to suit the needs of your staff and organisation
- Flexibility
- Online guidance
- Preparation and planning

Accessing Healthy Minds

Healthy Minds Resource - NHSGGC

Questions?