

Healthy Minds

Frequently Asked Questions and Answers

What is Healthy Minds?

Healthy Minds is universal awareness raising resource that aims to equip people with basic knowledge and understanding of mental health and topics that are associated with and can impact on mental health and wellbeing.

What sessions are available?

1. Basic Mental Health (Adult)
2. Basic Mental Health (Children & Young People (CYP))
3. Body Image and Mental Health
4. Emotional Literacy
5. Loneliness & Isolation
6. Long Term Conditions
7. Loss and Grief
8. Loss and Grief (during a Pandemic)
9. Maternal Mental Health
10. Adult Mental Health Improvement Framework
11. CYP Prevention and Early Intervention Mental Health Improvement Framework
12. One Good Adult
13. Resilience
14. Sleep and Mental Health
15. Stigma and Discrimination
16. Mental Health and Alcohol
17. Menopause and Mental Health
18. Online Harms and Mental Health
19. Screen Time and Mental Health
20. Infant Mental Health

I'm not a trainer, can I still use the resource?

Yes, the resource is aimed at anyone who has an interest in raising awareness of mental health and wellbeing. No training qualifications or experience is required to use the resource. Like any session you may deliver, planning and preparation are key. The resource can be used across different sectors for example Health, Education, Housing, Employment and Third Sector organisations to help raise awareness of mental health and topics that can impact on mental health.

How do I use the resource?

The sessions have been developed to be delivered within a group setting, this could be with your staff or people accessing your service.

Each session comes with a session plan outline, powerpoint presentation, facilitator's notes and supporting handout. The facilitator's notes provide a step by step narrative of the session, what to say and activities to be completed. Sessions are very interactive and have been developed to last no more than 1.5 hours. The use of the powerpoint is optional and may depend on your audience, the format of the facilitator's notes allows for this.

Do all sessions have to be completed and in any order?

No. Not all sessions need to be completed or in any order. The resource offers a "pick and mix" menu. However, the basic mental health awareness is always a good starting point.

Can I adapt the sessions?

Yes, Healthy Minds is a flexible resource and sessions can be adapted to suit the needs of those delivering or participating in the session. Although sessions have been designed to last no more than 1.5 hours, time constraints can often act as barrier to use. The duration of the sessions can be reduced by selecting key messages and activities to deliver to fit within the time available. Likewise facilitators will come with varying degrees of confidence, knowledge and skills and some may want to expand and develop sessions further.

Can the resource be used online?

Yes, the sessions can be facilitated both online and face to face. Before you deliver online please refer to our guidance to ensure you have the appropriate resources to support delivery. Download at [Healthy Minds Online Guidance 2022 - NHSGGC](#)

How do I evaluate the sessions?

We have included a reflective practice tool to help you evaluate sessions, however facilitators may want to use their own evaluation tools. Download at [Appendices - Evaluation 2022 - NHSGGC](#)

Where can I signpost participants to formal training courses?

After a session some participants may want to explore formal learning opportunities, we have included a handout that shares some information on what is available. Please note it is not an exhaustive list. Download [Appendices - Further Learning 2022 - NHSGGC](#)

Where can I access the Healthy Minds resource or get further information?

Healthy Minds can be accessed and downloaded at [Healthy Minds Resource - NHSGGC](#)
For more information please contact ggc.mhead@nhs.scot