

COURSE CONTENT OVERVIEW

# Mental Health Awareness

Mental health is as important as physical health. In the UK, around 44% of adults have experienced a problem with their mental health at some point in their life, with 1 in 4 people being formally diagnosed with a mental health problem. This Mental Health Awareness course has been designed for employees and workers in all environments, and aims to increase your understanding of what mental health is, factors that might affect it, and how to cope - including where to go for further support.

This course looks at contributing factors to mental health both within and outside of work, and explains the role of your employer when seeking support in the workplace. We also consider the warning signs that a colleague or friend may be suffering from poor mental health, and how you can help.

By emphasising the importance of regularly assessing your own mental state using tools like the mental health continuum, we encourage you to increase your awareness of your own state of wellbeing, so you can take proactive steps to keep yourself well.

#### **Module One: Introduction to Mental Health**

This module introduces the topic of mental health, showing how prevalent mental health problems are, what good and poor mental health look like, and what effects poor mental health can have on you. It also explains the factors that can cause your mental health to deteriorate, and what your workplace's responsibilities are in regards to mental health problems.

- What is mental health?
- Why is mental health training important?
- Myth-busting
- Breaking the stigma
- The continuum of mental health
- Common mental health problems
- Factors behind poor mental health
- Your workplace's responsibilities

#### **Module Two: Understanding and Managing Mental Health Problems**

This module goes into detail about the theories behind mental health problems, giving you different perspectives on why they occur and which intervention strategies can be most effective. It then looks at the symptoms, causes, and treatments of four of the most common mental health issues: stress and burnout, depression, bipolar disorder, and anxiety.

- Models of mental health and wellbeing
- Factors affecting mental health
- Types of mental health problems
- Stress and burnout
- Depression
- Bipolar disorder
- Anxiety
- Working from home

#### **Module Three: Supporting Yourself and Others**

The final module provides guidance on how to support your

mental health, including tips for staying well or improving your wellbeing, when to seek help, and what will happen if you do so. It takes you through the possible outcomes of a visit to your GP, and which treatments are available to you. It also discusses whether or not it is beneficial to notify your employer of a mental health problem. Finally, we discuss the ways in which you could help other people who are struggling, including spotting warning signs (in person and online), initiating a conversation, which phrases to use or avoid, and what to do if they are in crisis. We use scenarios to test your understanding of which actions you should take in these situations.

- Tips for staying well
- Reflecting on your mental health
- Male mental health
- Seeking help, and treatments available to you
- Telling your employer
- Helping others
- Helping others in crisis
- Helping others when working from home
- Scenarios
- Links to useful resources

## Aims of the training

By the end of this course, you will:

- Increase your knowledge of common mental health conditions.
- Understand that anyone can suffer, and that knowing about mental health is important, even if you have not yet been affected.
- Understand the mental health continuum, and consider your place on it.
- Be aware of the common causes of mental health problems, and know practical strategies to deal with them.
- Learn about self care, and the 5 Ways to Wellbeing.
- Be aware of the signs that you or your colleagues might need support, including being able to recognise the signs of stress and burnout, depression, anxiety, and bipolar disorder.
- Know when and where to get further support, should you need it.
- Understand the role of management and your employer in supporting mental health.
- Understand how to support your colleagues, including ways to talk to them about mental health, and dealing with a crisis.