

# MIND HEALTH

## Introduction to Mental Health and Stigma

### Suggested Workshop Plan

#### Time

Approx 1 hour, though this suggested session may be made longer.

#### Session Aim

- To increase participants' understanding general understanding of 'mental health'
- To increase awareness of key anti-stigma messages
- To increase awareness of local sources of support
- To encourage personal wellbeing actions

#### Objectives

- Define 'mental health'
- Dispel common myths surrounding mental illness and recovery
- Identify local sources of help
- Identify at least one personal mental health protection action

#### Resources

- Activities and resources used can mostly be viewed (and downloaded from) [www.peelinstitute.com](http://www.peelinstitute.com)

Time	Topic	Activity	Content	Resources needed
5-10 mins	Introduction & aim	Brief explanation	<p>Quick introductions.</p> <p>Explain / summarise session aims.</p> <p><b>Important!</b> Mental health is a sensitive subject for some people. Give reassurance that people will not be asked to share personal experiences. Explain and request confidentiality.</p> <p><b>Question, to the whole group:</b> what are you hoping to learn about mental health today?</p> <p><b>Pre-evaluation questions, to the whole group:</b></p> <p>1. How many people in the UK will experience a mental health problem this year?  a)1 in 100   b) 1 in 10   c) 1 in 4  Answer: 1 in 4</p> <p>2. How many children and young people will experience a mental health problem this year?  a)1 in 100   b) 1 in 10   c) 1 in 4  Answer: 1 in 10, i.e. 3 in every average classroom.</p> <p>The most commonly experienced mental health problems are anxiety and depression, additionally behavioural disorders in children / young people.</p>	

10 mins	Defining 'Mental Health'	<p><i>What is Mental Health?</i> <b>or</b> <i>Exploring Emotions</i> activities</p> <p><b>Aim:</b> to introduce the concept that everyone has a state of mental health with ups &amp; downs (the 'mental health continuum'). To discuss different definitions of 'mental health'.</p>	<p><i>Happy / unhappy post-it activity</i> OR</p> <p><i>Exploring Emotions</i></p> <ul style="list-style-type: none"> <li>• Emotions sheets – individual sheets</li> <li>• Participants mark every emotion they have experienced over the past few days / week</li> <li>• Summary: as a group look at which emotions have been most &amp; least experienced. Discuss in terms of good &amp; poor mental health / mental health continuum.</li> </ul> <p><i>Mental Health Definitions</i> Read &amp; discuss (see below).</p>	<p>Emotions sheets (individual ones) Pens</p> <p>Mental Health definitions</p>
15 mins	Stigma Busting	<p><i>True or False</i> quiz cards</p> <p><b>Aim:</b> to dispel some common myths about mental health. To encourage participants to consider their own attitudes towards mental health.</p>	<p><i>True or False Quiz</i></p> <ul style="list-style-type: none"> <li>• Work in pairs / small groups</li> <li>• Cards have the answers on the reverse</li> <li>• Discuss questions in pairs before checking answers</li> <li>• Share cards around the group – aim for each pair to discuss all 10.</li> </ul> <p>Summary: ask if any cards surprised anyone. Are there any questions triggered by the cards? Does anyone disagree with any of the answers, or have a different answer to suggest?</p>	Set of 10 True or False quiz cards
5-10 mins	Accessing Support	<p>Group discussion</p> <p><b>Aim:</b> to identify free &amp; low cost sources of support (formal &amp; informal)</p>	<p>Group question: a friend tells you they are feeling low or anxious. What do you do? Encourage answers from the whole group. Ask them to work in pairs, if helpful. Suggestions may include ideas such as phoning their friend more often, inviting them out socially etc.</p> <p>Highlight local free and low cost talking therapy services –</p>	<p>Flipchart and marker pens, to record suggestions.</p> <p>List of local support services.</p>

			some key services (adults and youth) are listed in the Mind Health pink booklet (download from <a href="http://www.peelinstitute.org.uk">www.peelinstitute.org.uk</a> ).	
5 mins	Personal Wellbeing	Happiness Promises  <b>Aim:</b> to encourage strategies for looking after personal emotions / mental health.	<ul style="list-style-type: none"> <li>• Everyone completes a Happiness Promise sheet</li> <li>• Promises should be realistic and achievable over the next week and do not have to cost money</li> <li>• Invite participants to share their promises with the group</li> </ul> <p><i>Variations are suggested in the Mind Health Resources Guide.</i></p> <p>Summary: explain the importance of looking after our personal mental wellbeing – link to exercise 1 (defining mental health).</p>	Happiness Promise cards
5 – 10 mins	Questions & Feedback	DAP feedback forms	Final questions & comments. Feedback forms. Distribute sign-posting and services leaflets.	Feedback forms DAP booklets Local services fliers

### **Mental Health Definitions**

“Mental health is about how we think, feel and behave. There are times when everyone feels stressed or unhappy. Generally these bad times pass, but sometimes they do not go away and we might need to seek help. Most people fully recover from mental health problems.”

**NHS Islington, April 2011**

“Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

**World Health Organisation, updated August 2014**

Mind Health: Introduction to Mental Health & Stigma

Direct Action Project, 2015