

Mental Health Awareness (4 hour seminar)

Preamble:

1 in 4 adults and 1 in 10 children will have a mental health problem in a year (the majority of which are anxiety or stress related). A few will need professional help but all will benefit from having friends and family who are supportive. Although some people don't want to get involved, many people feel uncomfortable offering support as they either feel that they will be out of their depth or think they'll say the wrong thing and make matters worse.



Purpose:

To give participants a bit more knowledge, understanding and confidence on how to communicate more effectively to promote good mental health. In other words: *"How to be a good friend without really trying"*.

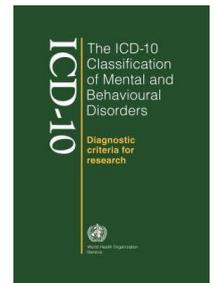


What this course is:

The session will look at perceptions; how people see the world in a particular way and seek to help the participants to look for how other people may see the world.

What this course isn't:

This session is not designed to give expert training in dealing with people with specific severe or chronic mental health conditions as it will not look at the medical symptoms of mental illness. People often don't present with all the typical symptoms and with over 300 different forms of mental illness and often conditions aren't typical, it's seldom beneficial to know the difference.



Timings:

The session will start promptly at the time agreed. There will be a coffee/comfort break part-way through.

Format of Seminar:

A mix of upfront teaching with plenty of activities and is suitable for anyone aged 12 and above (we do cut-down versions of this course in several of the local high schools). There will be a lot of ideas presented so please bring pen and paper if you would like to take notes.

Course Outline:

Introduction

A bit about Crossways Community and the session leader

Perception - What are people's current thinking?

What are people's perception of mental illness?

What do people want from the course/any particular issues they'd like covered. These will be incorporated wherever possible.

Communication

Activity: Role Play – Sticky paper

The value of assumptions

What makes up communication?

Activity: Few basic tips on how to communicate/deal with conflict including GRIN

Listening poems



How *not* to communicate

A Basic model of human development

Activity: Dynamic Cycle – theory of how people develop

Voices in our head

Activity: Johari Window – theory of how people relate to others.

Specific examples

Stress – causes, benefits & good mental health

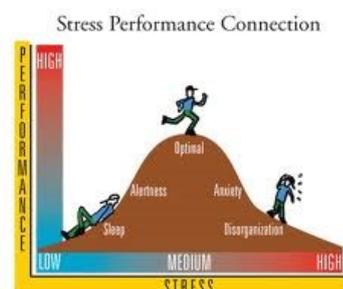
Brief overview of causes/benefits/drawbacks to stress.

Activity: Stress Box

Activity: Stress Descriptors

Brief thoughts as to how to handle stress more effectively.

Activity: Mr Blue—asking for help



Specific issues – if these haven't been covered

Feedback