



# *Let's Face It!* Mental Health Awareness Training

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Louise Duffy  
Senior Public Health Strategist, Public Health  
[lousem.duffy@bracknell-forest.gov.uk](mailto:lousem.duffy@bracknell-forest.gov.uk)

# Priority 2 Project

- Key Action within Priority 2 of the Health and Wellbeing Strategy
- Three areas of public mental health across the life course:
  - mental health promotion
  - prevention of mental health problems and suicide prevention
  - reducing premature mortality, supporting recovery and improving inclusion of people living with mental health problems
- Mental health needs across the population magnified post covid-19 pandemic



# Purpose of training

*Equipping our frontline professionals and volunteers with knowledge and skills around mental health.*

- Understand mental health and how to take steps to look after their own mental health whilst supporting others
  - Recognise what some common and less common mental health difficulties look like to reduce stigma around mental health.
  - Recognise what distress might look like in the context of mental health difficulties.
  - Feel equipped to have brief and informal conversations around mental health.
  - Understand local sources of support for mental health difficulties and signpost to these.
- *Important that not expecting people to be experts in mental health, but to help with a basic understanding and awareness of local support.*

# Training delivery



- 10 half-day sessions delivered (Eight virtually and two face to face) between September 2022 and February 2023
- Each session up to 18 participants.
- Participants were from a mix of organisations from within and outside the council, including:
  - Libraries, Citizens Advice, Benefits Advice and Debt Recovery, Outreach Team, Waste and Recycling, Youth Work, Commissioning, Community Hub, Substance Misuse, Employment and Skills advice, Lexicon.
- Training was widely advertised to frontline organisations via council communications to reach a broad range of participants.
- Developed by Reading University and delivered by trained Mental Health Practitioners from local Increasing Access to Psychological Therapies (IAPTs) team.
- Pre- and Post-training evaluation forms administered.

# Key outcomes

Question area	PRE (Average score out of 10)	POST (Average score out of 10)
Knowledge & understanding of mental health difficulties	5.30	8.00
Confidence to talk to someone in distress	6.00	8.10
Feel able to signpost someone to services/further support	5.40	7.90

## Main outcomes:

- Being more mindful of language used to reduce stigma
- Confidence to have conversations around mental health
- Showing empathy and active listening

# Outcomes

*Making more of an effort to check on the team around me. Understanding more the affects different mental health can cause on different people.*

*Reflect, take more time to think about the person with Mental Health issues - actively listen*

**Over 90% of participants strongly agreed or agreed that they:**

- **feel better able to look after their own mental health,**
- **understand the stigma around mental health and its impact**
- **will apply what they learnt to their own practice when working with others.**

*I will monitor the language I use in everyday life and be more sensitive to the stigma of mental health*

*The physical difficulties from all of the mental health conditions discussed and understanding the impact on their everyday lives*

*The importance of supporting, listening, not trying to fix a problem*

# Next steps

- Additional monthly training sessions available between June and December 2023
- Wide advertising to encourage frontline professionals, volunteers and community leads to participate
- Dedicated session for Councillors and Parish Councils
- Continue to evaluate outcomes and impact