



Let's Face It! Mental Health Awareness Training

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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