Healthy Minds Information Session
Supporting Notes

Slide	Notes	Time
Slide 1	Welcome participants and introduce yourself. Have the title slide up and visible whilst doing this. Inform participants the session is to provide information on the Healthy Minds resource pack and will take approx 1.5 hours.	5 min
Slide 2	Housekeeping rules if facilitating the session online.	
Slide 3	Read out the aim and objective of the session. The session will provide: • A brief overview of what influenced the development of the resource. • Information on content of the resource which will be the focus of the session, its format, how it can be accessed and used. • An opportunity for questions and some participant discussion to explore how they see the resource supporting their work in mental health improvement.	
Slide 4	**What is Healthy Minds?** Read off the information on the slide. **Also share:** Healthy Minds is very much a cascading and capacity building resource that aims to support partners and organisations. The ethos behind Healthy Minds is to make mental health improvement everyone's business and recognises that you don't need to be an expert to do this. It is a universal resource to encourage everyone to gain a basic understanding of mental health and topics that can impact on mental health and wellbeing such as sleep. The focus of Healthy Minds is very much prevention and early intervention.	5 min
Slide 5 & 6	**Why Healthy Minds?** **Do not put the slides up until you share the information below.** Improving mental Health is a national priority action area and there is significant momentum around this. This is evidenced with the publication of several key policy documents such as the 10-year mental health strategy for Scotland and more recently the Greater Glasgow and Clyde 5 year mental health strategy. NHS Greater Glasgow & Clyde have also developed mental health improvement and early intervention frameworks both of which brings together the full range of activity that has been demonstrated as	5 min

	having value in the promotion of good mental health for children, young people and adults. **Show both slides, first the child and youth framework and then the adult.** Do not go into the framework slides in detail these are purely for information. **Key points to highlight:** These are two evidence based frameworks developed in partnership by NHSGGC. These frameworks are useful planning tool for partners to help prioritise, plan and deliver CYP and adult mental health improvement activity. These frameworks helped form the basis of the Healthy Minds resource.	
Slide 7	**Why Healthy Minds?** continued In addition to supporting implementation of the mental health improvement frameworks, there were also several other factors which influenced the development of Healthy Minds 1. **Demand**: the demand for mental health inputs/training continues to grow and we don't have the resources to meet demand. 2. **Choice:** Currently as it stands, mental health training available includes SMHFA, What's the Harm: Self Harm, ASIST and SafeTALK. These are extremely worthwhile training courses but often partners and organisations are not looking for the level of knowledge and details offered in these courses but rather basic information and awareness of mental health, what to look out for and how they can support and promote good mental health. Eg housing organisations looking for all staff to have a basic awareness of mental health and what factors may impact on mental health such as loss and grief. 3. **Staff release**: Partners and organisations are finding it more and more difficult to release staff for formalised training courses lasting half and full days. Also staff working in evenings or job sharing may also miss out on training opportunities that are more often than not run during the day. 4. **Parity of esteem**: ensuring that mental health is given the same recognition as physical health. If we increase awareness and understanding of mental health by giving everyone a baseline knowledge this can help reduce stigma and discrimination.	5 min

Slide 8	**Healthy Minds is:** • Downloadable, adaptable and free. • For anyone to use with an interest in mental health, you don't have to be trained in mental health to use the resource • Adaptable to suit the needs of audiences, whether your organisation works with CYP, adults etc, • A start...not a finished product, the development and updating of the resource will be ongoing.	5 min
Slide 9	**Healthy Minds is not**: • Training, it is basic awareness. • Intended to make people experts: aims to create a basic awareness of mental health and other topics that can impact on mental health and wellbeing. Prevention and early intervention is the focus.	
Navigating the resource online	This section will navigate through the resource online, access https://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/healthy-minds-resource/ This will take you to the Healthy Minds resource landing page. Give an overview of the contents and sections of the healthy minds resource, showing each section as you progress. **Healthy Minds content** • **Background, Context, Introduction**: This gives you an overview of the resource, how to use/access, list of sessions available, information on general facilitator notes, keeping safe, self care activity and evaluation. *Keeping safe*: awareness sessions do not allow for detailed discussions, it is about prevention and early intervention resources handout give information on helplines and websites. • **Policy Landscape**: not an exhaustive policy landscape but highlights some key policy drivers that healthy minds supports and links to health, youth work and education. • **Healthy Minds Sessions:** there are currently 15 sessions to pick from (highlight the options). Two recent additions, Loss and Grief during COVID-19 (available) and Stigma and Discrimination (available soon). • All sessions come with a session plan,	20 min

	facilitators' notes, powerpoint presentation and access to supporting handouts. Use of powerpoint is optional, this might be dependent on the audience, the format of the facilitators notes allows for this. The resource offers a pick and mix menu, so no requirement that all sessions need to be completed. However the basic mental health awareness is always a good starting point.	
	• **Duration**: Each session has been designed to last approx 1.5 hours. However this is a flexible resource and can be adapted to suit the needs of audiences. We have separated basic mental health awareness into child and youth (one good adult is youth focussed, however the key themes and principles are relevant for adult). The framework sessions can be used by partners and organisations who are considering using the frameworks to plan and prioritise their work in mental health improvement.	
	• **Handouts**: when facilitating sessions, you will be signposted to required handouts for session. Same handouts used across various sessions.	
	• **Appendices**: Training pathway for anyone wanting more information/signposting to formal mental health training courses. Reflective practice tool, can be used if you want to evaluate your session or you can use your own evaluation tool	
	• **Online guidance**: has been developed to support use of the resource online.	
Example session	• Select a session topic to navigate through and show participants how a session is structured, highlight signposting to resources, appendices and how facilitators notes are matched to the powerpoint slides if being used. However as previously mentioned sessions could be delivered without use of powerpoint. *Please note that we recommend downloading the session you have selected to your own documents as a precaution to mitigate any website issues that may occur* • It is intended that the resource is self-explanatory. Like any resource though, all participants should familiarise themselves with it and consider how this can be used to support their work/practice. All participants should spend time navigating through the resource before using.	25 min

Slide 10	• Allocate time to take questions. • Encourage participants to share the resource with colleagues and partners they work with. • Inform participants they can contact you if they have any queries relating to the resource.	20 min