



## **Workshop Outlines**

### **Sleep and Mental Health**

**What is sleep?, Sleep stigma, the vital role sleep plays, how much sleep?, stages of sleep, causes of poor sleep, the vicious cycle between mental illness and sleep problems, impacts of sleep problems, sleep disorders, solutions to sleep problems**

### **Food and Mood**

**What is a healthy diet, it's importance, the relationship between food and mood, reasons why people don't eat well, the impacts of a poor diet, the vicious cycle between mental illness and poor diets, the importance of nutrients to mental wellbeing, mindful eating, top tips to eating well**

### **Alcohol and Mental Health**

**What is alcohol, reasons why people drink, the impact of drinking, alcohol dependency and withdrawal, factors that influence the affects of alcohol, the scale of the problem, alcohol as a coping mechanism, the impact of drinking on mental health, tips to cut down, positive coping mechanisms**

### **Drugs and Mental Health**

**What are drugs, reasons for taking drugs, the impact of drugs, factors affecting how people react to drugs, types of drugs, mixing drugs, the impacts of drugs on mental health, cutting back, supporting someone**

## **The Impacts of Lockdown**

**What is Covid 19, Those most at risk from the impact of Lockdown, Impacts, Loneliness and Isolation, Health Inequalities, Mental Illness, Unhelpful Coping Strategies, The 5 Ways to Wellbeing**

## **SAMH and Let's TALK**

**Looking at the history of SAMH, it's organisational background, vision, mission, core values, equality and diversity, background to Let's TALK, the 5 Ways To Wellbeing and volunteering opportunities**

## **Let's TALK Mental Health**

**What is mental health, factors that affect mental health, good mental health, impacts on the NHS, people and businesses, common mental health problems, symptoms, the prevalence of mental health, vulnerable groups and seeking treatment**

## **Mental Health and Wellbeing**

**What is mental health, what influences our mental health, stress, anxiety, depression, bipolar, schizophrenia, symptoms, triggers, recovery and positive conversations about mental health**

## **Stress**

**What is stress, stress is good for us, the straw that broke the camels back, affects (physical, on our brain and behaviour), causes, positive coping strategies and supporting others**

## **Anxiety**

**What is anxiety, the straw that broke the camels back, the affects of anxiety, panic attacks, phobias, general anxiety disorder, OCD, body dysmorphic disorder, PTSD, causes, positive coping strategies and supporting others**

## **Depression**

**What is depression, causes, types of depression, affects (physical, on the brain and behaviour), recovering and supporting others**

## **Mental Health in Your Team**

**Mental health at SAMH, mental health in other workplaces, what is mental health, factors affecting mental health, stress, triggers, symptoms, impact on organisations, organisational interventions, positive conversations about mental health, legal obligations and improving mental health in your team**



## **Stigma and Discrimination**

**The historical treatment of mental health, mental health in the media, what is stigma, types of stigma, what is discrimination, types of discrimination, protection, tackling stigma and discrimination, role models and benefits of tackling stigma and discrimination**

## **Supporting Others**

**Learning about mental health illness, helping others helps you, your health matters, practical matters, offering emotional support, seeking treatment with them, encouraging independence, promoting positive lifestyle choices, having a healthy bank balance, dealing with difficult behaviours and crisis situations**

## **Positive Conversations**

**How common are mental health problems, reasons we avoid talking about mental health, starting the conversation, tips for conversations, resources, the impact of conversations and self care**

## **Signposting**

**What is signposting, social prescribing, self management, barriers, the 5 Ways to Wellbeing, the benefits of signposting to individuals and society**

## **Eating Disorders**

**What they are, common diagnosis, affects, causes, symptoms, seeking help, recovery, self-care, supporting others, practical steps and what to do in an emergency**

## **Wellbeing and Resilience**

**We all have mental health, defining wellbeing, factors influencing mental health, defining resilience, the key to resilience, benefits of being resilient in individuals and the community, triggers, the straw that broke the camels back, early warning signs, most vulnerable groups, defining recovery, aids to recovery and having a wellness toolbox**

## **Obsessive Compulsive Disorder**

**What is OCD, Obsessions and Compulsions, Triggers, Affects, Misconceptions, Diagnosis, Severity, Related Disorders, Treatment, Supporting Yourself, Supporting Others, Signposting**

## **Personality Disorders**

**What is a Personality Disorder, How common are they, Diagnosis, Types, Causes, Stigma, Treatment, Supporting Someone**

## **Schizophrenia**

**What is Schizophrenia, Symptoms, Types of Schizophrenia, Affects, Causes, Treatment (including barriers and self management), Supporting Someone**