

Trainers Programme: Understanding Mental Health and Mental Illness

Time	Area	Comments	Tools
15 minutes	Intro	<ul style="list-style-type: none"> ▪ Welcome ▪ Housekeeping ▪ Programme for training ▪ Introductions and one thing about their name/why here etc. 	Flipchart/pens record one thing against each name
10 minutes	Learning Agreement	Ensure they understand and can add anything at any point	Handouts
15 minutes	What is Mental Health and what is mental illness	<ul style="list-style-type: none"> ▪ 4 groups of 4 split random. ▪ Group 1&3 “what is good mental health?” and Group 2 & 4 “what is poor mental health?” ▪ Get one nominee to present against their responses. ▪ Discuss...highlight similarities and difference. ▪ Put on wall for continued reference. 	Flip Chart Paper and pens – Table space/Floor space required.
10 mins	Present PPT	Present definitions	PPT
25 mins	Labels/feelings and behaviour	Work through session – Whole Group approach	Flip Chart
20 mins	BREAK	Refreshments provided	Flip Chart Pens
25 mins	Presentation Demystifying Mental Illness	Q&A Throughout – Personal stories useful	PPT
15 mins	Facts and Figures Present	Q&A Throughout – Highlight caution on statistics	PPT
15 mins	Helping yourself and others	PPT presentation/ discussions	PPT
10 mins	Discussion/questions	What learnt today/ most useful/ Plane ticket exercise.	Round room

10 mins	Inform of local services/ resources/ information in packs.		
10 mins	Evaluation	Request completion from packs	Pens
END			

