

# Training for Mental Health Promotion

## Who are the Target Audience?

MindHealth is aimed at people in each of the settings who can implement or influence the implementation of mental health promotion programmes. These include:

- **School setting:** Headmasters, Head Teachers, Teachers, Psychologists and other School Health Staff.
- **Workplace setting:** Managers, Occupational Health and Safety personnel, Occupational Physicians, Human Resource Professionals, Employee Representatives.
- **Older people's settings:** Managers of Care Facilities, Unit Managers, Care Staff, Nursing Staff.

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## Background

Mental health is not only the absence of disease – it also relates to positive wellbeing. Mental wellbeing is becoming more important as the numbers of people with poor mental health increases. Treatment based approaches cannot solve the problem because of the lack of resources available and the effectiveness of treatment. Promoting wellbeing maintains and improves mental health and protects the person from mental illness.

There is a lack of knowledge about what actions can be taken to promote mental wellbeing. MindHealth addresses this knowledge gap in three settings – schools, workplaces and older people's homes.

## MindHealth Aims

MindHealth aims to:

Equip teachers, human resource professionals and care workers to understand the critical factors in promoting mental wellbeing across the life span.

Help these groups to promote mental wellbeing in their organisations.

## Mind Health Products

MindHealth is developing training resources (e-learning and face-to-face training) on mental health promotion for **schools, workplaces and older people's homes**.

MindHealth builds on the work of ProMenPol which provides a database of mental health promotion tools. The ProMenPol database and the **MindHealth** training resources are closely linked, providing hands-on information and support for the planning, implementation and evaluation process.