



Manuals for Implementing  
Mental Health Promotion Projects

## Who are the Target Audience?

One of the project's main aims is to make an impact on a range of stakeholders in the mental health protection and promotion arena. These main stakeholders include:

- Practitioners in all three settings (leaders, implementers, experts);
- Researchers and Scientific Community; NGOs representing mental health, public health, schools and older persons issues and the social partners;
- Mental Health networks; and
- Related projects.

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## Mental Health Promotion Handbooks

[www.mentalhealthpromotion.net/?i=handbook](http://www.mentalhealthpromotion.net/?i=handbook)

## Background

Mental health is central to the human, social and economic capital of society. However, mental distress and disease is increasing rapidly throughout Europe and new approaches are needed in order to help prevent the spread of mental illness.

The MHP-Handbook project addresses the skills gap which can exist among staff in schools, workplaces and older people's settings who are in a position to influence the mental health of students, employees and older people.

A focus on boosting individual wellbeing and socio-environmental support can maintain and improve wellbeing. The project stresses mental wellbeing, i.e. the positive psychological capacities of the individual as opposed to mental illness. This focus will generate benefits and resources for the individual and society at large, while reducing the pressure on mental health services.

## The Mental Health Promotion Handbooks

MHP-Handbook is a new innovative project concerning Mental Health Promotion. Three Mental Health Promotion implementation handbooks have been developed and these are targeted at:

- Teachers in schools
- Team leaders and managers in workplaces
- Care staff and managers in older people's residences

The aim of MHP-Handbook is to equip these professionals with the skills to promote mental wellbeing in their organisations.

## MHP-Handbook Products

The handbooks can be used to implement MHP activities within these settings. Each handbook has detailed MHP information associated with the setting, useful exercises and recommended interventions.

There is a strong emphasis on practice and all those interested in accessing the handbooks are encouraged to introduce the interventions in a real life setting. If you choose to implement an activity, you will also receive access to training and to support for implementing MHP projects in your organisation.

The project also has a web based learning resource and a F2F training course.