

**LET'S  
TALK**

**Help support  
your staff,  
volunteers or  
your wider  
community**

## **Online Workshops**

**For engaging  
sessions on  
mental health  
why not book  
some of our  
workshops? These  
informative  
sessions last  
around 90 minutes  
and cover a  
variety of topics**

## **Free Online Mental Wellbeing Drop Ins and Workshops**

### **Virtual Drop Ins**

**The next time you have  
a coffee catch up, team  
meeting or wellness  
webinar, why not have  
us 'drop in' to chat  
about mental  
wellbeing?**

### **Benefits include;**

- **Raising awareness around mental health issues**
- **Tackling stigma and discrimination**
- **Signposting people to local support**
- **Encouraging positive conversations around mental health**
- **Promoting recovery and self-care through the 5 Ways to Wellbeing**
- **Encouraging people to be more proactive in looking after their mental health**

**For more information or to book please contact  
[Emma.Straughan@samh.org.uk](mailto:Emma.Straughan@samh.org.uk)**



## **Workshop Outlines**

### **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**