

Mental Health Awareness for the Workplace



Staff use only

Date Issued

Date Completed

Date Marked

Result

PASS

REFER



Learner Number:

Prison:

Let's get started!

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How it works

Welcome to your Way2Learn course.

This course is designed to enable access to education for all – whether in-cell or in your establishment's education facility.



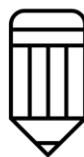
To complete this course, you will need to watch all of the episodes. Times for each episode are provided on the next page.



You can request a copy of the episode transcript from your Distance Learning coordinator or Learning and Skills Manager if you need to revisit any of the information.



If you have any difficulties in completing this course, please speak to a suitable peer mentor or member of staff for some help.



Once completed, return your answer book to the appropriate member of staff. Once we have received it, it can take around 2-3 weeks to assess and certify.



You can ask a member of staff for a copy of our policies and practices for further details.

Episode Guide

Mental Health Awareness for the Workplace



Everyday

Content Guide	Everyday
<p>Ep 1: Understanding Mental Health and Illness This episode introduces the crucial distinctions between mental health and mental ill-health, emphasising the importance of recognising both as integral to our overall well-being.</p>	8:15am
<p>Ep 2: Breaking the Stigma The second episode challenges the societal stigma surrounding mental health, highlighting the power of empathy and the critical role of support systems. It encourages a shift towards more inclusive attitudes, reminding you that mental health issues can affect anyone.</p>	8:23am
<p>Ep 3: The Impact of Mental Health Episode 3 delves into the complex nature of mental health, exploring its biological and environmental influences, and the subtle signs that differentiate temporary stress from more serious conditions.</p>	8:30am
<p>Ep 4: Addressing Anxiety and Depression Focused on the most common forms of mental ill-health, this episode provides an in-depth look at anxiety and depression. It aims to demystify these conditions, offering insights into their symptoms, impacts, and the importance of empathy and support in addressing them.</p>	8:40am

Knowledge Check

To pass this course you will need to correctly answer 75% of the questions.
This equates to **16** correct answers out of the 22 questions asked.



Episode 1

Question 1

Write a short definition of mental health.

Question 2

Write a short definition of mental ill-health.

Question 3

Identify possible causes of mental health difficulties.

*(Please tick **all** the appropriate boxes)*

A	Eating sugary foods	
B	Talking on the phone for too long	
C	Biological factors: genetics, brain chemistry	
D	Environmental factors: stress, trauma	

Question 4

Which of these are examples of mental ill-health?

*(Please tick **all** the appropriate boxes)*

A	Seasonal allergies	
B	Anxiety	
C	Feeling nervous before a meeting	
D	Depression	
E	Diabetes	

Question 5

Who can suffer from mental health problems?

(Please tick the appropriate box)

A	Only busy people	
B	Only older people	
C	Only younger people	
D	Anyone	

Episode 2

Question 1

Watch the clip about Hayley (episode 2) who suffers from depression.

a) Describe the possible impact depression has on Hayley's life.

b) Which outlook does Hayley say would have been most helpful during her darkest time?

(Please tick the appropriate box)

A	'Always look on the bright side of life'	
B	'Pull yourself together'	
C	'This is just for now, it's not forever'	
D	'Try harder'	

Question 2

Approximately how many people in the UK experience mental health problems?

(Please tick the appropriate box)

A	25%	
B	15%	
C	10%	
D	5%	

Question 3

Which of the following are potential effects that an individual might experience when facing a mental health problem?

*(Please tick **all** the appropriate boxes)*

A	Changes in mood and behaviour	
B	Improved physical health	
C	Negative thoughts and feelings	
D	Improved cognitive abilities	
E	Enhanced social skills	
F	Decreased quality of life	
G	Increased productivity	
H	Impact on overall well-being	

Question 4

List the potential effects that negative reporting about mental ill-health in the media can have on an individual.

Question 5

List the potential effects that negative reporting about mental ill-health in the media can have on society.

Question 6

Stereotyping people with mental health challenges can do what?

(Please tick the appropriate box)

A	Lead to discrimination	
B	Lead to social exclusion	
C	Prevent individuals from fulfilling their potential	
D	All of the above	

Episode 3

Question 1

Give one example of a factor that can contribute to the cause of mental ill-health. Write your answers under the headings of the two empty spaces:

Genetic	Environmental	Biological
E.g. Family history		

Question 2

Which of the following are **NOT** signs that could indicate a mental health problem?

*(Please tick **all** the appropriate boxes)*

A	Struggling to manage daily tasks and problems	
B	Less money in your bank account	
C	Withdrawing from social interactions	
D	Overwhelming fear, worry, or anxiety	
E	Wearing brightly coloured clothes	

Question 3

Which statement is true?

(Please tick the appropriate box)

A	Loneliness is the same as being alone	
B	You will not feel lonely in a group of people	
C	Loneliness is the key to happiness	
D	Loneliness can significantly impact on a person's mental health	

Question 4

What are some of the immediate physical signs caused as a direct result of anxiety?

*(Please tick **all** the appropriate boxes)*

A	Trembling and muscle tension	
B	Skin conditions	
C	Increased heart rate	
D	Hair loss	
E	Shortness of breath	

Question 5

What does the treatment for depression, 'C.B.T.' stand for?

(Please tick the appropriate box)

A	Call Back Tomorrow	
B	Cognitive Behavioural Therapy	
C	Can Be Treated	
D	Conscious Bias Treatment	

Question 6

List some common characteristics of depression.

Question 7

Briefly explain in 1- 2 sentences what is meant by each of the following terms:

Hallucinations	
Delusions	

Episode 4

Question 1

Which of the following is **NOT** a technique for managing stress?

(Please tick the appropriate box)

A	Practising self-care	
B	Sharing problems with others	
C	Avoiding social connections	
D	Practising stress management techniques	

Question 2

What is the benefit of seeking professional help for managing mental health?

(Please tick the appropriate box)

A	It is a quick fix	
B	It is a sign of weakness	
C	It is cheap	
D	It provides personalised support for individual needs	

Question 3

Describe some effective stress management techniques that can help improve mental health.

End of Knowledge Check

Learning Evaluation

Comment on the three most important things you have learned on this course

Distance Travelled

Now that you have completed this course, on a scale of 1 -10, how would you now rate your knowledge of **'Mental Health Awareness'** ?

(Please tick the appropriate box)

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>									



Low

High

Statement of Authenticity

Candidate Statement of Authenticity

By returning this answer book you are confirming that the work contained is entirely your work and does not include any work completed by anyone other than yourself. You also confirm that you have completed the assignment/portfolio in accordance with the instructions given by your centre.

Candidate Prison Number:

.....

Centre confirmation authenticity

I confirm that the above-mentioned candidate, to the best of my knowledge, is the sole author of this completed answer book.

Staff Name: **Signed:**.....

Date:



Stretch and Challenge (.....or just for fun!)

Mental Health Awareness

S	S	R	S	L	R	E	C	B	T	N	W	S	M
L	A	E	E	H	O	L	T	W	E	N	I	L	E
M	T	S	N	B	L	U	E	I	O	W	T	S	O
N	R	O	M	E	O	L	P	I	W	H	H	N	U
T	O	G	L	I	L	G	S	T	S	I	D	M	S
G	D	W	I	B	A	S	E	L	W	X	R	D	T
S	S	C	E	P	E	N	S	A	S	S	A	E	E
S	Y	I	T	R	S	S	X	W	G	S	W	L	R
R	N	S	P	D	O	O	M	I	N	S	N	U	E
G	D	E	W	U	I	L	L	N	E	S	S	S	O
R	D	S	S	T	R	E	S	S	N	T	M	I	T
A	T	N	T	W	N	S	L	N	O	S	Y	O	Y
L	T	N	E	M	E	G	A	N	A	M	S	N	P
N	S	S	E	N	I	L	E	N	O	L	D	S	E

- PTSD
- ANXIETY
- WELLBEING
- MOOD
- CBT
- LONELINESS
- ILLNESS
- DEPRESSION
- WITHDRAWN
- DELUSIONS

Find three more words within the puzzle that are not listed.

Further Reading



1. "Cognitive Behavioural Therapy: 7 Ways to Freedom from Anxiety, Depression, and Intrusive Thoughts" by Lawrence Wallace, 2016.
2. "Mind Over Mood: Change How You Feel by Changing the Way You Think" by Dennis Greenberger and Christine A. Padesky 2015.
3. "The Compassionate Mind Approach to Overcoming Anxiety: Using Compassion-Focused Therapy" by Dennis Tirsch (2011).

Stretch and Challenge (.....or just for fun!)

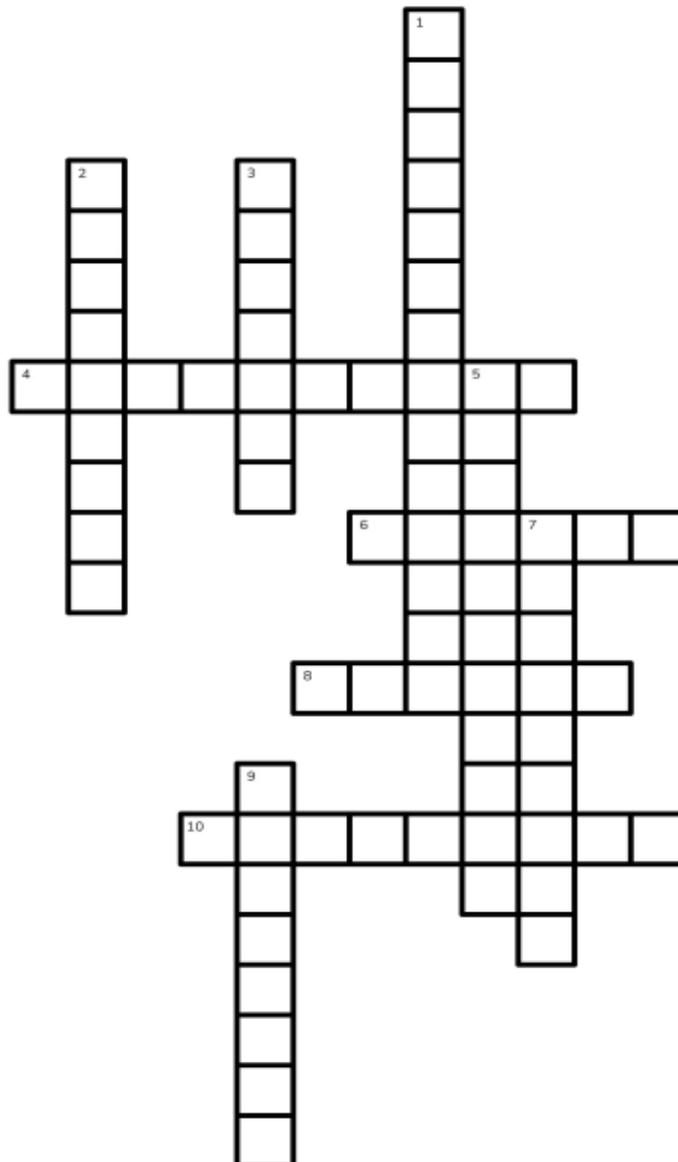
Mental Health Awareness

Across

4. A common mental health condition characterized by persistent feelings of sadness and loss of interest.
6. The body's response to demands or pressures from the environment.
8. Feeling isolated and lacking companionship.
10. A state of being comfortable, healthy, and happy.

Down

1. Treating someone unfairly based on their mental health condition.
2. The opposite of good health; a state of being unwell.
3. The collective group of individuals and their interactions within a community.
5. Feeling completely overwhelmed and unable to cope with daily life.
7. The act of excluding or keeping someone out of a group or community.
9. The study of how genes affect mental health.



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Course Feedback – Mental Health Awareness for the Workplace

We value your feedback.

Please rate each aspect on the scale below:



1. The quality, style and tone of the videos.

1 2 3 4 5 6 7 8 9 10

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Low

High

2. The clarity of the answer book.

1 2 3 4 5 6 7 8 9 10

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Low

High

3. Your ability to understand the course content.

1 2 3 4 5 6 7 8 9 10

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Low

High

4. Your enjoyment of this course.

1 2 3 4 5 6 7 8 9 10

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Low

High

General Feedback

