

Effectively to Signs of Mental Distress

This course will help you respond to the possible signs of mental distress effectively, humanistically, compassionately and in a recovery focused way. The course begins by looking at the principles of mental distress that will help you respond in the most recovery orientated way and to help you make the most informed decisions. The course then enhances this learning by looking at possible signs of mental distress. Building on this knowledge, the second part of the course takes a practical approach on how to respond effectively towards someone showing signs of mental distress, including, referral, active listening, respectful ways of enquiry, responding positively to disclosure and how to bring closure and sign-post the person.

By the end of the course you will have developed some skills, knowledge and more confidence in recognising and responding to people who are experiencing mental distress in an effective, humanistic and compassionate way.

The learning format/approach has been designed to meet all learning styles. Learning formats include: documents, PowerPoints, videos, exercises/activities, additional reading and learning from each other through forums.

Learning Outcomes:

- To explore what is meant by mental distress, the underlying principles and why someone may experience distress.
- To examine the signs of mental distress, both inwardly and outwardly.
- To think about ways to be with someone in distress that will help the person feel more at ease and more likely to disclose their distress.
- To consider initial ways to respond to someone experiencing mental distress when first meeting them.
- To explore how to respond to someone in distress in a recovery focused way.
- To learn different listening techniques.
- To develop confidence and knowledge in using active listening, respectful way or enquiry, responding positively to disclosure and sign-posting.

Outline of the Course

Lesson 1 – Introduction

Lesson 2 – Signs of Mental Distress

Lesson 3 – At Referral

Lesson 4 – Responding to Mental Distress

The course will take students up to **16 ½ hours** to complete, please see below for breakdown of this time.

Course Description

Lesson	Description	Length
<u>Lesson 1</u> Introduction	This Lesson introduces the student to the course and develop an understanding of mental distress, in order to begin to learn how to respond in the most recovery orientated way. The Lesson will look at the underlying principles of distress.	3 hours of learning time
<u>Lesson 2</u> Signs of Mental Distress	Following on from the previous Lesson, this Lesson will allow the student to explore possible signs of mental distress. Despite mental distress being an inward experience, there are many outward reactions that can help us identify someone is in distress.	2 hours of learning time
<u>Lesson 3</u> At Referral	The first step of seeing someone, is at the point of referral. The way someone is referred may colour how you see the person. It also may colour how a person discloses information to you. In this Lesson the student will look at the different types of referral and what needs to be thought about before seeing someone for the first time.	1 ½ hours of learning time
<u>Lesson 4</u> Responding to Mental Distress	In this Lesson, students will look at how to respond to a person effectively, using 'Active Listening'; 'Respectful Ways of Enquiry'; 'Responding Positively to Disclosure'; 'Safe Closure and Sign-Posting at End of Disclosure'.	10 hours of learning time

Course Leaders

The course leaders are Ruth Griffiths and Jim Campbell, who have extensive experience in this area.

Ruth Griffiths is a Psychotherapist and has worked in public and private practice as a practitioner, supervisor and trainer. She now works independently to promote and facilitate recovery, drawing on clinical knowledge and skills in the context of her own lived experience of trauma and hearing voices.

Jim Campbell is a mental health trainer, researcher and practitioner, with twenty years' experience working in healthcare and education, specialising in recovery and sexual abuse. He is a Person-Centred Counsellor working in the voluntary sector and in his own private practice. He has a long standing interest in developing alternative understandings, systems and tools for helping people who experience problems in life. Jim's own route to recovery and the challenges of working in healthcare as a mental health nurse, gives him a passion and enthusiasm in recovery, giving people hope that change can and will happen.

This Course was written by Ruth Griffiths and Jim Campbell.

Sample of the Course Certificate

