

Mental health training - discussion questions

Section 1

What is mental health? How does it relate to mental illness?

Section 2

What has this got to do with your organisation?

Reflection

Take a moment to consider some people you know or work with:

How many have a mental health problem?

How relevant is it to their debt or other problems?

Section 3

How do mental health and spirituality relate?

Section 4

Should Christians take anti-depressants?

Section 5

What about talking treatments?

Reflection

Investigate your local IAPT and Mind services. Find out how they can support you and what they offer.

What would you want to know before approaching a service like this?

Discuss ways we could encourage someone to make steps towards getting further help.

Section 6

How do you know when to get help?

Section 7

How do you sensitively ask about thoughts of self-harm?

Section 8

How do you follow up?

Practice Scenario

Case study - I don't think I am going to be able to cope at home tonight. What we have talked about today has made me realise just how hopeless my situation really is. I know you want to help, but I can't see it.

Use this scenario to practice asking the funnel questions in pairs or threes. Use the accompanying handout to help you. This will prepare you if you have to do this in an emergency.

Funnel questions

- Over the course of the last week, how bad has it got?
- Could you give me a number for that out of 10?
- When was that? Is it happening all the time or just sometimes?
- When you've been in those places have you thought about wanting to escape?
- Have you thought any more about that, about how you might do that?
- Have you made any plans about this?
- Have you ever done this?