



Introduction to e-learning

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We're talking mental health

Our vision

A world where people understand and talk openly about mental health, where young people and those who work with them are equipped to maintain and enhance their mental health and wellbeing, and have the confidence to seek help when they need it.



Evidence based training



Positive

We take a positive approach to mental health. We focus on prevention and early intervention, and recognise the importance of offering hope.



Proven

Our consultancy, training and resources are all based on sound clinical evidence.



Practical

We give people practical strategies and tools to care for their mental health, and to support others in doing so.



Charlie Waller Terms for online sessions

Course materials

By participating all participants agree that without prior written permission.

- They will not copy, modify, reproduce, or in any other way make use of the Course Materials whether written or digital or otherwise.
- They will not record on video or tape, relay by smartphone or other means the event delivered by the Charlie Waller Trust.



Charlie Waller Terms for online sessions

Sharing personal experience

The sharing of personal experiences or 'stories' helps to educate and train.

Participants should understand that during a session, a Trainer may encourage and seek out examples of personal lived experience from individuals and where appropriate may also choose to share personal stories of their own. Additionally, anonymised client case scenarios might be shared.

By participating participants agree that unless the individual/trainer states otherwise, such personal information is kept confidential by all participants who hear the personal story.



Working online



Zoom Functions

- Camera on
- Mute audio
- Chat function
- Hand icon
- Chat rooms



Your Space

- Comfort
- Materials
- Minimal distraction
- Drink



Safe Participation

- Confidentiality
- Respect
- Listen
- Opt in
- Opt out
- Support



Safety first

- ✔ Confidentiality: 'what's said in the room stays in the room'
- ✔ Respect individual perspectives
- ✔ Listen to each other
- ✔ Sensitive issues, including suicide, may be discussed
- ✔ Monitor your own wellbeing and opt in or out of discussions accordingly
- ✔ Know where to access support



Outline for the session

- Thinking about mental health
- Introducing CWMT's e-learning resource
- Thinking about our approaches to students in distress





Our mental health is not static

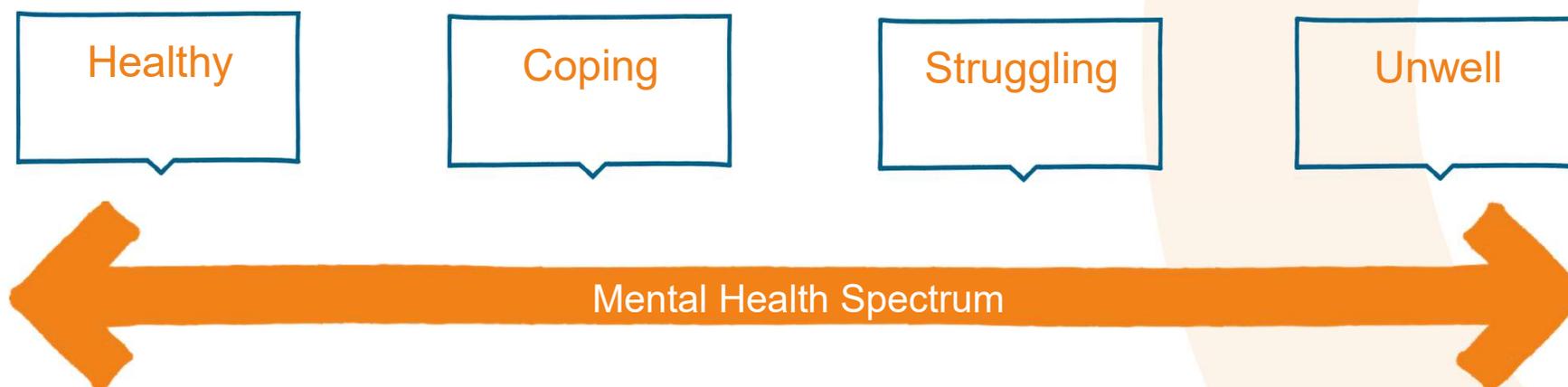
It goes up and down depending upon our **internal** resources and **external** stressors

Like our physical health, our mental health fluctuates.



The spectrum of mental health

Mental health can be seen in terms of the following spectrum:





Internal Resources

- ✓ Unique to each individual student
- ✓ Developmental time of mid to late adolescence
- ✓ Life events so far
- ✓ Relationships so far
- ✓ Becoming independent people
- ✓ Navigating the way ahead



External Stressors



Starting at College



Independent Learning - transition from school



Pinch points within academic year



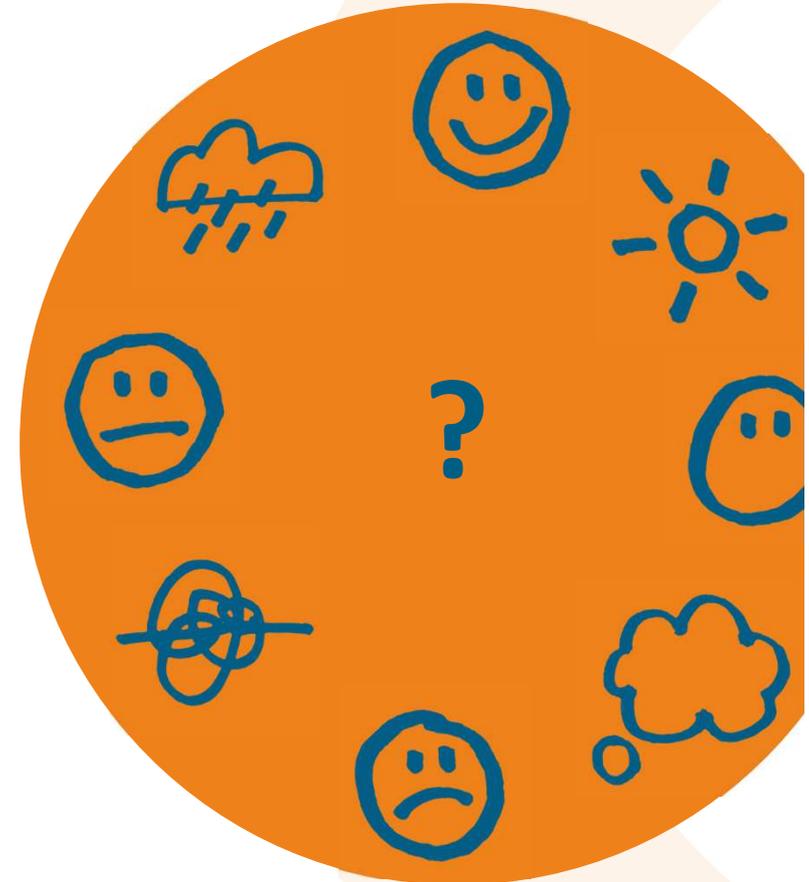
Managing expectations (own and others)



Money and employment

Mental Health- What is 'normal'?

- Internal Resources and External Stressors
- Amounts of
- Frequency
- Familiarity
- Accumulative
- What has helped/not helped before
- On own/with others





Anxiety

Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe.

- Everyone has feelings of anxiety at some point in their life. For example, you may feel worried and anxious about sitting an exam or having a medical test or job interview.
- During times like these, feeling anxious can be perfectly normal.



Warning Signs of Depression

DEPRESSION THE WARNING SIGNS

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Feelings of hopelessness and pessimism



Feelings of worthlessness, guilt and helplessness



Thoughts of death or suicide



Restlessness



Irregular sleep



Decreased energy



Changes in mood



Insomnia



Difficulty making decisions



Appetite or weight change



Persistent sad, anxious or empty mood



Tearfulness

Learn these signs for your own safety and the safety of others.
Failure to do so may result in fatality (15% of people who suffer from depression make an attempt on their lives).
If you, or someone you know, experience 4 of these symptoms over a number of weeks seek professional advice immediately.



CWT e-learning package

<http://learning.cwmt.org.uk/>



Different levels of responding to students

- We can decide how we respond to different students and different situations
- We need to allow ourselves time and not just jump in
- Knowing what is available within college and other solid resources



Online resources

- www.rcpsych.ac.uk/expertadvice.aspx
 - for information about any mental health issue.
- www.mind.org.uk/information
 - national voluntary organisation with a range of information and advice.
- <https://www.samaritans.org/>
 - 24 hour listening service, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure.



Online resources

- <https://web.nth.nhs.uk/selfhelp/>
 - NHS booklets on various mental health related topics
- <https://charliewaller.org/>
 - Training and information

Students Against Depression

Our Students Against Depression website is full of clinically based self-help information and activities for students experiencing depression, anxiety and other common mental health problems.

Find out more
studentsagainstdepression.org



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Fundraise for us

Fundraising for us not only brings in money to help us continue our work – it also raises mental health awareness and what people can do to take care of their wellbeing.

Find out more
charliewaller.org/get-involved

Please consider donating
to help us continue
our support



To donate £10 text

CWT
to **70085**



To donate online visit

charliewaller.org
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Any questions?



**Thank you
for listening**

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