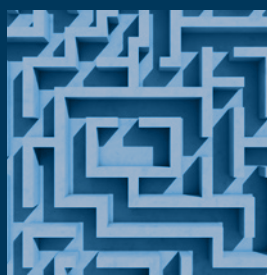




Common mental health problems

Facilitator notes



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Notes for facilitators using this training film

A promotional image for the training film. It features a dark blue background with a close-up profile of a woman's face on the left, looking towards the right. In the center-right, there is a glowing keyhole shape. The text 'Common mental health problems' is written in large, bold, orange letters. Below it, 'Online training for primary care professionals' is written in white. In the top right corner, the 'Charlie Waller' logo is visible, consisting of a stylized 'C' and 'W' with an orange speech bubble. In the bottom right corner, it says 'Supported by NHS England South East' with the NHS logo.

Charlie Waller

Common mental health problems

Online training for primary care professionals

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England
South East




Explain that:

- This film has been adapted from training for common mental health problems
- You will play parts of it and then stop for discussions (you can choose which parts to use as discussion)

Part 1: Common mental health problems

Pause the main film at the end of Part 1: 8 mins 40 secs



To recap, common mental health problems include depression and anxiety which can negatively affect how a person thinks, feels and behaves.

Ask

Ask the participants to think of a time when they were really fed up.

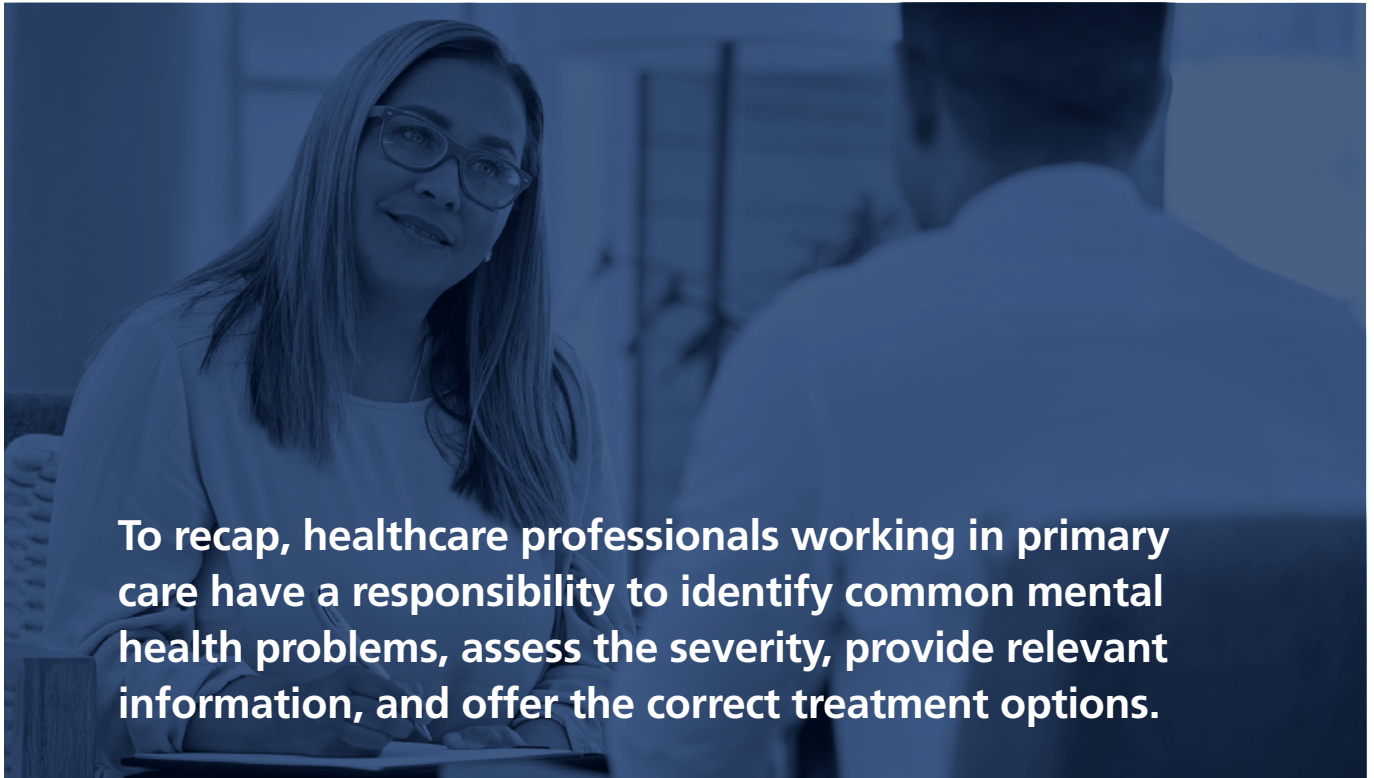
Divide audience into two groups.

- Group 1 – What physical symptoms did you experience?
- Group 2 – What psychological symptoms did you experience?

Each group to feed back their answers and discuss.

Part 2: Responsibility of primary care

Pause the main film at the end of Part 2: 16 mins 45 secs



Ask

How well do they think that their primary care centre meets their responsibilities for people with common mental health problems?

Generate a discussion, encourage participants to reflect on how effective their system is.

And/Or:

How do you feel about the screening process for common mental health problems?

Generate a discussion. What sort of problems do they envisage? What are their concerns?

Part 3: Identifying the risk of suicide

Pause the main film at the end of Part 3: 21 mins 15 secs

National guidance advocates that when a person presents with a possible common mental health problem they should be asked directly about suicidal ideation and intent.

Ask

What happens in your primary care centre when a person is identified as being actively suicidal?

Could this be done in a better way?

Generate discussion and sharing.

Part 4: Treatments for people with common mental health problems

Pause the main film at the end of Part 4: 25 mins 40 secs

Treatment for common mental health problems can be delivered in primary care or by other local agencies. Healthcare professionals need to be aware of their local care pathway.



Ask

Are you aware of local services that provide treatment for common mental health problems and how to access them?

Generate discussion and sharing.

Stop the main film after the final Summary: 26 mins 10 secs

Summary

Healthcare professionals referring patients to mental health services need to advise them about this choice and signpost them to www.nhs.uk website for more information.

Healthcare professionals in primary care have a responsibility to recognise when patients might have a common mental health problem. They should provide information about the treatment options and to make appropriate referrals.