

Mental Health Promotion Handbooks MHP-Hands

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Summary

MHP-Hands will develop manuals for implementing mental health promotion in 3 settings - schools, workplaces and older people's residences. The project will equip professionals in these settings to understand the factors critical to life span mental health maintenance and promotion and to initiate, implement and monitor policy and programme development within their organisations.

Objectives

The main objectives of MHP-Hands are:

To equip staff in the three settings with the resources to enhance mental wellbeing

Enable professionals to address the major mental health issues across the lifespan

To field test the mental health promotion manuals

To establish a Europe-wide mental health promotion network

Dissemination

Dissemination of the project will take place through:

- The project website
www.handbooks.mentalhealthpromotion.net
- The network for mental health promotion – currently, with 600 members, this will be developed significantly during the project
- The field trialling process – implementation sites will function as examples of good practice
- Publications and conferences

Results

It is expected that the results of the project will be:

Increases in the number of professionals within the settings trained in MHP

Increased usage of MHP tools supported by the project toolkit and manuals

Improvements in levels of mental wellbeing amongst the beneficiaries of the project

Dissemination and usage of the project outputs by third parties from outside of the project

Methodology

The project has 4 main stages of activity:

Development of MHP manuals and training based on the ProMenPol toolkit and a strong evidence base concerning what works

Final production of MHP manuals and training based on the findings from the field trials

Field trials of the MHP manuals in real life settings

Dissemination and implementation on a widespread scale

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