

## MHP-Handbook - Handbooks for promoting mental health

MHP-Handbook has produced handbooks for promoting mental health and wellbeing for 3 settings:

- Schools
- Workplaces
- Older People's Residences

### Who can use the handbooks?

They are aimed at people who can implement MHP e.g. teachers, managers and nurses. No prior knowledge is assumed – all materials are in the handbooks and on the European Network for Mental Health Promotion Network website (ENMHP).

### What is Mental Health Promotion?

*MHP promotes positive mental health by increasing psychological wellbeing, competence and resilience, and by creating supportive living conditions and environments.*

- Focuses on enhancing wellbeing
- Addresses the whole population in the context of everyday life
- Acts on the determinants of health
- Acts on protective factors
- Uses non-medical strategies
- Promotes the abilities of the population
- Involves health and social fields as well as medical services

### *Why use the handbooks?*

Psychological problems and mental illness are high and rising. We now know that we must promote good mental health and wellbeing as well as improve mental health services.

Mental health and wellbeing comes from the settings we interact with, the way we behave and the supports available to us. These settings include schools, workplaces and the places we live in.

The Handbooks address the knowledge gap about how to promote mental health in these settings. They give users the tools and methods needed to promote mental wellbeing.

# Why the older people setting?

Good mental health and wellbeing in later life benefits all. MHP with older people helps them to lead active, enjoyable and healthy lives and also to value the contributions that they make in society. A healthy, high quality life minimises the costs of mental illness.

Depression, anxiety and suicide are serious problems that are particularly prevalent among older people. Ageing itself is not a cause, but specific issues associated with growing older can be uniquely challenging. This handbook deals with this challenge by promoting quality of life and wellbeing of older people and their carers.

MHP influences the workplace of staff in a positive way and helps carers to fulfil their ambitious work. The handbook provides professionals and carers with a practical and effective set of tools and techniques for taking action – it helps prevent problems from arising as well as promoting mental health.

This unique resource allows users to identify and address mental health problems. The measures are easy to integrate into daily work routines.

The three key areas in older people's residences are:

- Lifestyle choice, physical activity, and exercise
- Relationships, participation, and meaningful activities
- Early detection of problems, support for caregivers and housing conditions

Each of these has a number of subtopics, e.g.:

- Healthy lifestyles and healthy behaviour
- Socialising and meaningful activities
- Art and creativity
- Early detection and interventions
- Supporting caregivers

## Exercise: Engaging with Society

