

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 schools?

Educational settings provide an excellent opportunity for delivering activities and initiatives which promote positive mental health. Pupils spend more than six hours per day in school, totalling more than 180 days per year. The World Health Organisation emphasises the importance of the school as a valuable location for socialisation and health promotion activities. Schools play an important role in:

- mental health promotion
- the prevention of mental health problems
- the support of distressed pupils.

The handbook for schools provides a practical and effective set of tools for young people in primary, secondary and tertiary level schools. The direct target groups for the handbook are teachers, head teachers, school psychologists.

The handbook aims to support changes in individual behaviour that will support and promote mental health. The users of the handbook will learn how to implement interventions that are designed to improve the wellbeing of students.

The three key areas in the handbook are:

- Basic in Mental Health Promotion
- Topics, Methods and Tools for Mental Health Promotion
- Exercises for Mental Health Promotion on School Setting

Each of these has a number of subtopics, e.g. area 2 covers:

- Introduction: Key Areas/Topics for MHP Interventions in the School
- Enhancing Resilience – Individual Skills
- Building Coping Skills (Stress, Change and Challenge) – Individual Skills
- Empowering Decision-Making, Problem Solving and Help-Seeking – Individual Skills
- Handling Emotions – Individual Skills
- Building Skills for Conflict Resolution – Individual Skills
- Handling Peer Pressure – Social Skills
- Healthy Lifestyle – Individual Skills
- Building Partnership with Parents – Social Skills
- Classroom Management – Social Skills
- Guidelines For Handling (cyber) Bullying and Harassment.

Structure of an exercise

