**Mental Health Awareness Video**

**Duration:**

47 minutes plus time for interactive exercises

**What you will need:**

TV Screen

Laptop

Speakers (if TV does not have sound)

Flip Chart

Flip Chart Pens

**When to pause the Video (you are instructed when throughout):**

**To pause the video, click onto the screen:**

2.38 – Mental Health Word Association Exercise

13.50 – Quiz 1

14.25 – Quiz 2

15.28 – Quiz 3

17.33 – Emotional Signs of Stress

18.10 – Physical Signs of Stress

19.25 – Common Stressors

20.32 – What Do You Do To Keep Well

30.33 – Possible Signs People Are Struggling

Once the training has taken place the Manager is required to email attendees with this link to the resources and feedback form:

<http://intranet/ppmhvideoresources>

If any members of the team or new starters have not had an opportunity to view it, please encourage them to individually watch it by accessing it on the Workforce Development Page on this link:

<https://learning.southglos.gov.uk/elearning/elearning_course_detail.asp?cid=171&pid=&fel>

Any further questions or comments following this training, please email the HR Casework and Change Team on hrcaseworkandchange@southglos.gov.uk or Public Health on mentalhealth@southglos.gov.uk