



MENTAL HEALTH RESPONSE

---

**WORKBOOK**

---

2020

Copyright Page

**Mental Health Response** © is copyrighted to Debbie Swibel at Mental Health Management Pty Ltd & Mental Health Response

**Mental Health Response** is not for use or distribution outside of Mental Health Response

**Mental Health Response** is to be delivered by a trainer holding a Mental Health Management Pty Ltd and Mental Health Response licence

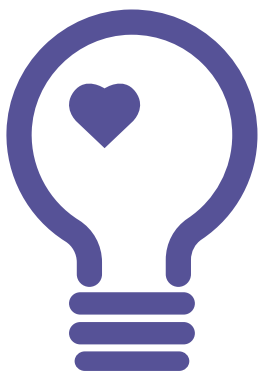
©2020 No part of this publication may be reproduced or transmitted in any form without the prior written consent of the author (with the exception of quotations used with acknowledgement of the author and source).



**MENTAL HEALTH RESPONSE**

 **0447 0447 84**  
 **mentalhealthmanagement.com.au**  
 **hello@mentalhealthmanagement.com.au**  
 **@mentalhealthmanagement**

# WELCOME



**Mental Health Response** will provide an idea about what mental health looks like, an idea on how to approach someone who may be displaying signs of poor mental health, an idea on how to communicate and an idea on how to engage professional help.

**Mental Health Response** aims to break down the stigma around mental health, encourage discussion around mental health issues and support people to seek help as early as possible.

## FORMAT

**Mental Health Response** is structured into four segments.

understanding  
mental health

recognising signs  
& symptoms  
of poor  
mental health

IDEA  
responding  
to poor  
mental health

maintaining  
good mental  
health

## ABOUT THIS WORKBOOK

### PURPOSE

This workbook is for participants to use in the **Mental Health Response** workshop and aims to support learning. Taking the time to complete the workbook assists in acquiring knowledge, understanding concepts and strategies and developing skills.

### ACTIVITIES

The activities in the workbook are a chance for self- reflection or an opportunity to apply concepts & strategies.

**Mental Health Response** information is intended to assist participants in identifying signs & symptoms of mental health. It is not intended to be a substitute for obtaining advice from a qualified allied health professional or medical practitioner.



## MENTAL HEALTH QUIZ

Circle your answer

- Q1. Everybody experiences poor mental health at some time.  
**AGREE**      **UNSURE**      **DISAGREE**
- Q2. Poor mental health is always obvious.  
**AGREE**      **UNSURE**      **DISAGREE**
- Q3. Anxiety is the same as stress.  
**AGREE**      **UNSURE**      **DISAGREE**
- Q4. Medication should be avoided for depression.  
**AGREE**      **UNSURE**      **DISAGREE**
- Q5. Exercise can help with poor mental health.  
**AGREE**      **UNSURE**      **DISAGREE**
- Q6. Alcohol can help with poor mental health.  
**AGREE**      **UNSURE**      **DISAGREE**
- Q7. Sleep or lack of sleep can be an indicator of poor mental health.  
**AGREE**      **UNSURE**      **DISAGREE**
- Q8. If a family member has a mental illness, all family members will have a mental illness.  
**AGREE**      **UNSURE**      **DISAGREE**
- Q9. Depression is something that you can 'just get over'.  
**AGREE**      **UNSURE**      **DISAGREE**
- Q10. If you think a person is self-injuring it is best to ignore it if you're unsure what to do.  
**AGREE**      **UNSURE**      **DISAGREE**



## MENTAL HEALTH QUIZ

Circle your answer

Q11. Do not ask a person if they are feeling suicidal because it can put the idea in their head.

**AGREE**      **UNSURE**      **DISAGREE**

Q12. If a person is suicidal it is important to let them know that you disapprove.

**AGREE**      **UNSURE**      **DISAGREE**

Q13. People with mental health issues tend to be smokers.

**AGREE**      **UNSURE**      **DISAGREE**

Q14. People with mental health issues are inclined to use & abuse alcohol.

**AGREE**      **UNSURE**      **DISAGREE**

Q15. Some people with mental health issues use drugs to help them feel better.

**AGREE**      **UNSURE**      **DISAGREE**

Q16. A person with a mental illness is unable to work or hold down a job.

**AGREE**      **UNSURE**      **DISAGREE**

Q17. To break an addiction, a person should just say no.

**AGREE**      **UNSURE**      **DISAGREE**

Q18. Support is a key benefit to a person with a mental health issue.

**AGREE**      **UNSURE**      **DISAGREE**

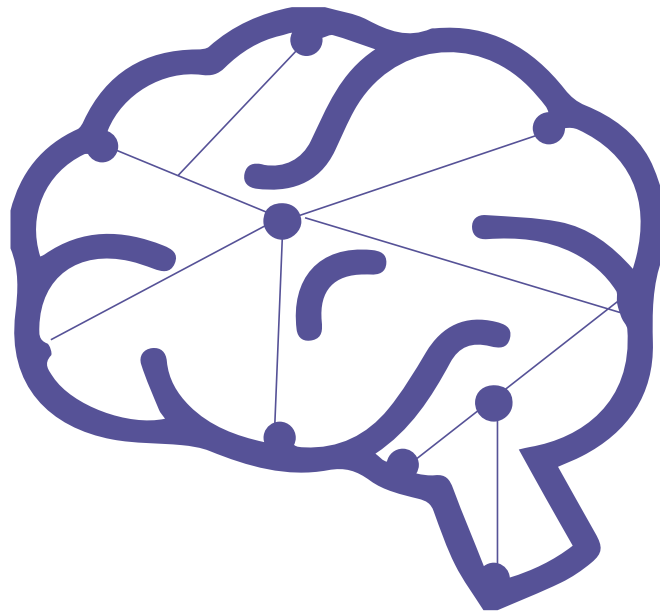
Q19. Supporting a person with a mental illness can impact your own mental health.

**AGREE**      **UNSURE**      **DISAGREE**

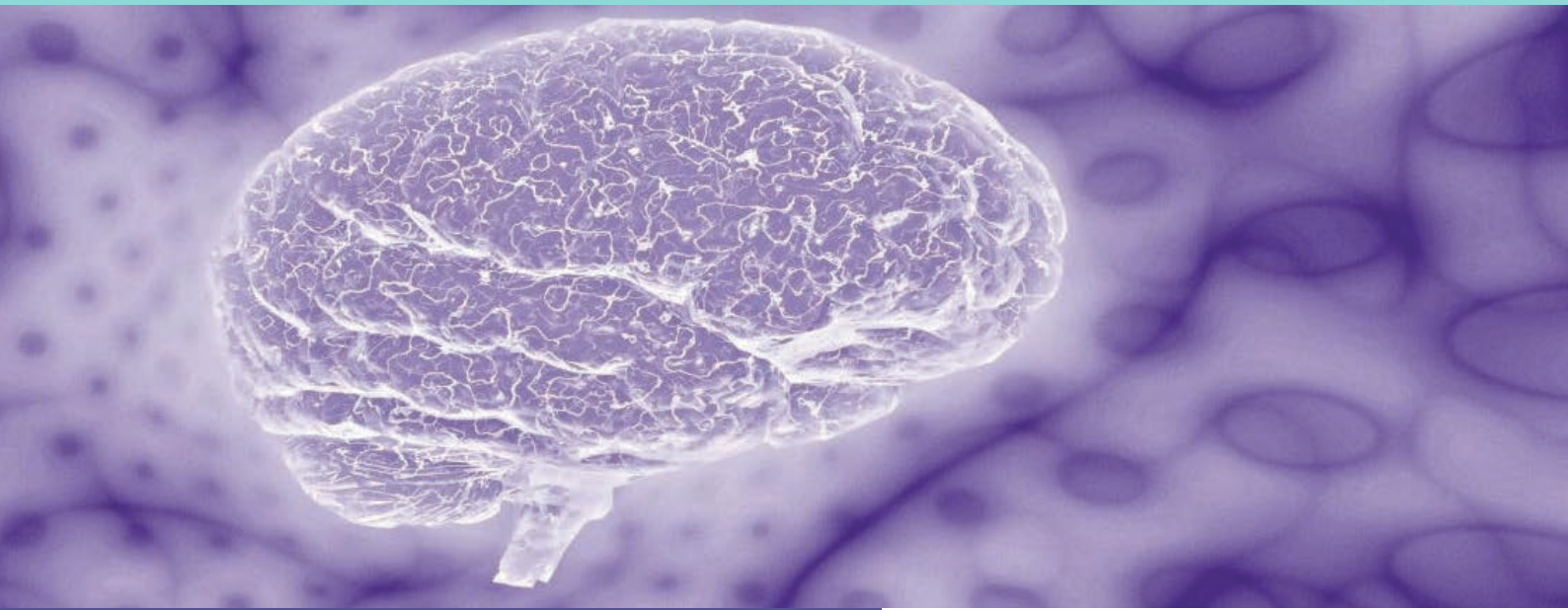
Q20. Resilience comes naturally and doesn't need to be worked on.

**AGREE**      **UNSURE**      **DISAGREE**

# UNDERSTANDING MENTAL HEALTH







## UNDERSTANDING MENTAL HEALTH

### WHAT IS MENTAL HEALTH?

**Mental health connects to our wellbeing.**

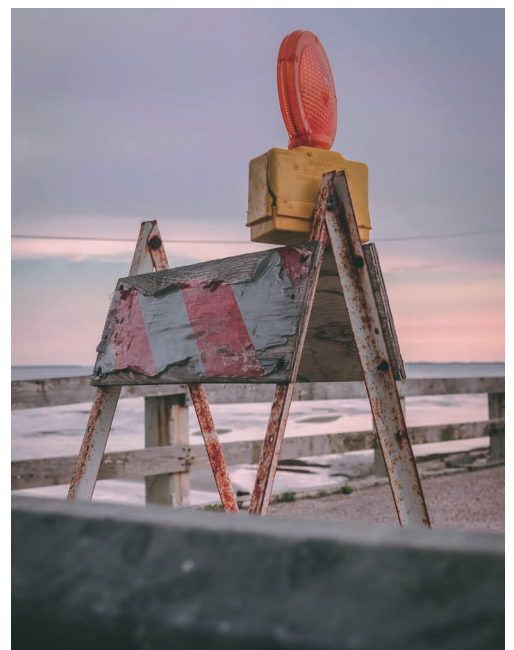
Tick the statements that are true:

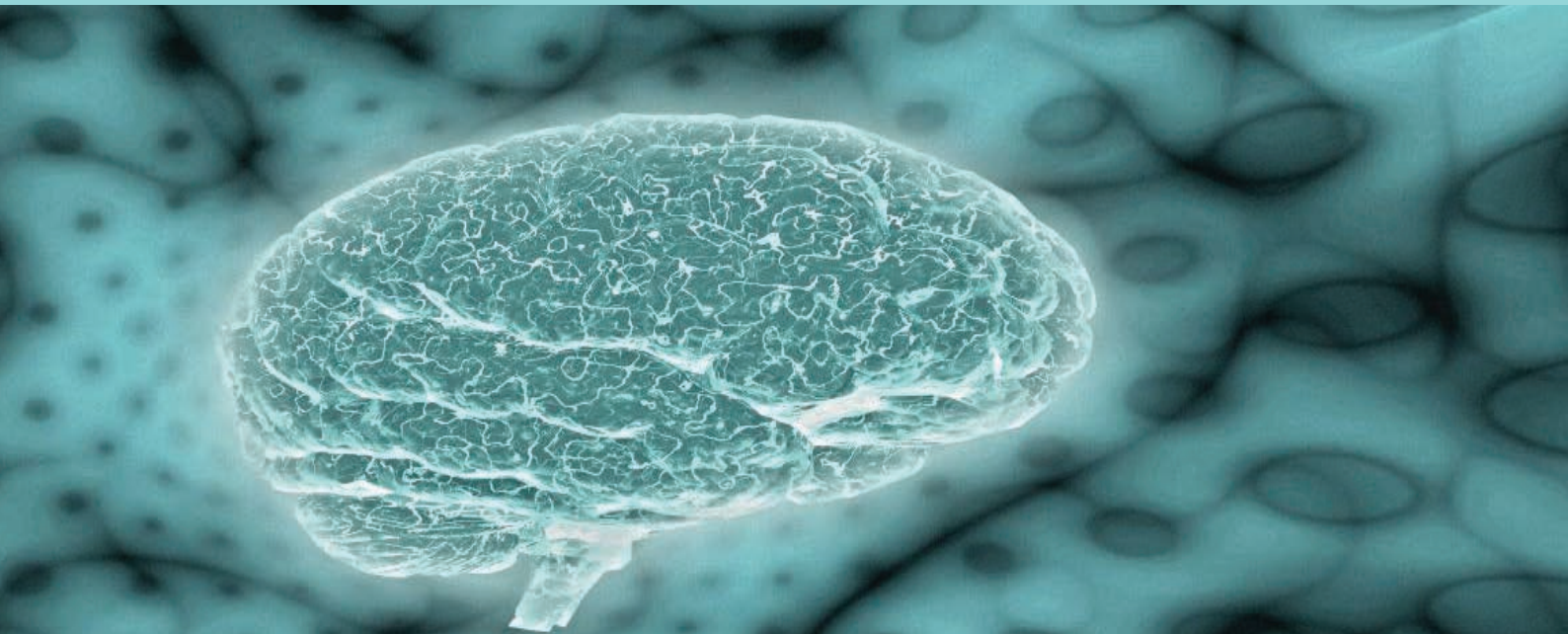
- ☐ Poor mental health is the same as a mental health disorder.
- ☐ Good mental health allows us to live a full life.
- ☐ A mental health disorder is diagnosed by a health professional.
- ☐ If you can notice the signs early, it may help a person get help.

**Early intervention = better outcomes.**

### WHAT ARE SOME OF THE BARRIERS TO SEEKING HELP?

#### BARRIERS TO SEEKING HELP





# EXPLANATIONS OF MENTAL HEALTH DISORDERS

List 3 risk factors that make some people more vulnerable to experiencing mental health issues.

RISK FACTORS		



## BIOLOGICAL FACTORS THAT AFFECT MENTAL HEALTH

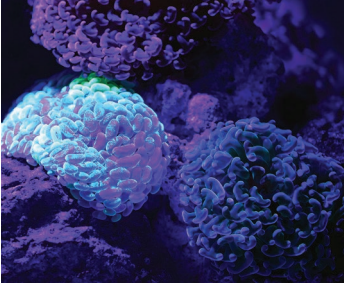
Name some of the biological risk factors.

BIOLOGICAL RISK FACTORS

Complete the sentence:

Mental health is related to the communication between the \_\_\_\_\_ and the \_\_\_\_\_  
\_\_\_\_\_ in the brain.





## PSYCHOLOGICAL FACTORS THAT AFFECT MENTAL HEALTH

Name some psychological risk factors that affect our mental health.

### PSYCHOLOGICAL RISK FACTORS



## ENVIRONMENTAL FACTORS THAT AFFECT MENTAL HEALTH

What are some environmental factors that affect our mental health?

### ENVIRONMENTAL RISK FACTORS

## LIFE EVENTS THAT AFFECT OUR MENTAL HEALTH

Life events that can impact us in a negative way include grief & loss, trauma, illness and stress.

### GRIEF & LOSS

#### EXAMPLES OF GRIEF & LOSS

### TRAUMA

#### EXAMPLES OF TRAUMA

### ILLNESS

#### EXAMPLES OF ILLNESS

### STRESS

#### EXAMPLES OF STRESS

## DEVELOPING MENTAL HEALTH ISSUES



Match the sentences.

We all experience

We mostly experience

Some of us will experience

good mental health

poor mental health

mental health disorder

Tick the correct statements.

Early intervention is recognised as:

- ☐ a cure for mental illness
- ☐ too early is unhelpful for some people
- ☐ the best measure of assisting mental health issues
- ☐ produces better outcomes



**If we don't have the benefit of a good and healthy support system, it is possible to develop a mental health disorder, that can feel dark and debilitating.**

NOTES



---

---

---

---

# MENTAL HEALTH RESPONSE

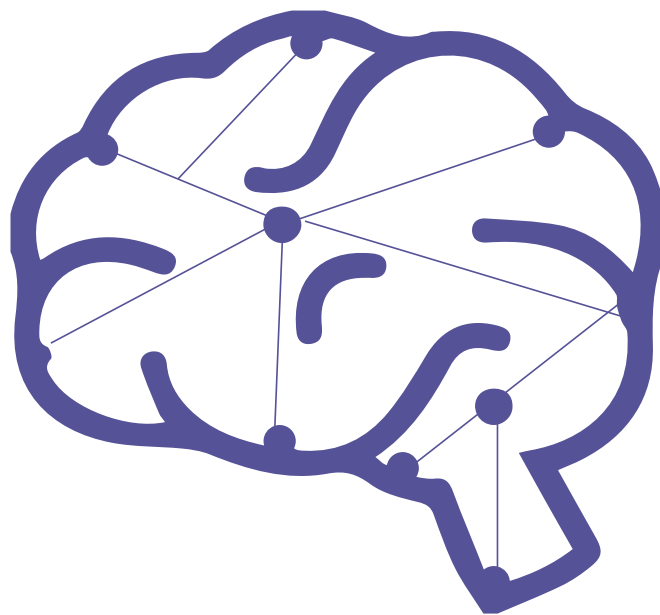


## ACTIVITY

In the table below, write down an example of a life event that may have impacted upon your mental and physical health and how you felt and what you experienced.

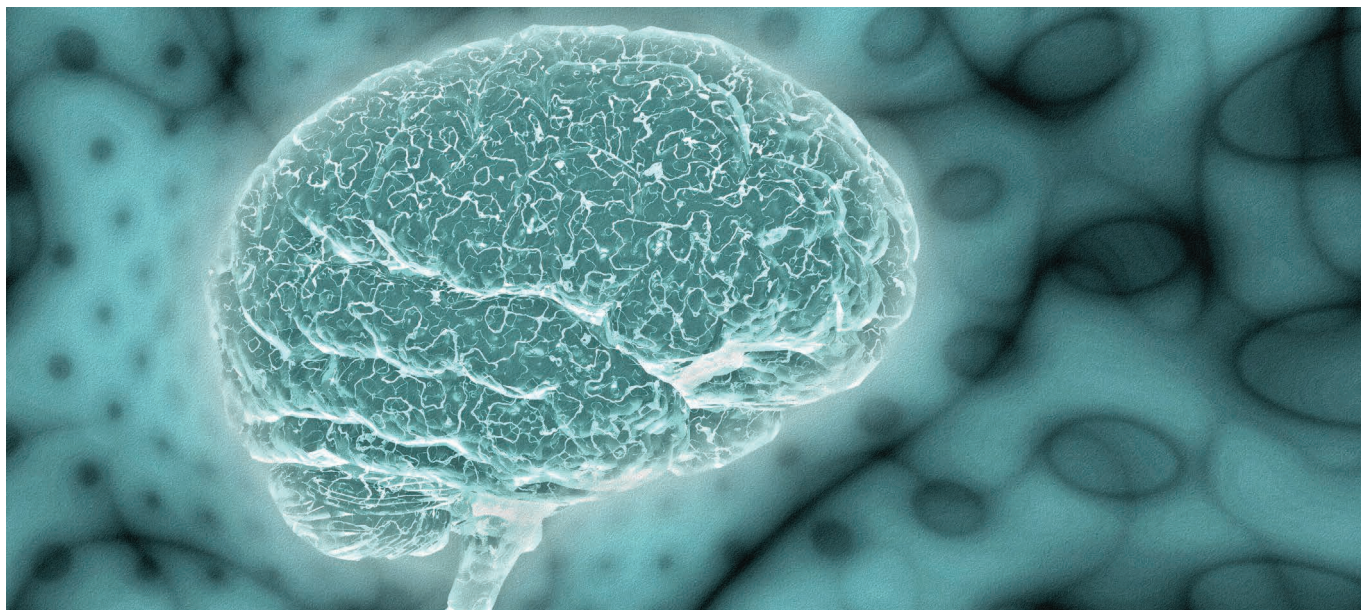
LIFE EVENT	
life event	
impact on my mental health & physical health	

# RECOGNISING SIGNS & SYMTOMS OF POOR MENTAL HEALTH





## MENTAL HEALTH DISORDERS



### MOST COMMON MENTAL ILLNESSES IN AUSTRALIA

## WHAT IS DEPRESSION?

Circle the words that describe depression:

mood disorder

low mood

lasts weeks

attention seeking

lasts months

lasts years

overrated

mental illness

intense sadness

affects our physical health

stigmatised

## SIGNS & SYMPTOMS OF DEPRESSION

What are some of the signs & symptoms of depression?

### DEPRESSION – SIGNS & SYMPTOMS

# ANXIETY



## WHAT IS ANXIETY?

Complete the following definition:

Anxiety is a \_\_\_\_\_

## SIGN & SYMPTOMS OF ANXIETY

What are some of the signs & symptoms of anxiety?

### ANXIETY – SIGNS & SYMPTOMS

## WHAT IS A PANIC ATTACK?

Complete the following:

A panic attack is \_\_\_\_\_

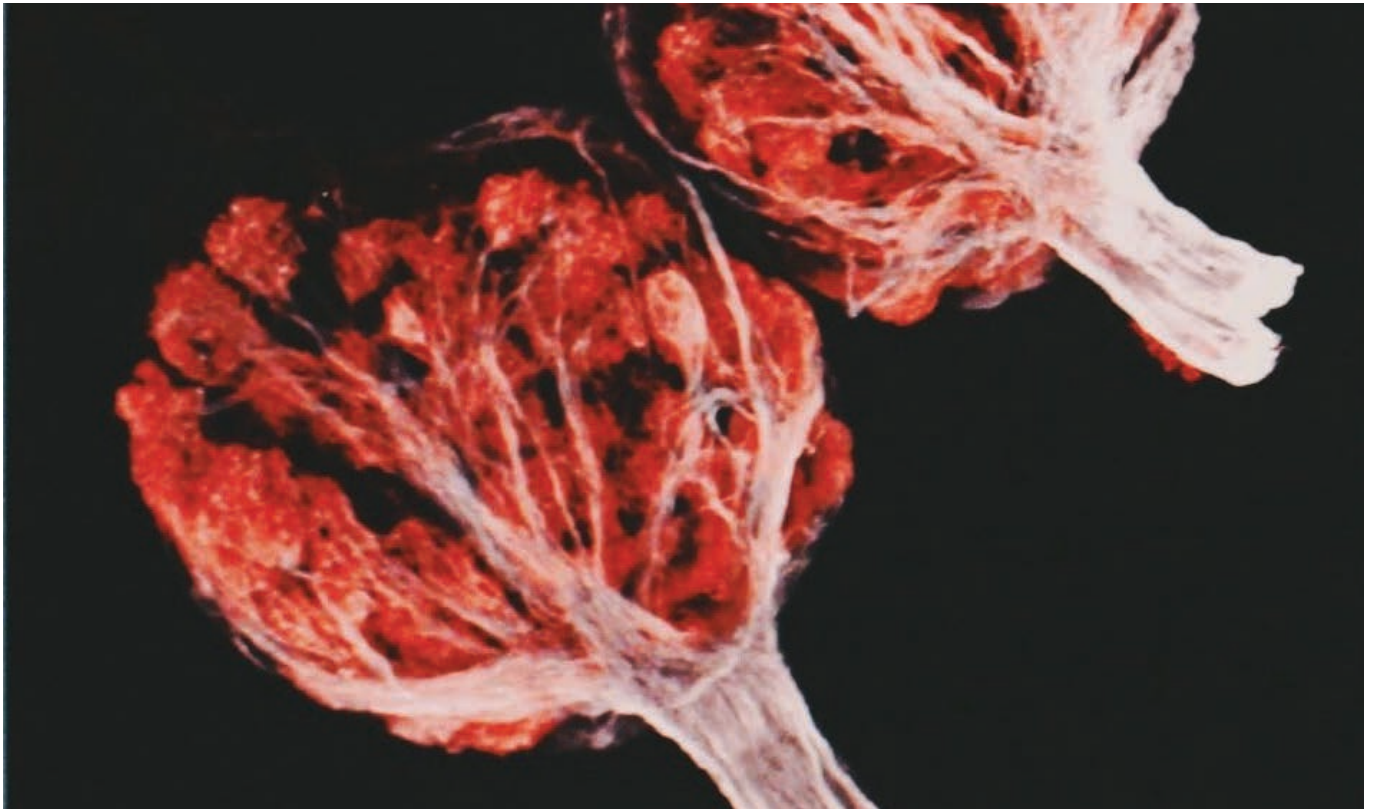
## SIGN & SYMPTOMS OF A PANIC ATTACK

What are some of the signs & symptoms of a panic attack?

### PANIC ATTACK - SIGNS & SYMPTOMS



## BIPOLAR DISORDER



### WHAT IS BIPOLAR DISORDER?

What is the definition of bipolar disorder?

#### BIPOLAR DISORDER

--

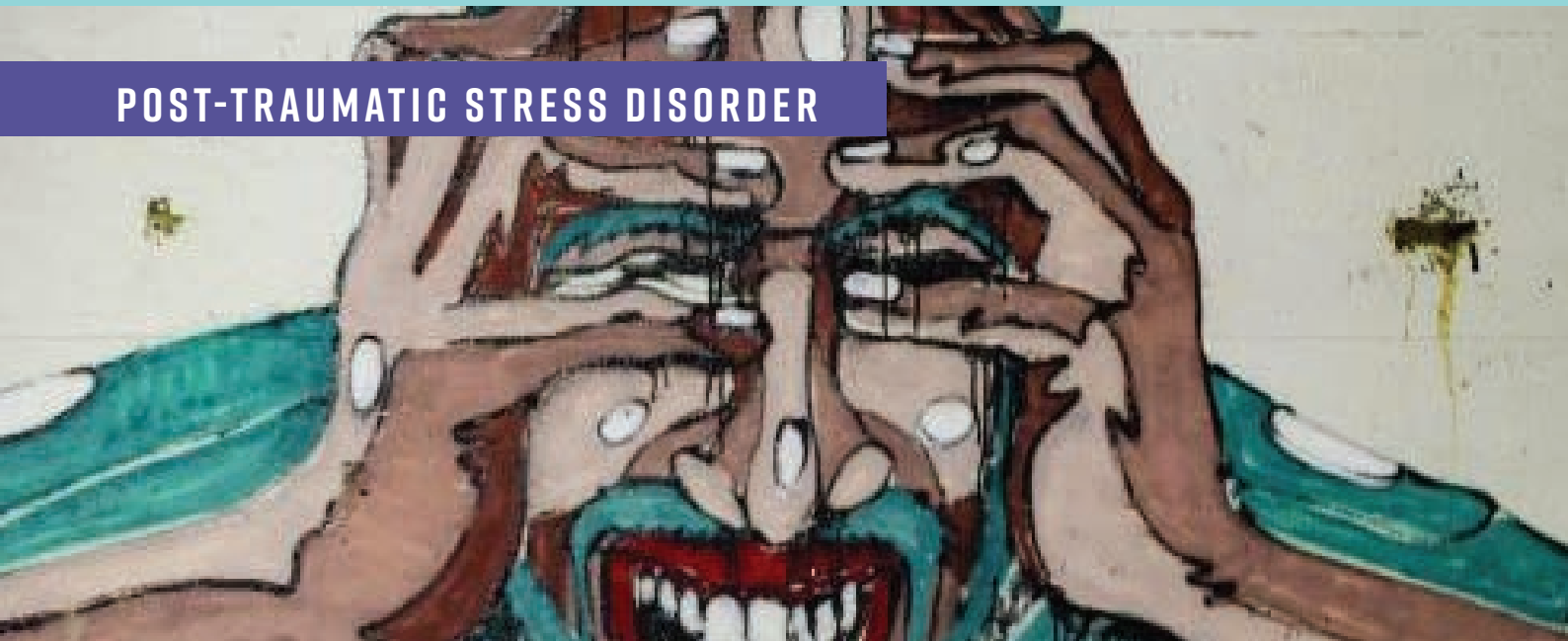
### SIGNS & SYMPTOMS OF BIPOLAR DISORDER

What are some of the signs & symptoms of bipolar disorder?

#### BIPOLAR DISORDER— SIGNS & SYMPTOMS

--

## POST-TRAUMATIC STRESS DISORDER



### WHAT IS POST-TRAUMATIC STRESS?

What is the definition of post-traumatic stress disorder?

#### POST-TRAUMATIC STRESS DISORDER

### SIGNS & SYMPTOMS OF POST-TRAUMATIC STRESS DISORDER

What are some of the signs & symptoms of post-traumatic stress disorder?

#### POST-TRAUMATIC STRESS DISORDER – SIGNS & SYMPTOMS

#### NOTES



---

---

---

---



## SUBSTANCE-RELATED DISORDER

### WHAT IS SUBSTANCE-RELATED DISORDER?

What is the definition of a substance related disorder?

#### SUBSTANCE RELATED DISORDER - SIGNS & SYMPTOMS

Answer the questions.

What is the most abused substance by the Australian population?

---

What substance use is common among young people?

---

### SIGNS & SYMPTOMS OF SUBSTANCE-RELATED DISORDER

What are some of the signs & symptoms of a substance-related disorder?

#### SUBSTANCE RELATED DISORDER - SIGNS & SYMPTOMS



## NON-SUICIDAL SELF-INJURY



### WHAT IS NON-SUICIDAL SELF-INJURY?

What is the definition of non-suicidal self-injury (NSSI)?

#### NON-SUICIDAL SELF-INJURY

What are some forms of non-suicidal self-injury?

#### NON-SUICIDAL SELF-INJURY

### SIGNS & SYMPTOMS OF NON-SUICIDAL SELF-INJURY

What are some of the signs & symptoms of non-suicidal self-injury?

#### NON-SUICIDAL SELF-INJURY - SIGNS & SYMPTOMS

# SUICIDE



## WHAT IS SUICIDE?

**A connection can be established by talking about suicide and acknowledging a person's feelings.  
Forming a connection can help break suicidal thought patterns.**

Tick the correct statements.

- ☐ Suicide is a behaviour
- ☐ Suicide is a mental illness
- ☐ Anyone can feel suicidal

## SIGNS & SYMPTOMS OF SUICIDAL BEHAVIOUR

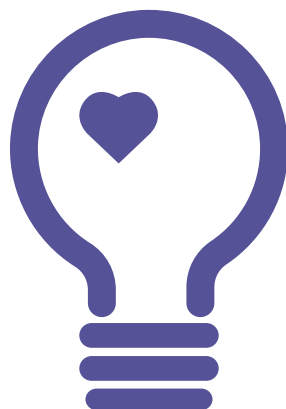
What are some of the signs & symptoms of suicidal behaviour?

### SUICIDE — SIGNS & SYMPTOMS

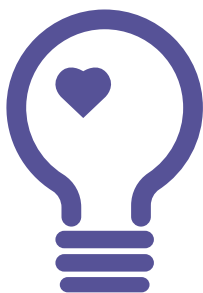
### NOTES



# RESPONDING TO POOR MENTAL HEALTH



## IDENTIFY SIGNS & SYMPTOMS



Tick the correct statements.

IDEA is an acronym used for Mental Health Response that stands for:

- ☐ Identify signs and symptoms, Direct communication, Encourage person to seek professional help, Assist with follow up.
- ☐ Initiate conversation, Decide if help is needed, Emergency call, Assist as required.
- ☐ Identify signs & symptoms, Decide next steps, Encourage conversation, Aid in seeking help.
- ☐ Identify mental illness, Diagnose mental illness, Ensure help arrives, Alleviate any stress or pressure.

## MENTAL HEALTH RESPONSE



### ACTIVITY

In the table below, identify some of the indicators that someone is experiencing poor mental health.

### SIGNS & SYMPTOMS OF POOR MENTAL HEALTH

## DIRECT COMMUNICATION



## DIRECT COMMUNICATION

It is better to acknowledge a person and say something than ignore them or hope that someone else steps up.



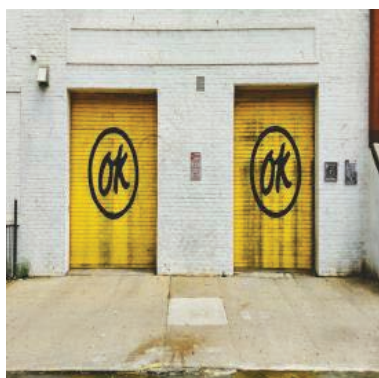
### ARE YOU OK?

True or False

If you notice someone with signs & symptoms of poor mental health, it is beneficial to ask them "R U OK?"

TRUE

FALSE

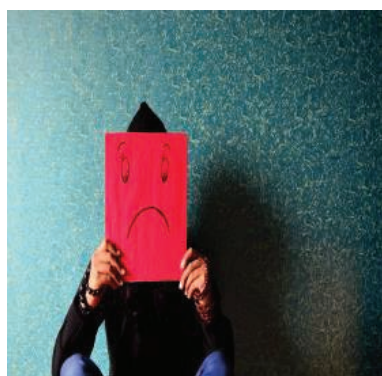


### I'M OK!

Tick the correct statement.

If someone says they are ok you should

- ☐ Accept that they are ok
- ☐ Check in with them again if you feel they are not ok
- ☐ Leave them alone



### I'M NOT OK!

Tick the correct statement.

If someone says they are not ok you should

- ☐ Know how to resolve their problems
- ☐ Support them
- ☐ Call someone else to help



Direct language prevents confusion and misunderstandings. Use everyday language.

### VERBAL LANGUAGE

#### VERBAL LANGUAGE

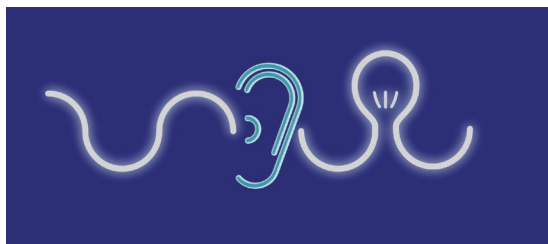
### BODY LANGUAGE

#### BODY LANGUAGE

### TONE

#### TONE

## ACTIVE LISTENING



What is Active listening?

---

---

---

## NON-JUDGEMENTAL LISTENING



What is non-judgemental listening?

---

---

---

## “SUICIDE - LET’S TALK”

Tick the correct statements.

If a person tells you that they have had suicidal thoughts:

- ☐ You have a duty of care to that person to respond to their suicidal intentions.
- ☐ If a person is at immediate risk call emergency services.
- ☐ Do not keep suicide a secret.
- ☐ If you are unsure what to do leave them and go get help.
- ☐ Leave a person alone with their thoughts.

## MENTAL HEALTH RESPONSE



### ACTIVITY

In the table below, write how might you approach a person showing signs of poor mental health.

### DIRECT COMMUNICATION

--

## ENCOURAGE PERSON TO SEEK PROFESSIONAL HELP



### ENCOURAGE PERSON TO SEEK PROFESSIONAL HELP

There is a vast amount of professional help and a broad range of effective treatments available for mental health issues.

List some professional help that is available.

#### PROFESSIONAL HELP



#### True or False

If a person is anxious or depressed, it is best to decide what help is best for them.

TRUE

FALSE

If a person doesn't want help it is best to force them to get help.

TRUE

FALSE

If a person refuses help you can check in with them again at a later time.

TRUE

FALSE

## ASSIST WITH FOLLOW-UP OR SUPPORT (IF POSSIBLE)



# ASSIST WITH FOLLOW UP OR SUPPORT

**Simple things can be extremely helpful to a person with a mental illness.  
Be realistic and honest in what you can do and how much you can support a person.**

List some things you can do to help someone who is experiencing poor mental health.

### ASSIST WITH FOLLOW UP OR SUPPORT

#### NOTES



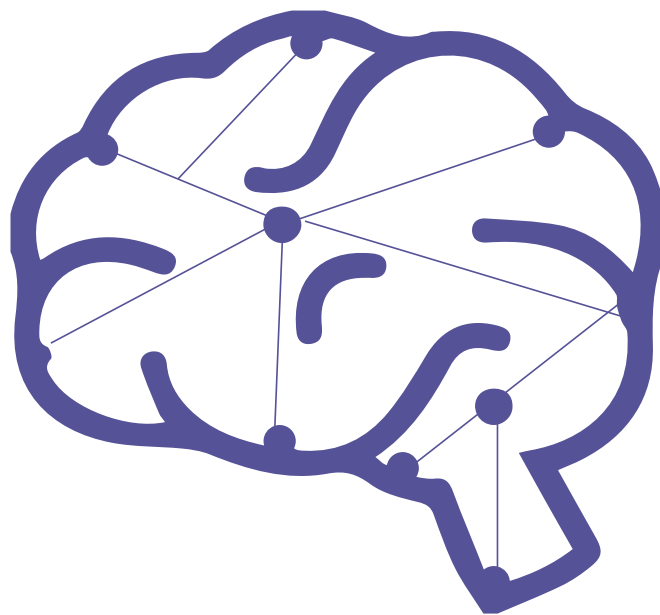
---

---

---

---

# MAINTAINING GOOD MENTAL HEALTH





## HOW TO MAINTAIN GOOD MENTAL HEALTH



**Maintaining good mental health takes effort and practice, just like maintaining good physical health.**

Three scientifically proven & significant methods of maintaining good mental health include:

### MAINTAINING GOOD MENTAL HEALTH

Tick the correct answers.

To truly benefit from these three strategies they need to be incorporated

- |                                  |  |
|----------------------------------|--|
| <input type="checkbox"/> daily   | <input type="checkbox"/> weekly                |
| <input type="checkbox"/> monthly | <input type="checkbox"/> only whenever you can |

True or False

If we maintain these strategies regularly, we feel the benefits daily, ongoingly and importantly, when the going gets tough.

**TRUE**

**FALSE**

# RESILIENCE

## MENTAL HEALTH RESPONSE



### ACTIVITY

In the table below, use the Resilience Reflection Cycle to consider an adverse experience in your life and reflect on your personal feelings and thoughts about the experience.

RESILIENCE REFLECTION CYCLE	
<b>DESCRIPTION</b> what happened?	
<b>FEELINGS</b> what was I thinking & feeling?	
<b>EVALUATION</b> what was good & what was bad about the experience?	
<b>ANALYSIS</b> what sense can I make of the situation?	
<b>CONCLUSION</b> what else could I have done?	
<b>ACTION PLAN</b> if it happened again what would I do?	

## GRATITUDE

### MENTAL HEALTH RESPONSE



#### ACTIVITY

What are you grateful for?

In the table below, write down some things that you are grateful and thankful for.

#### GRATITUDE



## SELF-CARE

### MENTAL HEALTH RESPONSE



#### ACTIVITY

Creating a self-care plan is extremely helpful. Your self-care plan can be motivating, help with commitment, create a sense of control and is particularly useful in times of stress.

In the table below, create a self-care plan and write down some things you can do to self-care.

#### GOOD MENTAL HEALTH & SELF-CARE PLAN





QUESTIONS

**Q1.** Name some of the barriers that prevent people seeking help with their mental health.

---

---

**Q2.** Name some of the factors that play a part in our mental health.

---

---

**Q3.** Name a life event that impacts mental health.

---

---

**Q4.** What are some of the signs of depression?

---

---

**Q5.** What are some of the signs of anxiety?

---

---

## QUESTIONS

**Q6.** What are some of the signs of suicidal behaviour?

---

---

**Q7.**

	YES	NO
Early intervention produces better outcomes		
You are not there to resolve someone's problems – but to support them in the moment.		
Active listening involves listening to what a person is saying and not talking very much		
It is best to ask a person directly if they are feeling suicidal		
It is best to encourage a person to seek professional help		

**Q8.** Three ways of maintaining good mental health are:.

---

---

---

**Q9.** Name 3 forms of self-care.

---

---

---







 **0447 0447 84**  
 **[mentalhealthmanagement.com.au](https://mentalhealthmanagement.com.au)**  
 **[hello@mentalhealthmanagement.com.au](mailto:hello@mentalhealthmanagement.com.au)**  
 **[@mentalhealthmanagement](https://www.instagram.com/mentalhealthmanagement)**