



MHF-ASAP! SAMPLE CURRICULUM

Benefits of Mental Health Facilitation

- ◆ Recognize mental health problems before they become a crisis
- ◆ Manage life, and family and work relationships better
- ◆ Manage work and social situations more effectively
- ◆ Improve quality of life
- ◆ Become more clear about feelings, wants, needs and values
- ◆ Improve problem-solving skills
- ◆ Learn about mental health resources

1

Module 1: Investing in Mental Health



Mental Health Facilitation

Mental health facilitation involves a caring person (MHF) working with another person or people who have difficulties in life using *basic*, universal helping skills

Basic MHF Skills

- ◆ Listening
- ◆ Encouraging/promoting
- ◆ Offering support
- ◆ Helping solve problems
- ◆ Referring to mental health professionals
- ◆ Following-up



2

Module 1: Investing in Mental Health



CONFIDENTIAL



MHF-ASAP! SAMPLE CURRICULUM

Signs that the MHF Process is Working

- ◆ You are using your listening skills
- ◆ The person is talking more than *you* are
- ◆ You are gently directing the conversation at the right times to keep things focused
- ◆ The person is considering possibilities and problem-solving
- ◆ You feel as though you and the person are painting a picture together about the change process

What are some signs that the MHF process is not working?

3

Module 3: Communication: Using Questions in Mental Health Facilitation



Some Helping Goals

- ◆ Decrease risk factors (prevention)
- ◆ Increase protective factors
- ◆ Stop the recurrence of the problem
- ◆ Reduce frequency, duration and intensity of stress, distress or disorder
- ◆ Lengthen the time between episodes of the problem
 - Reduce treatment gap

4

Module 7: Recognizing and Helping With Stress, Distress and Disorder



CONFIDENTIAL