

World Mental Health Day 2015

# Bringing Dignity to Mental Health

**Mental Health First Aid Lite (MHFA)**

**8th October 2015**

**1.00-5.00**

**EDC (Education Development Centre, Pelsall Lane, Walsall**

**To book a place go to [www.walsallsocialcareworkforce.co.uk](http://www.walsallsocialcareworkforce.co.uk)**

This year, World Mental Health Day is focused on the theme of 'Dignity' and on 10 October people across the globe will take part in activities and open up conversations around what dignity in mental health means to them.

Here are some top tips from leading mental health training provider, Mental Health First Aid England, on how to bring dignity to mental health.

To find out more about how Mental Health First Aid training can help bring dignity to those who experience mental ill health, please visit

[www.mhfaengland.org](http://www.mhfaengland.org)

If you are concerned about someone, take the time to ask if they are ok. A few minutes to listen over a cup of tea can make all the difference to someone's day.

Send a get well card to someone who is experiencing mental ill health – just as you would when someone is absent because of physical illness. Simple words like "I hope you feel better soon" can make them feel that you care.

Build a respectful culture around mental health by being conscious of the language you use. Words such as 'mad', 'mental', 'psycho', 'lunatic', etc. quickly slip into everyday conversations.

Accept the existence of mental ill health as a normal part of life, just as physical ill health, and make it clear at an organisational level that you consider them equally important.